



Cultivating Health[®] Weight Management Kit

KAISER PERMANENTE[®]  thrive

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500 NE Multnomah St., Suite 100, Portland, OR 97232.



Cultivating Health®
Weight Management Kit
Tenth Edition

Kaiser Permanente
Health Engagement and Wellness Services
7201 N Interstate Ave.
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503-286-6816

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"Stocking a Healthy Kitchen," "Light, Quick Breakfast Ideas,"
"Lunch Box Ideas," "Stoveless Meals," "Low-Fat Snack Recipes,"
"Eating Awareness Training," and "Delicious Recipes."



Health Engagement and
Wellness Services



Cultivating Health[®]

What is “Cultivating Health?”

The Kaiser Permanente Health Engagement and Wellness Services Department has developed the Cultivating Health[®] kits to help encourage people to develop healthier lifestyles.

These self-care products focus on exploring attitude and behavior change – the keys to long-term success.

The materials in the kits combine interactive exercises with tools designed to support you.

Are you ready for change?

Assessing your readiness is the first important step in any change process.

Your Cultivating Health *Weight Management Kit* includes an overview of stages of change theory, which will help you do this.

Using these guidelines, you can determine where you are now – and where you’d like to be – as you make plans to move toward achieving your goals.

This kit focuses on healthy attitudes, physical activity, and balanced nutrition – all important for creating a healthier life.

Once you know where you’d like to be, your kit can help you get there. Each section is like a “road map,” with tips, lists, and thought-provoking questions to move you along your way.



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A black and white photograph of a woman with short, dark, curly hair, smiling warmly. She is wearing a light-colored, short-sleeved button-down shirt. She is seated at a table, and in front of her is a large, woven basket filled with spaghetti. The background is slightly blurred, showing what appears to be a window with some foliage outside.

Step 1: Ready?

Congratulations! Choosing the Cultivating Health® *Weight Management Kit* means you would like to actively manage your weight and improve your health.

Research consistently shows that developing new habits is one key to successful, long-term weight management. And the tools included in this kit can help.

Some of you have struggled with losing weight for years and may feel discouraged. It may seem just too difficult to make changes that get long-term results.

But change is less difficult when you have the right process. This will involve learning new skills and replacing some behaviors – not all associated with food or eating. You decide what strategy you think might work best for you.

Everybody progresses at their own pace and according to their own needs. There is no predefined schedule for completing the steps outlined in your kit.

Just patiently move through the activities at a rate that is comfortable for you – and seek small successes – one after another. You can cultivate and enjoy a healthier life.

Exploring readiness

What is triggering you to want to manage your weight now?

Circle the number from 0 to 10 that most applies to you now:

How important is managing your weight to you?

0 1 2 3 4 5 6 7 8 9 10
Not at all **Extremely important**

How confident are you that you can make the changes necessary to manage your weight?

0 1 2 3 4 5 6 7 8 9 10
Not confident **Extremely confident**

How much of a priority is improving your health and fitness?

0 1 2 3 4 5 6 7 8 9 10
Not at all **It's my top priority**

How much energy do you think it will take to manage your weight?

0 1 2 3 4 5 6 7 8 9 10
Overwhelming **Easy to do**

How often do other factors in your life crowd out taking time to care for yourself?

0 1 2 3 4 5 6 7 8 9 10
All the time **Never**

If you woke up tomorrow at a healthy weight, how would you feel?

What do you think is causing your weight problem?

What one skill would you most like to learn to manage your weight?

What things might get in the way of making the necessary changes?

What steps could you take to overcome these barriers?

If you find that your readiness levels are low right now, think about what would need to happen for you to become more ready. When you are ready, you will make changes to support healthier choices.

Taking that first step is always the hardest. But as you experience the enjoyment and benefits of making healthier choices, it will make the new changes easier to do. What might have felt impossible becomes possible.

Describing success

How would you describe success for yourself in this program?

How would your life be better if you lost the weight you want to lose?

Ambivalence

One of the reasons for lacking confidence about weight management is ambivalence. Many people who say they want to lose weight also want to keep the old habits that caused their weight gain. They are ambivalent about making changes.

We have reasons for keeping our old habits. Can you think of any advantages to not trying to lose weight? In these four sections you can explore the advantages of keeping or changing your habits. This can help you become more ready to move forward.

What are some benefits of the way things are?

What are some disadvantages of doing things differently?

What are some disadvantages of the way things are?

What are some benefits of doing things differently?





Dieting versus a healthier approach

Does dieting work? Many people have learned that they can maintain dieting for a while, but they eventually get off track. Our program is a healthier approach. It allows you to focus on new permanent habits while balancing your physical, emotional, intellectual, creative, social, and spiritual needs.

Dieting	Healthier approach
<p>Motivation:</p> <ul style="list-style-type: none"> ■ Believing that being thin is good, being overweight is bad. ■ Thinking you must weigh xxx pounds. ■ Hating your body. ■ Thinking your life will be better when you lose weight. ■ Focusing on losing pounds. 	<p>Motivation:</p> <ul style="list-style-type: none"> ■ Seeking to improve health, energy, fitness, and well-being. ■ Appreciating body differences. ■ Respecting your body. ■ Accepting yourself for the wonderful person you already are. ■ Focusing on healthy behavior.
<p>Attitude:</p> <ul style="list-style-type: none"> ■ Seeking a quick fix (impatient). ■ Planning to change behaviors only temporarily. ■ Being a rigid perfectionist. 	<p>Attitude:</p> <ul style="list-style-type: none"> ■ Progressing one step at a time (patient). ■ Developing new healthy habits to last a lifetime. ■ Remaining flexible and open to new ideas.
<p>Behavior:</p> <ul style="list-style-type: none"> ■ Relying on “experts.” ■ Attempting deprivation and restriction. ■ Judging food, eating, and exercise behavior as good or bad. ■ Allowing a program to control what you eat, how much, and when. ■ Needing to force yourself to exercise. 	<p>Behavior:</p> <ul style="list-style-type: none"> ■ Trusting yourself to find what works. ■ Being moderate and positive. ■ Doing what you want – with personal responsibility for your choices. ■ Eating what you want – with awareness. ■ Learning to move your body in ways that bring you pleasure.
<p>Results:</p> <ul style="list-style-type: none"> ■ You may lose weight, but will usually gain it back – plus more. ■ Setbacks will cause guilt and self-blame. ■ You’ll feel like a failure when weight is regained. ■ You’ll become even more discouraged that you’ll ever find a solution that is safe and effective. 	<p>Results:</p> <ul style="list-style-type: none"> ■ Your small steps will lead to successfully becoming more fit. ■ Setbacks will encourage forgiveness and increased understanding. ■ You’ll feel in charge, as you become more skilled. ■ You’ll learn more about yourself than you might ever have thought possible.

Time for you?

A common barrier to making changes is a lack of time. However, we always seem to find time when something really matters.

How might you provide enough time to care for yourself? Examine your daily responsibilities and activities to see what really needs to be done by you. Are some activities “time wasters?” Reducing those activities could free more time for you. Create a structure without being overly rigid and allow time for breaks, fun, and “down time.”

The load you carry

List the responsibilities you carry and the activities you do:

Responsibilities

Activities

Where is taking care of yourself on your list of priorities?

You have probably listed many important responsibilities. But what will happen if you don't take time to meet your own needs for physical activity, healthy meals, sleep, and emotional support?



What do you plan to do to find more time to care for you?

- Set priorities
- Eliminate or cut back on some activities
- Share or delegate responsibilities
- Multi-task
- Hire outside help
- Learn to say no
- Something else?

Sleep matters

Your body repairs and restores itself while you sleep. Less than 6 or more than 9 hours sleep daily is associated with increased risk of health issues. They include heart disease, stroke, obesity, type 2 diabetes, anxiety, depression, and accidents.

Eating healthy meals and snacks in the amounts you need, exercising, and managing stress all support quality sleep.

Benefits of good sleep

Getting enough high-quality sleep is one of the best predictors of longer life. Sleeping well can also:

- Give you more energy.
- Improve your concentration and work performance.
- Increase your immunity and prevent illness.
- Improve your mood and outlook on life.

Try the following to improve your chances of getting a good night's sleep.

Establish a regular sleep/wake routine

- Go to bed within a half-hour of the same time every night and get up at the same time every morning.
- Do not vary your weekend sleep schedule by more than an hour from your weekday schedule.
- Limit daytime naps to 20 minutes, no less than 4 hours before your bedtime.
- Don't try to make up for lost sleep.

Create a sleep-producing environment

- Keep your bedroom as quiet and dark as possible.
- Maintain a bedroom temperature between 62 and 65 degrees.
- Put your alarm clock where you cannot easily see it. Waking up and looking at the time is worrisome, and disrupts sleep.
- Use the bedroom only for sex and sleep.

Pay attention to what you eat and drink

- Limit caffeine-containing drinks and foods 12 hours before bedtime.
- Avoid using alcohol to help you sleep. It can cause light, fragmented sleep.
- Don't use tobacco 4–5 hours before bedtime.
- Avoid over-the-counter drugs that contain stimulants or ephedrine compounds.

Create a pre-bedtime routine

- Wind down at least 1 hour before bedtime — read, listen to music, take a warm bath, etc.
- Avoid large meals. Eat only small portions of foods that promote sleep. These include soy beverages and snacks, bananas, yogurt, milk, nuts, and turkey.
- Avoid conflict before bedtime.
- Limit fluids 3 hours before bedtime to prevent awakening.

If these self-care strategies don't help to improve your sleep, speak with your doctor.

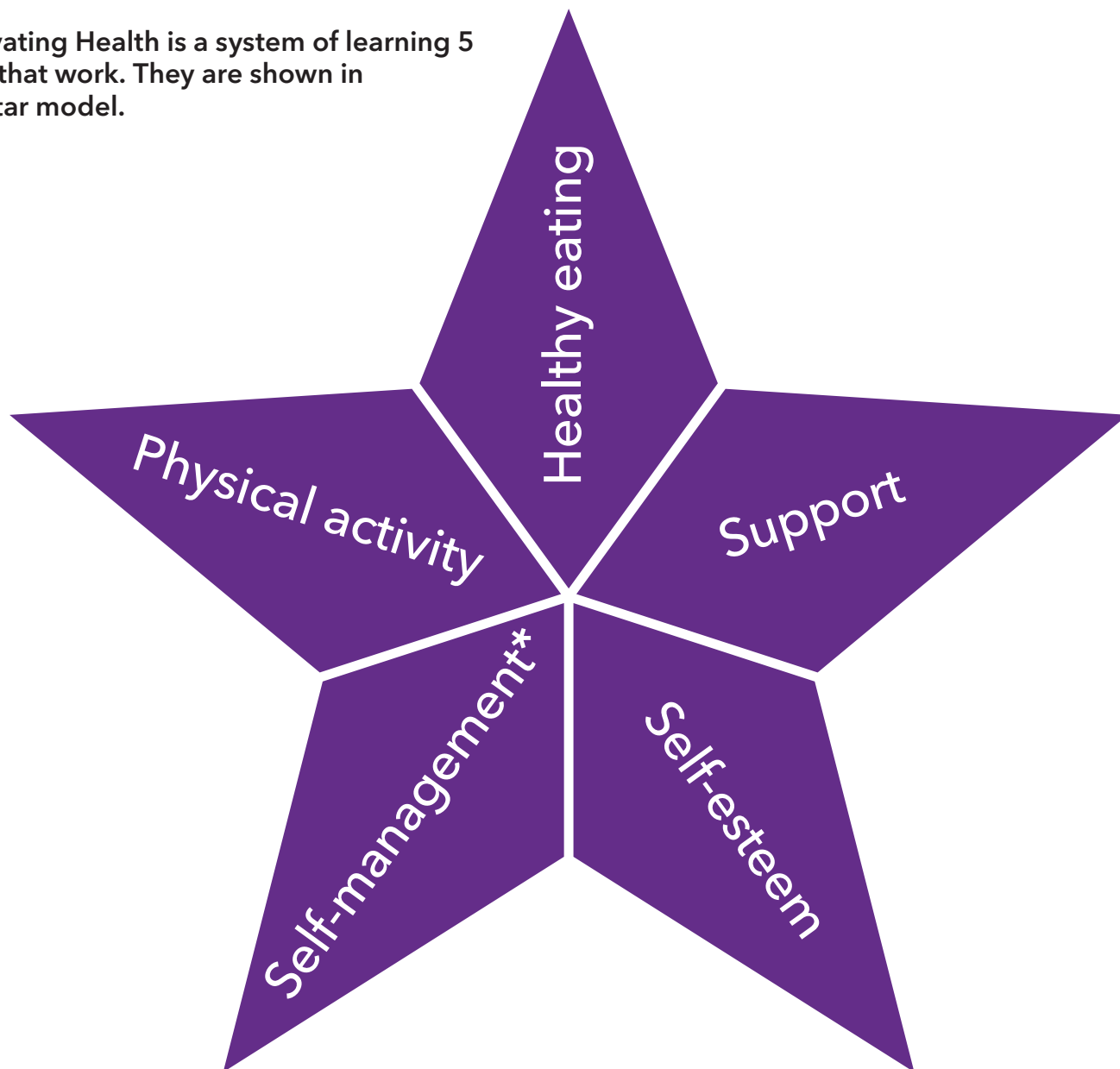


“A good laugh and a long sleep are the best cures in the doctor’s book.”

– Irish proverb

Star model

Cultivating Health is a system of learning 5 skills that work. They are shown in this star model.



* What is self-management?

- **Managing** your own solutions in your own way.
- **Observing** your behavior without judgment.
- **Evaluating** what does and does not work.
- **Setting goals and making an action plan.** Do something different! Make changes “big enough to matter, but small enough to achieve.” Small steps lead to success.
- **Rewarding** your efforts.

Building blocks of the star model

Healthy weight management can help you feel better every day and provide you with more energy.

It can also help prevent, delay, or reduce the seriousness of potential weight-related illness or health problems.

Weight management can be an opportunity to care for your own well-being. When your weight is managed, you may enjoy life more fully and participate in more of the things you wish to do. Healthy eating can be delicious, and the right kind of movement can be fun.

Here are some important skills you can develop in order to build a sustainable weight-management program.

Physical activity

Regular physical activity is important to feel well and to control weight. You can find safe, manageable, enjoyable exercise options that fit into your life so you can enjoy its many rewards and benefits.

Nutrition and calories

Good health depends on good nutrition. And managing your weight begins with making healthy food choices. It is important to pay attention to what you eat, when you eat, and how much you eat.

Support

Support comes from people who listen and provide encouragement and feedback. This might be a spouse or family member who cares about helping you improve your health. You might want to meet with a group, take a class, or join online support and compare experiences. Over time, the positive attitude you learn to adopt and practice is an important way to support yourself as well.

Self-acceptance and self-esteem

Living in a society that is obsessed with thinness can make self-acceptance and self-esteem challenging. Having a realistic idea of who you are, what you want to do, and what it will mean to your quality of life will help you achieve your goal.

You may think that there are many things you must change to reach your goal. However, most people come to realize that only a few patterns contribute a great deal to their weight problem. If you can discover these patterns, change will not seem so overwhelming.

Self-management

When you can see patterns of behavior clearly, you can make changes in the areas that are most important. Writing things down makes your behavior visible. Keeping a food and activity record can help you stay on track. Good goal setting is another important aspect of self-management. We'll talk about this in greater detail as we move ahead.



Goal setting

A goal is something you want to do, not something you feel you should do or have to do. What would you like to do to take better care of yourself and to help yourself to thrive?



The characteristics of good goals can be remembered by the acronym S.M.A.R.T., which stands for:

- **Specific** — What are you going to do? Vague goals bring weak results. “Get fit” is weak, versus “Walk 10 minutes at lunch today.”
- **Measurable** — Make it simple and concrete. How much of your goal will you do and how often? A measurable goal allows you to be accountable.
- **Achievable** — What is really possible? Is it realistic for you to do this activity in your busy life? Are you at least 80 percent certain you can achieve it?
- **Repeatable** — Changes that are too big or applied infrequently require greater effort. They also tend to disappear quickly. Small changes applied often will build a new habit. Is this activity something you can do regularly to help build a new habit?
- **Timely** — A fixed time works better than “some day.” What is your start date and time?

Some people are uncomfortable setting goals. Goals may seem like dreams or may be overwhelming. They worry about experiencing a sense of failure if their goals are not accomplished.

Failure to reach a goal is often the result of setting a goal that is unrealistic given what is happening in your life. Your environment shapes your behaviors. Unrealistic expectations can lead to self-criticism and despair.

Modify your goals as necessary to fit your situation. There is a sense of satisfaction in reaching a goal that you set. Even a small achievement can help build your confidence and eventual success.

Sometimes we do not anticipate the problems that might arise. Think about what you have tried to do in the past that did not work. If you failed to meet your goal, try to explore what got in the way. When you identify your barriers, you can problem-solve to find more effective approaches that make it easier for you to make a healthier choice.

None of us are perfect, and you do not have to do your goals perfectly to be successful. Weight management can be achieved with an 80 percent success rate. Goals are an opportunity to learn about yourself and your life. Realistic goals can create an opportunity to make healthy changes in an effective yet compassionate way.

Writing down your goals will give them strength and make them more real for you. This will allow you to look back over time and see how you did. In fact, give it a try right now. You can use the form on page 146, a journal, your smartphone — it doesn't matter where you write — only that you do it.

Develop your own weekly goals

Some suggestions for goals for Step 1:

- Keep 3 days of food records to help you eat with awareness. See the instructions on page 20. You can use the form on page 25.
- On one day this week, add 5 minutes of physical activity beyond what you normally do. Make a plan and reward yourself in a nonfood way. See page 62.
- Complete the Step 1 activities in the kit.
- Ask someone for support. Practice positive self-talk. Have fun!



An inspiring purpose can keep you motivated.

Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.

A black and white photograph of a construction worker. He is wearing a hard hat with a headlamp and a safety vest over a t-shirt. He is holding a piece of fruit, possibly an apple, to his mouth with his right hand. His left hand is holding a tool, possibly a wrench, which is tucked into his tool belt. The background is a blurred outdoor setting.

Step 2: Get set!

Use the tools to help solve the puzzle

Think of the process you are about to engage in as putting a jigsaw puzzle together.

As there are many pieces to a puzzle, there may be several factors that contribute to being overweight.

With any puzzle, you can't expect to pick up each piece and instantly find where it belongs. The process is one of trial and error. And you wouldn't give up if things didn't go perfectly from the start.

The same is true of this puzzle – which can lead to improved weight management.

Begin by determining which pieces of the puzzle are working for you, and which pieces are not.

Many people think that improving their weight management is as simple as taking more walks or swearing off fast food. But there are other pieces that may fit together better for you.

To complete the picture, old habits need to be replaced with new ones. New habits can include relaxation skills or trying healthier recipes.

New habits should also include different social and physical activities, thinking patterns, and ways to deal with difficult emotions such as depression, anger, or fatigue.

There are “tools” that can help you replace old habits with newer, healthier behaviors. We'll examine these tools in detail on the following pages.

The stages of change

Is behavior change hard? It's easier if you understand how change happens and how to support it. The stages of change model on page 14 can help. It is based on research showing that change occurs in specific steps, and that some behaviors can help move you to the next step.

Precontemplation is sometimes called denial. You believe that you don't have a problem or that there is nothing that you can do about it. But when you notice that you have developed health problems, pain, or social consequences from your situation, you can become more willing to look at making healthier changes in your life.

Contemplation is characterized by ambivalence. It is easier to keep your old habits than make new ones. Also, some of us are looking for a magic wand to immediately solve our weight problem. We are impatient. However, we need to realize that our weight developed for a reason. We need to address those reasons and make changes, or we will not have lasting success.

Preparation involves planning and setting a specific date and time to take action. Some of us tell ourselves that we are too busy to plan or make changes, but we need to figure out how to find time to care for ourselves. Examine what you learned on page 5 to help you find time for yourself.

Action means you follow through with your plan. These new behaviors may feel awkward because they are unfamiliar. Try doing the arm-crossing experiment on the next page. Many of our behaviors are habits we do without thinking. When we try to make changes in our behavior, we need to make a conscious effort. This feels like very hard work, but it does get easier with practice.

Maintenance occurs when you have successfully practiced your new behaviors for three months. It takes time and practice to achieve this stage of change.

Relapse means you have slipped back to your old behaviors. It usually occurs when you are under stress. Relapse is normal, so don't let it throw you. Reformulate your plan and get back into action quickly. If a relapse occurs, think of it as a temporary setback from which you can learn important lessons.

Permanent change occurs when you are able to maintain your healthy new habits even when you are under stress. Permanent change typically takes one to three years.





Experiment

Try folding your arms across your chest right now. Easy, wasn't it? You didn't have to think about it, you just did it.

Now notice the way you folded your arms. Is your right or left arm on top?

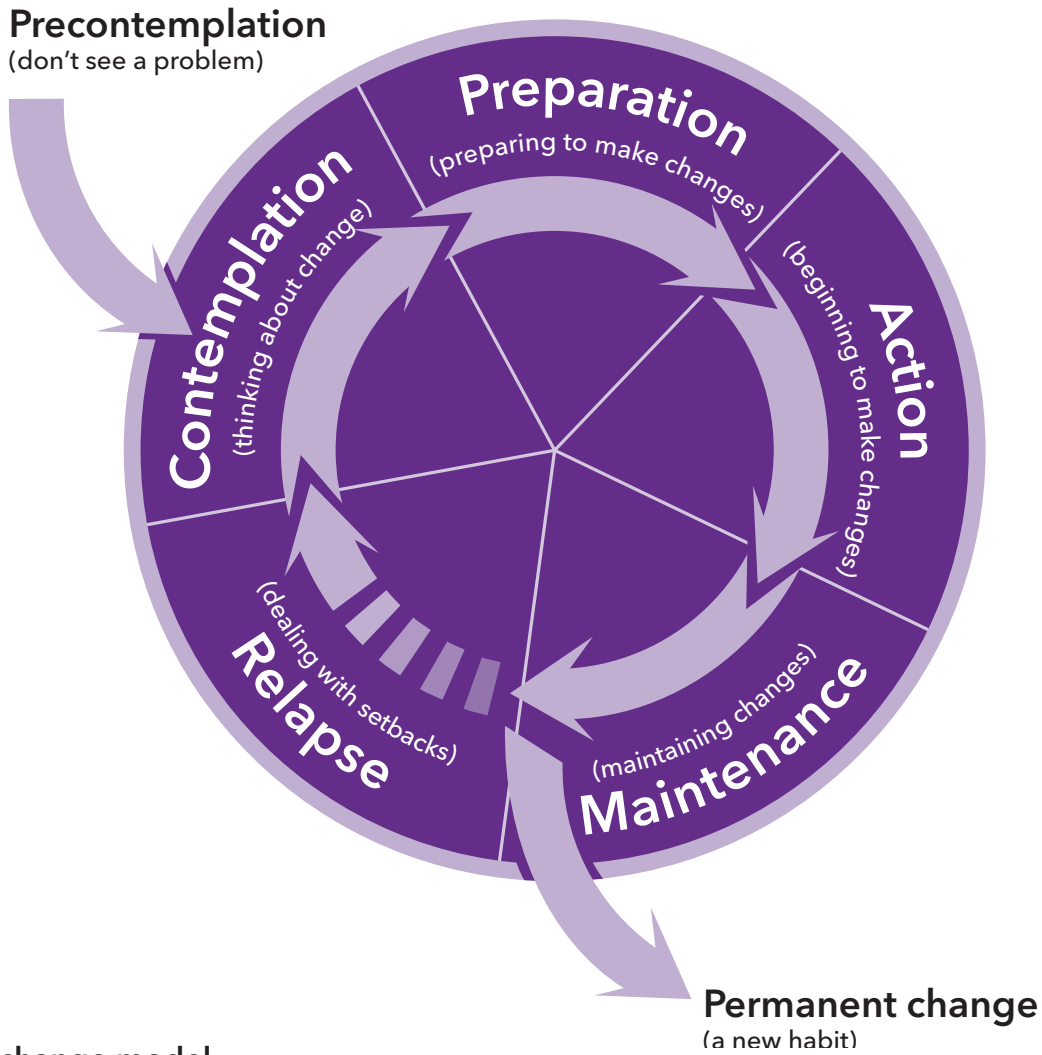
Unfold your arms. Now fold them again — with the opposite arm on top. Did you have to think for a moment to get it right?

Now that you are folding your arms the nonhabitual way, how does it feel? Odd? Uncomfortable?

Try holding the new position for a minute. If you were under stress, would you want to hold it in your familiar way or the new position?

This simple exercise shows how hard it is to change a habit. When you are making behavior changes, it's as if you are trying to hold the new position on a daily basis. Can you see why making changes involves thought as you work to set things up in a new way to achieve success?





The stages of change model

No one stage is more important than another — it's a process.

Stage of change	Ways to motivate change in yourself
Precontemplation – Not even thinking about change.	Increase awareness of the need for change; gather information.
Contemplation – Beginning to think about the risks and benefits of change.	Consider the pros and cons of change; seek support.
Preparation – Planning for a change; thinking of ways to change.	Make an action plan with specific steps; set a date; identify rewards.
Action – Making changes; practicing new behaviors.	Set specific short-term goals; work to solve problems as they arise.
Maintenance – Continuing new behaviors with increased confidence; overcoming barriers.	Remind yourself of reasons for having changed; be patient and persistent; practice self-management skills. Learn about ways to prevent – and recover from – relapses.
Relapse – Returning to old habits (this very often happens).	Think about what caused the relapse. Use your relapse-recovery skills to get back on track. Determine what you learned to help avoid future relapse.

Prochaska and DiClemente

The tools for change

As with any new skill you are trying to learn, using effective tools can really help you succeed. Some useful tools you can use are on the following pages. It may not be reasonable to expect each of the tools to work for you. We all have our own individual learning style. But try each of them — only you can determine which will work for you.



Tools to help support a healthy weight

Records

Most of the time, we don't think about our behaviors. But if you want to make changes, you need to know what you're doing right — and what you could be doing better. One of the central Cultivating Health tools is a daily log, journal, or record. These are used to record the “what, where, when, and why” of your behaviors. This will help you track your goals and see the patterns in your behavior.

Support

Support can be as simple as having someone to talk with about your goals and how you're doing.

This person could be a family member, a friend, a member of your health care team or weight group — anyone who is supportive of your goals and who will help to keep you on track. You can establish some ground rules, determining which topics you will or will not talk about. Support doesn't even require advice — simply listening can be enough.

The scale

Body fat is stored excess energy (calories). The scale is a convenient way to measure fat loss, but it's not the best. The scale measures bone, water, muscle, and the contents of your stomach and intestines — as well as fat. If you starve yourself, you'll lose weight, but much of that weight loss will be water and muscle rather than fat. It is also possible to build muscle, lose fat and inches, and have your weight remain constant. We recommend that you weigh yourself regularly, about once per week to notice this measurement. Weight loss is highly variable, but over time the number will go down. It is more important to assess your progress by your healthy efforts, positive self-regard, and patience, rather than by the scale.



A tape measure

A tape measure is a good tool for measuring fat loss. The most dangerous fat is around your waist so this is the most important area to measure. Since your waist location may not be obvious, measure over your belly button against bare skin with the tape parallel to the floor (using a mirror to help). Keep track of your result, and measure in the same way every month.

Reminders

Our behaviors happen because of triggers. You can use reminders as a positive trigger to help you see and remember what you want to do. Reminders can be a note, photo, sticker, or message on your phone or computer. For example, place a sticky note on an object to remember an action you might take. Use a photo on your phone that reminds you to stand or stretch while speaking. You could put a sign on your refrigerator as a reminder to avoid emotional eating, such as “The answer is not inside.” Definitely put one on the TV. You can think of many other reminder items and places to put this tool. Be creative!

Cultivating Health *Weight Management Kit*

The book you are holding is filled with useful information and activities. You can scan the contents page for particular areas of interest. Or, open it at random and see what you find!

Your brain

Your brain is the most important of all the tools. It is the home of your attitudes and perceptions as well as your good judgment. Often, a change in thinking is the real key to success. Your actions will be determined by the way you think. How you view yourself and your life is crucial. Use your brain to practice your positive self-talk. It is vital to improve your self-regard and to value yourself enough to want to take good care of yourself.





Weight problem roots

Being successful with weight management involves working from the inside out to discover what is at the root of the problem.

For example, you might have caregiving responsibilities. If so, you might have a common root issue of setting aside your own needs while you care for others. As you focus on the needs of the person(s) receiving your care, you may neglect your own healthy sleeping and eating habits and “pampering.”

When we do not take care of ourselves, we become worn out, resentful, and vulnerable to illness, even death. This is because we are undernourished physically, mentally, and spiritually. If your health deteriorates or you die, what will happen to the person you care for?

Achieving a balance is complicated because our lives are in a constant state of change. To maintain your health and well-being, you must create time for yourself and stay in touch with those things in your life that help you to relax and renew. Some activities and resources on pages 62, 89, and 129 may be helpful. Use your creativity and positive self-regard to discover solutions that work for you.

Develop your own weekly goals

Some suggestions for goals for Step 2:

- Keep 3 days of food records to help you eat with awareness. See the instructions on page 20. You can use the form on page 25.
- On 2 days this week, add 6 minutes of physical activity beyond what you normally do. Make a plan and reward yourself in a nonfood way.
- Take your waist measurement and weigh yourself.
- Use reminders to help you remember your goals.
- Complete the Step 2 activities in the kit.
- Ask someone for support. Practice positive self-talk. Have fun!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.

A grayscale photograph of a middle-aged man with a beard and mustache, wearing a light-colored dress shirt and a patterned tie. He is looking down at a smartphone held in both hands. The background features a repeating pattern of stylized leaves or ovals.

Step 3: For the record

The food and activity record is the single best predictor of weight loss in our program. Kaiser Permanente's research shows that keeping records can double your weight loss!

Records can provide valuable information to help you find what works to achieve and maintain your weight goals.

Why might records help? Our usual behaviors are "habitual." We do them automatically without paying much attention. Records can help you notice your habitual actions and gain understanding of your patterns. You can see what's happening, review the facts, identify problems, and plan realistic solutions.

There are many ways to record the behaviors that may be affecting your weight. In this section, you can consider options for how you might keep records. We've included sample forms in this kit that you might want to use. Or, you might want to use some other format or technology. Whichever method you ultimately choose, it's important to find one that you can maintain on a regular basis.

The National Weight Control Registry

This is a research study on people who have lost weight and kept it off for more than five years. It indicates that, most often, only a few behaviors, not many, contribute to weight gain. Keeping food and activity records was found to be a powerful way to identify and change behaviors.



Keeping records

Eating is a habitual act — you do it several times throughout the day and night. You might eat on “autopilot” and just grab whatever is available without giving much thought to why you eat or how much you eat or even what you are eating.

Keeping a record helps you avoid eating amnesia, and increases your awareness or mindfulness. This gives you the power to keep what works and change what does not.

Without records, you’re just guessing, and could be led astray to make unrealistic plans. Keeping a record is an effective technique to help see what steps you need to make to become healthier. Records can help you be more aware of how your daily activities and feelings influence your eating and, ultimately, your weight.

This sample food and activity record gives a wealth of information. The daily summary at the bottom allows reflection on choices made to help plan future positive substitutions. Healthier new habits can be created through this process. For example, we show modifications of these choices to create a satisfying and tasty eating plan on pages 22 and 48. Depending upon your portion sizes, this modified plan could save 2,450 calories per day — which theoretically could result in a weight loss of almost 5 pounds per week.

Typically a weight-loss rate of only one to two pounds weekly is recommended, through eating 500 to 1,000 less calories daily than your body needs. Eating 300 to 800 fewer calories plus doing 200 calories of physical activity daily could give the same weight loss. Combining calorie reduction with physical activity is the healthiest way to lose weight.



Daily food and activity diary

Time	Amount	Food/drink	Category	Hunger level	Feelings
7	1 1 cup	Breakfast bar Coffee, creamer	197 calories 50	2	Rushed
10	1	Donut Café mocha	300 300	3 3	Tempted Tired
12:30	1 1 21 oz.	Big Mac Large fries Cola	540 500 210	2	Anxious
3:30	2 oz. 12 oz.	Snickers candy bar Energy drink	270 160	2	Tired
6:30	2 cups ½ cup 12 oz.	Packaged dinner Corn Cola	600 83 140	2	Relaxed
9	½ cup	Ice cream	300	3	Bored
9:30	3	Packaged cookies	150	3	Bored
10	20	Potato chips	150	3	Tired

Physical activity:

5:30	20 minutes	Neighborhood walk	(-100)	2	Felt better
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Sleep: 5½ hours

Daily summary: I was rushed and tired all day and needed more sleep. The walk felt great. I am shocked that I ate 3,950 calories! I need to plan for some better choices.

Create a better eating plan

Compare the old eating plan with the new, improved one. It's easy to reduce calories, saturated and trans fats, sugar, and sodium, while increasing nutrients and fiber. A reasonable reduction in calories helps with weight loss, and any food plan is improved nutritionally with the other changes. Also, notice how much food you can eat with the improved plan.

Old menu	New, improved menu	Benefits
Breakfast Breakfast bar Coffee (with sugar and creamer)	Breakfast Whole-grain cereal or toast Fat-free milk for cereal Orange Unsweetened coffee or tea	Less sugar More nutrients More fiber and nutrients Less saturated fat and sugar; more nutrients
Snack Donut Café mocha	Snack Small low-fat bran muffin Nuts (2 tablespoons) Water	Less saturated and trans fats and sugar; more nutrients and fiber Less saturated fat and sugar
Lunch Fast food: Big Mac Large French fries and ketchup Cola	Lunch Fast food: Low-fat sub sandwich with some veggie toppings Optional: add fruit and/or vegetables from home Water	Less saturated and trans fats and sugar; more hydrating Less saturated fat, sodium; more nutrients and fiber Less sugar
Snack Snickers candy bar Energy drink	Snack Plain or vanilla yogurt Fresh fruit	Less saturated and trans fats, calories, and sugar; more nutrients More fiber and nutrients
Dinner Packaged dinner Corn Cola	Dinner Baked chicken, no skin Baked white or sweet potato Steamed broccoli Fat-free milk	Less saturated and trans fats, calories, and sodium More nutrients More nutrients Less sugar; more nutrients
Snack Ice cream and packaged cookies	Snack Popcorn, air-popped	Less saturated and trans fats and calories; more fiber



Types of records

There's an app for that!

Records come in many forms. You can create records of your own or use existing ones — in a notebook or planner, on your computer or smartphone. Try ones that you think would work best for you.

Some free or low-cost record forms and apps can be found at:

- myfitnesspal.com
- sparkpeople.com
- loseit.com
- www.livestrong.com/myplate
- recoveryrecord.com

There is a record template on page 25.

- The **time** of day allows you to see if you go too long without eating or overeat late in the day.
- The **food/drink** description helps you see your types of food and calories.
- The **amount** of food you eat is critical since most people are not aware of how much they eat. Measure your food. Remember: twice the amount of a food equals twice the calories.
- Your record can also be used to notice and record your **hunger level** when you eat. See page 53 for more information about that. Noticing your level of hunger can be valuable in finding new solutions for emotional or mindless eating.
- Do you eat when you feel upset, bored, or lonely? Recording your **situation or emotions** can help you begin to find more effective ways to meet your needs.

Categories

After you've chosen the kind of record that works best for you, you may want to start adding other categories to track. We have included this column option on the sample form. Other items to track could include:

- **Calories:** Nutrition labels, a calorie tracker, or electronic tools can show the calories in the foods you eat. Compare the amount you eat with the serving size on the label to figure out the calories (see page 45–46). A calorie deficit of 3,500 calories theoretically results in the loss of one pound, although actual weight loss varies.
- **Location:** Are you eating most of your food in restaurants, in front of your TV, at work, or in your car? Your awareness can help you notice environmental triggers and find new solutions.
- **Food groups:** Groups include vegetables, fruit, whole grains, lean protein, low-fat dairy and healthier fats. You can count your number of servings in each group. There is a place for totaling fruits and vegetables on the bottom of the page as most people need to eat more of this group.
- **With whom are you eating?** Do certain people encourage you to eat more or less than you otherwise would do? Do social gatherings increase your eating? Are you being sabotaged? Notice your social triggers and begin to think of new strategies.

Experiment with these categories and others that you identify on your own. Remember, the important thing at this point is simply writing it down. Everything else is developed from this practice.

You may also want to record both your hours of **sleep** (page 6), and **nonfood ways you are nurturing yourself** (page 62). Overeating may result from:

- Too little or too much sleep.
- Too little or too much food.
- Lack of self-nurting.



Barriers

Even though we know record keeping works to help manage weight, many of us still don't do it. On page 27 are some reasons others have given for not keeping records. Most of the barriers are related to attitude. The column on the right has some ideas for new approaches or you might develop your own. Explore trying new choices for records and continue to practice keeping your record until it feels more comfortable.

Daily food and activity diary

Day: _____ Date: _____

Time	Food/Drink description	Amount	Category	Hunger level (1-5) (1=very hungry; 5= very full)	Situation/Emotions

Daily summary

Number of servings of vegetables and fruits _____ Minutes of physical activity _____ Hours of sleep _____

What are some nonfood pleasures you've given yourself today?

You may want to make additional copies of this page before you fill in the blanks. Or look online for an electronic form or app.

Daily healthy food list

Breads and cereals • 6-8 servings	1	2	3	4	5	6	7	8
bread, 1-ounce slice								
potato, 1 small								
pasta, ½ cup								
rice 1/3 cup								
cornbread, 2-by-2-by-1.5-inch square								
dry cereal, 1 ounce (¾ cup)								
cooked cereal, ½ cup								
saltine crackers, 6								
starchy vegetable (corn, peas, etc.), ½ cup								
popcorn, 3 cups, no butter								
Vegetables • 4-8 servings	1	2	3	4	5	6	7	8
leafy raw, 1 cup								
cooked, ½ cup								
tomato juice, ¾ cup								
Water • 6-8 servings	1	2	3	4	5	6	7	8
1 cup								
Protein • 4-7 ounces total	1	2	3	4	5	6	7	
lean meat, poultry, or fish, 1 ounce								
tuna, water packed, ¼ cup								
egg whites, 3								
cooked dried beans, ½ cup								
Fats and oils • 2-5 servings	1	2	3	4	5			
oil, 1 teaspoon								
Fruits • 3-4 servings	1	2	3	4				
apple or orange, 1 medium								
banana, ½								
grapefruit, ½ medium								
grapes, 13 medium								
raisins, 2 tablespoons								
fruit juice, ½ cup								
chopped, cooked, canned, ½ cup								
Milk and milk substitutes • 2-3 servings (post-menopausal women need 3 servings)	1	2	3					
fat-free milk, 1 cup								
fat-free yogurt, 8 ounces								
fat-free or reduced-fat cheese, 1½ ounces								
cottage cheese, ½ cup								
Sweets • 75 calories maximum	1	2	3					
1 teaspoon sugar (20 calories)								

Grains=80 calories _____
 Veg.=25 calories _____
 Fruits=80 calories _____
 Dairy=90 calories _____
 Protein=55 calories _____
 Fats=45 calories _____
TOTAL _____

To figure your approximate daily intake of calories, multiply your total servings by each number indicated.



Record-keeping barriers and possible solutions

I don't keep a record because:	I can choose to:
I don't want to do it! I want to eat whatever I want, not exercise, and avoid giving it another thought.	Appreciate my resistance and keep the record anyway to help me become more fit. I can be creative and make it fun.
I can't remember to do it. I can't find my record or a pen. My smartphone/mobile device is somewhere else.	Keep my record and pen where I eat as a visual reminder. Use a reminder to have smartphone/mobile device with me when I eat.
I can't remember what I've eaten and it's too hard to figure out how much I've eaten.	Accept that my record does not have to be perfect. I can estimate portions; I can record what I've eaten as soon as I can remember to do it. I can take a photo of my food or send myself a voicemail or text with the info.
It's a dumb idea. I already think about what I eat, so why write it down?	Use my record to better understand my challenges and find effective solutions.
Weekends and holidays are for fun and indulgences – not writing in a record.	Record in high risk times to help me remain aware and become more successful.
I am embarrassed about how much I eat.	Avoid prejudging. The courage to keep records can lead me to gently find patterns and healthier possibilities.
Someone might see what I have written.	Record privately – or not worry about other's opinions.
It seems like it will just show how badly I am doing.	Use records to see my progress and notice how good I feel with healthier choices.
Writing in a record is the last thing I want to do when I'm stressed.	Record my feelings to see the connection with my eating, and find better ways to meet my needs.
It takes too much time and work, and it's boring.	See my records as a gift to myself. The effort will yield tremendous benefits. I can try a new type of record.

Develop your own weekly goals

Some suggestions for goals for Step 3:

- Choose a record system or form and use it for 3 days to help you eat with awareness.
- On 2 days this week, add 7 minutes of physical activity beyond what you normally do. Make a specific plan and reward yourself in a nonfood way.
- Weigh yourself.
- Complete the Step 3 activities in the kit.
- Ask someone for support. Practice positive self-talk. Have fun!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

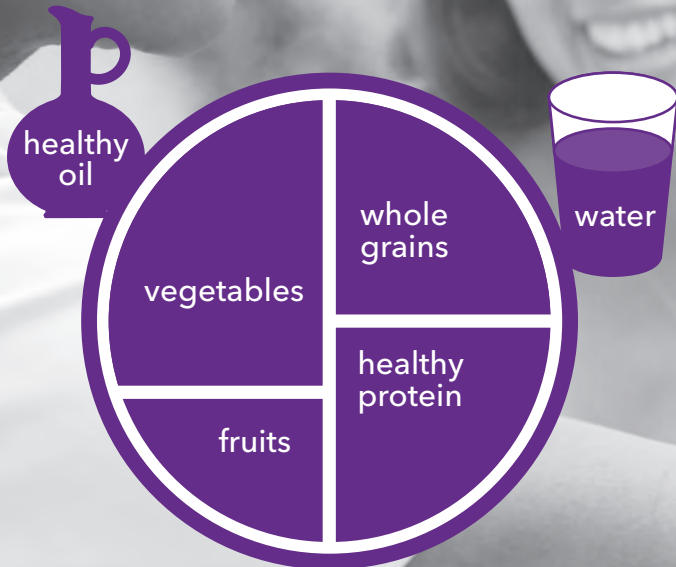
Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.

Step 4: My plate



*Healthy Eating Plate,
Harvard School of Public Health*

Do you ever find yourself following the “see-food” diet (just eating whatever you see that’s around)? That may not be a problem if the foods available are healthy and you are eating the amounts your body needs. However, the see-food diet can be a problem if your foods are less healthy, especially if you overeat.

Instead, nourish your life by providing your body with a balanced eating pattern. It:

- Includes a wide variety of foods to give you the nutrients and energy you need for all the activities you wish to do.
- Strengthens your immune system.
- Improves your mental alertness.
- Can give you pleasure, too.

One easy way to eat healthier is shown on the next page with the “plate method.” It does help to use a smaller plate, too! Another plate model is online at **ChooseMyPlate.gov**, where you can get a personalized eating plan for your calorie needs by answering some questions. There are many useful tips and resources on this site.

Another top-rated eating plan is the DASH diet (Dietary Approaches to Stop Hypertension). It can not only help control blood pressure, but reduce weight and control Type 2 diabetes. High blood pressure increases your risk for heart disease, stroke, and kidney disease.

Go to **DashDietOregon.org** for more information. You also can find DASH apps.

Your kit includes a special “Weight Management Eating Plan” on page 33. It can help you follow a balanced eating pattern while you lose weight. A balanced eating pattern helps you stay healthy and actually can help you shed fat if the calories are controlled. This model places some food groups that you need in greater amounts at the bottom of the model and the food groups you need in smallest amounts at the top.

Setting your plate

This plate model shows a balanced meal. Vegetables cover half of the plate for lunch and dinner. The remainder of the 9-inch plate is divided between a starch/bread choice and a protein choice. A serving of healthy fat can be used for preparation. One serving of fruit is represented outside the plate.



Vegetables/salad

- 1 cup salad greens with tomato and cucumber.
- Steamed broccoli and cauliflower.
- Sautéed spinach and mushrooms.

Healthier fats

- 1 tsp. olive oil.
- 1 Tbl. nuts.
- 2 Tbl. avocado.

Starch/bread

- 1 small dinner roll.
- 1/3 cup brown rice or pasta.
- 1 6" whole-wheat tortilla.
- 1/2 cup potatoes, corn, or peas.

Fruit

- 1 cup melon.
- 1 small fresh fruit.
- 1/2 banana.

Protein

- 3 oz. boneless, skinless chicken.
- 3 oz. fish.
- 1/2 cup tofu or tempeh.
- 3 oz. lean beef or pork.
- 2-egg omelet.

Dairy and dairy substitutes

- 8 oz. low-fat milk.
- 6–8 oz. light yogurt.



The weight management eating plan (part 1)

The weight management eating plan shows how to get the nutrients you need while managing your weight. Your body requires protein, carbohydrates, fats, vitamins, minerals, and water. These nutrients are found in the model's food groups.

The recommended number of servings for weight management is listed for each food group. To see what counts as a serving for each food group, look on page 34.

Water

You'll notice that the model includes water at the base. This is because water is the nutrient your body needs in the greatest amount. Water is a calorie-free beverage, and is a great option to replace high-calorie drinks. See page 35 for more information about water.

VERSUS



2 cups rice or pasta (6 servings)
480 calories



4 cups raw vegetables (4 servings)
100 calories

Plant foods

Vegetables are the group you need the most of, after water. Vegetables have been shown to reduce your risk of heart disease and help you lose weight. That's because vegetables are rich in vitamins, minerals, phytochemicals, antioxidants, and low in calories. But almost all of us (90 – 95 percent) are not even close to eating the recommended 4 to 8 servings per day.

The next group is fruit. We recommend 3 to 4 servings/day. Fruits make a wonderful sweet dessert with your meals. You can find ways to eat more vegetables and fruit on page 37.

Both vegetables and fruits have low energy density. That means water, fiber, or air dilutes the calories so that you feel full with fewer calories. To “eat large” with less calories, include salads, cooked vegetables, and broth-based soups in your food choices. And remember it is important to consider calories from any salad dressing, sauce, or ingredients other than vegetables — they could be significant. See the example above showing how much more volume you could eat of vegetables rather than grains for much fewer calories. This concept is called “volumetrics.”

Grains are next on our plan. We recommend 5 to 8 ounces for weight management. However, the serving sizes for grains are much smaller than most people realize. When you choose breads, cereals, pasta, rice, or crackers, select 100% whole-grain types at least half of the time for their fiber and nutrients. See page 38 for information about the importance of fiber. Fiber-rich foods can help with weight management.

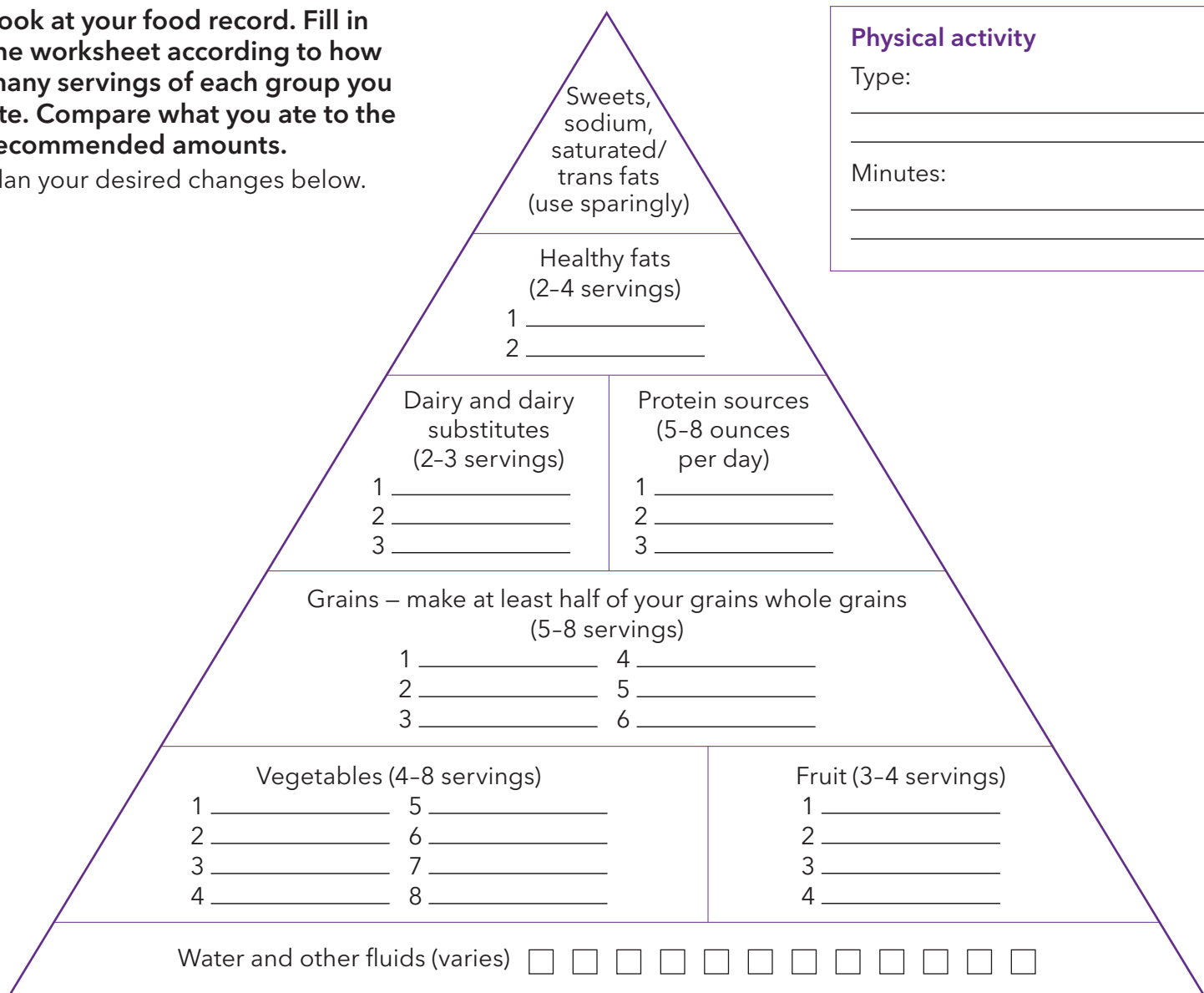
Vegetables, fruits, whole grains, and legumes all are fiber-rich plant foods that are sources of unprocessed carbohydrates. These sources of carbohydrates are much healthier than foods made from white flour or sugars, which need to be limited. All carbohydrates provide 4 calories per gram. Page 39 has more information about carbohydrates.



Weight management eating plan

Look at your food record. Fill in the worksheet according to how many servings of each group you ate. Compare what you ate to the recommended amounts.

Plan your desired changes below.



Physical activity

Type: _____

Minutes: _____

What kinds of changes do you want to make?

Foods I want to add:

My plan of action is:

How are you going to prepare to reach your goal?

How are you going to remind yourself to take action?

Serving sizes matter

What counts as one serving?

Grains and starches

Each of these equals one bread serving (80 calories):

- 1/3 cup cooked pasta, rice, or barley
- 1/2 cup cooked dried beans
- 1/3 cup baked beans
- 1 small potato w/skin (or 1/2 cup mashed)
- 1/2 cup yam or sweet potato
- 1/2 cup corn or peas
- 1 cup winter squash
- 1 slice bread or 1 roll (1 ounce)
- 1 6-inch tortilla or pita
- 1/4 of a 4-ounce bagel
- 3 graham cracker squares
- 1 4-inch pancake
- 1/2 English muffin or hamburger/hot dog bun
- 1/2 cup cooked cereal
- 1/2 cup Shredded Wheat or flaked bran cereals
- 3/4 cup other dry cereal, unsweetened
- 4–6 crackers (saltine-type, rye crisp)
- 3 cups popcorn, unbuttered, not cooked in oil

To increase fiber, select whole-grain, unrefined breads and cereals.

Protein sources*

Amounts in the following examples equal one ounce. For weight management, the suggested total protein intake is 5 to 8 ounces of lean protein per day.

Lean protein, best choice (55 calories, 3 grams fat):

- 1/2 cup cooked dried beans, peas, or lentils (125 calories)
- 3 egg whites
- 1/4 cup cottage cheese
- 2 Tbl. Parmesan cheese
- 1 ounce fresh or frozen fish
- 1/4 cup tuna, water packed
- 1 ounce poultry without skin
- 1 ounce beef flank, sirloin, tenderloin, or ground round (10% fat)
- 1 ounce pork tenderloin, lean ham, or Canadian bacon
- 1/4 cup tofu or tempeh

Fruit

Each of these equals one fruit serving (60 calories):

- 1 fresh small fruit (4 ounces)
- 1/2 banana
- 1/2 grapefruit
- 12–15 grapes or cherries
- 1 cup fresh berries or melon
- 1/2 cup unsweetened canned fruit
- 1/2 cup apple, grapefruit, or orange juice
- 1/3 cup cranberry juice cocktail, grape, or prune juice
- 2 Tbl. raisins and most dried fruit

Best choices are whole fruits (high fiber), rather than fruit juices.

Including a citrus source such as oranges, grapefruit, cantaloupe, tangerines, strawberries, or kiwi fruit daily will increase vitamin C intake.

Vegetables

Each of these equals one vegetable serving (25 calories):

- 1/2 cup cooked vegetables
- 1 cup raw leafy vegetables
- 3/4 cup tomato/vegetable juice

Best choices include fresh or frozen (without sauce). Eating the “skins” increases fiber intake. To increase vitamin A content, include dark green leafy or deep yellow vegetables.

Dairy and dairy substitutes

Each of these equals one dairy serving.

Nonfat and very low-fat milk (90 calories):

- 1 cup nonfat milk
- 1 cup 1% milk
- 1 cup low-fat buttermilk
- 1 cup plain unsweetened soymilk
- 1 cup almond milk
- 8 ounces plain nonfat yogurt
- 1-1/2–2 ounces fat-free cheese

Low-fat milk (120 calories):

- 1 cup 2% milk
- 8 ounces plain low-fat yogurt
- 1-1/2 ounces reduced-fat cheese

Fats

Each of these equals one fat serving (45 calories):

- 1 tsp. margarine, oil, mayonnaise
- 1 Tbl. diet margarine or diet mayonnaise
- 1 Tbl. regular salad dressing
- 1 slice bacon
- 1 Tbl. cream cheese
- 1 Tbl. nuts or sunflower seeds
- 2 Tbl. reduced-calorie salad dressing
- 2 Tbl. avocado or sour cream

Best choices are “healthier” fats. See page 43.

Medium protein (75 calories, 5 grams fat):

- 1 large whole egg
- 1 ounce mozzarella or ricotta cheese
- 1/4 cup tuna, oil packed or canned salmon
- 1 ounce poultry with skin or ground turkey
- 1 ounce beef roast, T-bone steak, ground beef (15% fat), or meatloaf
- 1 ounce organ meats
- 1 ounce pork chops or loin roast
- 1 ounce lamb chops, leg, or roast
- 1 cup soy milk (130 calories)

High-fat protein (100 calories, 8 grams fat):

- 1 Tbl. peanut butter
- 1 ounce cheddar or Swiss cheese
- 1 ounce beef ribs, corned beef, or blade roast
- 1 ounce pork spareribs or ground pork
- 1 ounce ground lamb
- 1 ounce hot dog, sausage, or lunch meat

*Calories and fat vary depending on choice.

Water, the neglected nutrient

Many people are dehydrated without knowing it.

Signs you may not be getting enough water

- Your urine is dark. (It should be clear, almost colorless.)
- You don't produce much urine.
- You are constipated. (Water, fiber, and physical activity are the best ways to avoid it.)
- You feel tired. (Fatigue can be an early sign of dehydration.)
- You feel hungry all the time. (Many people confuse thirst with hunger.)

Why should you drink water?

- Your body contains more water than any other substance, and you lose it daily in your sweat, breath, urine, and feces. If it is not replaced, you will become dehydrated. Serious dehydration can be fatal.
- You need water for your body's processes, tissues, temperature regulation, lubricating joints, carrying nutrients and oxygen to cells, and removing waste products from your body. You cannot be healthy without enough water.
- Water contains no calories, and nothing satisfies thirst better!

How much water do you need?

Your water needs depend on many factors including your health, diet, activity, age, weight, and weather. On average, 8 to 12 cups per day are needed by adults to replace the amounts lost.

Do not wait until you are thirsty! Thirst is not a reliable indicator of your body's need for water.

Make a plan to drink water throughout the day. Try a water filter or bottle water, or add slices of citrus fruit or some juice to water. Find it, tote it, drink it!



What is your plan to drink enough water?



About taking vitamin supplements

Food is the best source of all the vitamins and minerals you need to be healthy. With food you get more than just vitamins and minerals. You also get energy, fiber, fluids, protein, carbohydrates, essential fatty acids, and beneficial phytochemicals.

When you get your vitamins and minerals from food, you don't need to worry about imbalances, toxicity, and potency — which are all possible problems with vitamin-mineral supplements.

However, vitamin-mineral supplements are recommended for anyone with a poor diet. This includes people who don't eat at least five servings a day of fruit and vegetables, or “picky” eaters, especially children, teens, and the elderly. People with increased nutritional needs — such as those who are pregnant or breastfeeding, smokers, heavy drinkers, oral-contraceptive users, or those who are ill or having surgery — may also benefit from supplements.

If you decide to purchase a vitamin-mineral supplement, look for one that provides 100 percent of your recommended daily allowance. Avoid supplements that exceed that number. Choose an inexpensive store brand for a daily vitamin-mineral supplement. These are typically as good as, and sometimes better than, expensive brand-name vitamins.

Ideally, spend your money on healthy food, the best source of nutrients. Supplements cannot duplicate the benefits of good food choices.

A poor diet plus supplements is still a poor diet!

25 ways to eat more vegetables and fruit

There are many sources of vegetables and fruits. Your favorite grocery store is an obvious place.

You also can try to eat locally. This can have community, environmental, and economic benefits, in addition to benefitting your body with fresher, whole foods. Try growing your own produce in containers or a small part of your yard. Check out area farmers markets or get a share in a CSA organization (community supported agriculture). Chances are high you'll get exposed to new vegetables and fruits.

After you bring your produce home, try some of these ideas for incorporating it in your eating plan.

- 1** Use ready-to-eat vegetables for snacks, such as baby carrots or broccoli florets.
- 2** Use bagged, ready-made salad and low-fat or nonfat salad dressing.
- 3** Try low-sodium vegetable juice. One-portion cans make great snacks for the car or office.
- 4** Make a salad into a meal. Toss a couple of ounces of chicken, turkey, tuna, low-fat cheese, or legumes into a large vegetable salad.
- 5** Roast or grill peppers, onions, zucchini, mushrooms, or eggplant for rich, sweet flavor.
- 6** Eat more vegetable-rich main dishes. Add vegetables to soups or stews.
- 7** Add extra vegetables to your sandwich.
- 8** Try having vegetables at breakfast. Add chopped vegetables to an omelet.
- 9** Purchase ready-cut fresh vegetables to use in stir-fries or side dishes.
- 10** At lunch, take along carrots, celery, sliced cucumber, red pepper, etc. Add fat-free dressing, if desired.
- 11** Add fruit to your vegetables. Toss apple, pear, grapes, melon, kiwi, or orange into spinach or cabbage salad.
- 12** Learn how to microwave your vegetables.
- 13** Bake a sweet potato for dessert!
- 14** Add extra vegetables to your pizza.
- 15** Simmer vegetables in broth or juice. Try carrots or beets in orange or apple juice, zucchini in tomato juice, or green beans in nonfat chicken broth.
- 16** Experiment with new flavorings. Sprinkle lemon juice on broccoli, nutmeg on spinach, basil on tomatoes, or dill weed on carrots.
- 17** Stock frozen vegetable combinations without sauce to add to your meals.
- 18** Cook extra vegetables at dinner to have for lunch the next day.
- 19** Top a baked potato with salsa, broccoli, or other nonfat toppings.
- 20** Use fruit as your vegetable. A slice of cantaloupe or mango has some of the same nutrients as carrots.
- 21** Have one fruit serving with each meal. Add fruit to breakfast cereal, take fresh fruit with lunch, use fruit for a snack or dessert with dinner.
- 22** Substitute fruit for high-fat, sugar-filled desserts. Top angel food cake with fresh fruit or add fruit to frozen yogurt.
- 23** Drink your fruit. Add a peach, apricot, berries, or banana to yogurt, milk, or buttermilk for a fruit smoothie.
- 24** Cook your fruit. Try broiled grapefruit or baked apples or bananas.
- 25** Try one or more new fruits or vegetables each week: winter squash, collard greens, kohlrabi, papaya, kiwi, mango, etc.

See recipes starting on page 133 and at fruitsandveggiesmorematters.org.

Fit with fiber

Fiber (or roughage) is found only in plant foods. It cannot be completely digested, but it is vital to your health.

Fiber-rich foods tend to be nutritious and filling, though fiber by itself has no calories. Fiber supplements are available, but they do not provide all the health benefits of fiber-rich foods.

Insoluble fiber doesn't dissolve in water. It's found in whole wheat breads and cereals, other grains, vegetables, fruits, seeds, nuts, and popcorn. Insoluble fiber prevents constipation and promotes a healthy digestive tract.

Soluble fiber dissolves in water. It is found in oats, bran cereal, rice bran, barley, legumes (dried beans, split peas, and lentils), fruits, vegetables, ground flax seeds, chia seeds, and psyllium. Soluble fiber may help lower cholesterol levels when eaten regularly as part of a low-fat diet.

Soluble fiber may also help control your blood glucose levels by slowing the absorption of carbohydrates eaten at the same time, which also helps to satisfy your appetite longer.

Fiber may have a role in weight control. All types of fiber help control hunger by taking up space in your stomach, which prolongs a feeling of fullness.

Since fiber requires more chewing, it may help to slow your eating speed. This can help with portion control. Fiber may also slightly reduce the amount of calories your body absorbs.

Fiber tips:

- Check nutrition labels for fiber content and choose foods high in fiber.
- For breakfast, use a high-fiber cereal.
- For lunch, select whole-grain breads for sandwiches or try a bean or barley soup.
- Use more vegetables and fruits for meals and snacks.
- Plan 2 dinners per week using legumes.
- Since fiber absorbs a great deal of your body's water, drink generous amounts of water each day.
- To avoid gas or bloating, increase the amount of fiber you eat gradually — or try a different type of high-fiber food. Beano or a similar product may also be useful as your body adjusts to eating more fiber.
- Recommended daily fiber intake is 21 to 38 grams. Some experts suggest eating even more fiber to increase feeling satisfied during weight loss.

Rich sources of fiber (listed by grams per serving)

14	General Mill's Fiber One cereal (1/2 cup)	6	Persimmon (1 medium)
13	Kellogg's All-Bran Bran Buds cereal (1/3 cup)	6	Orange (1 medium)
10	Split peas (1/2 cup)	6	Whole wheat spaghetti, cooked (1 cup)
10	Kumquats (8)	6	Artichoke (1 medium)
10	Hormel Vegetarian Chili with Beans (1 cup)	6	Post Original Shredded Wheat (2 biscuits)
9	Guava (1 medium)	5	Sunflower seeds, dry roasted (1/3 cup)
8	Post Raisin Bran cereal (1 cup)	5	Baked potato, with skin (1 medium)
8	Post Shredded Wheat 'N Bran cereal (1 1/4 cup)	4	Oatmeal, cooked (1 cup)
8	Kashi Go Lean Crunch cereal (1 cup)	4	Apple or pear with skin (1 medium)
8	Raspberries or blackberries (1 cup)	4	Almonds or pecans (1 ounce)
8	Kidney beans or lentils, cooked (1/2 cup)	3	Strawberries (1 cup)
7	General Mills Multi-Bran Chex cereal (1 cup)	3	Dried plums or figs (4 or 1/4 cup)
7	Black beans, cooked (1/2 cup)	3	Carrots (1/2 cup)
7	Rye wafers (3)	3	Popcorn (3 cups)
7	Refried beans (1/2 cup)	3	Barley or oat bran, cooked (1/2 cup)
6	Baked, navy, or white beans, cooked (1/2 cup)		Other grains, fruits, vegetables, and nuts can significantly contribute to total dietary fiber intake.
6	Flax or chia seeds (1 tablespoon)		

Confused about carbohydrates?

Most health experts agree on how weight control is accomplished. It comes from balancing the number of calories eaten with the number burned through your physical activity and metabolism.

The quality of what you eat is a crucial factor as well. Your weight management benefits from a balance of nutrients. Carbohydrates are a nutrient important for energy. Current evidence for weight management supports eating moderate amounts of carbohydrate rather than following either a low-carbohydrate or high-carbohydrate diet.

However, the *type* of carbohydrate you choose is important. It is healthier to choose *unprocessed* carbohydrates. Unprocessed carbohydrates are found in vegetables, fruits, whole grains, and legumes. These contain more fiber, which may help regulate blood glucose, lower cholesterol levels, and control appetite.

Foods containing unprocessed carbohydrates also have more vitamins, minerals, and phytochemicals that are essential for better health. And studies show that people who eat mainly unprocessed carbohydrates have a lower risk of obesity, diabetes, cancer, and heart disease.

On the other hand, *processed* carbohydrates, which are found in sugar and white flour, mainly add just calories to your diet. Fewer than 5 percent of calories should come from sugar. White flour contains very little fiber and few nutrients, so it is best to also limit it.

Unfortunately, most of the top sources of calories for Americans contain processed carbohydrates. The latest data shows Americans are averaging 600 calories daily from white flour and 600 calories from sugar, mostly in baked goods, desserts, and beverages.

It is the excess calories from these foods along with a lack of physical activity that has contributed to our nation's obesity.

Instead, choose primarily unprocessed carbohydrates and limit them to 45 to 60 percent of total calories. For a daily diet of 1,200 to 1,800 calories, that would mean about 135 to 270 grams of carbohydrates. Be sure to measure your servings so you know how much you are eating. And remember to also participate in physical activities.

Unprocessed carbohydrates (preferred – within your calorie limits)

- Legumes – dried beans, split peas, lentils, soy.
- All vegetables.
- All fresh fruits.
- Whole grains (amaranth, barley, brown rice, buckwheat, bulgur, corn, millet, oatmeal, quinoa, rye, whole wheat).
- Pasta (whole grain preferred).
- 100 percent whole-wheat bread, rolls.
- 100 percent whole-wheat or rye crackers.
- Whole-grain cereals.

Processed carbohydrates (limit or avoid)

- Sugar, honey, molasses, syrup.
- Soft drinks, other sweetened beverages.
- Candy.
- Cookies, cakes, pies, donuts, sweet rolls.
- Ice cream.
- Highly sweetened cereals.
- White-flour products, including bread, rolls, pancakes, waffles, bagels, and crackers.
- Chips, pretzels.



The weight management eating plan (part 2)

Protein

We recommend 5 to 8 ounces of lean protein sources. Adequate lean protein can help maintain and repair your body, manage your blood sugars, stabilize your mood, and help you feel full longer. A 3-ounce portion is about the size of the palm of your hand or a deck of cards. Note on page 34 that the calories nearly double with high-fat protein choices. Lean protein can be found in animal foods on page 41 or in plant sources on page 37. Vegetarian sources of protein include inexpensive and healthy legumes (dried beans, split peas, lentil, or soy). Each gram of protein provides 4 calories.

Healthier fats

Healthy fats such as olive, canola, or peanut oil are a good replacement for riskier fats (see page 42). Limit your daily intake to 2 to 4 teaspoons. One tablespoon of nuts or 2 tablespoons of avocado can be substituted for 1 teaspoon oil. Because fat is so calorie-dense (9 calories per gram or 45 calories per teaspoon), this is definitely a food we need to measure.

Riskier fats, sweets, and sodium

Saturated and trans fats, sodium, and sugars are at the top of the plan because caution is needed. Saturated and trans fats are linked with heart disease. See page 43.

Sugar does not provide your body with any vitamins or minerals, so it is considered empty calories. Limit sweets to no more than 75 calories per day, which is about 3 teaspoons of sugar, including sugar already in your food. A can of regular soda contains has 140 calories and 10 teaspoons of sugar. See page 58.

The processed and restaurant foods consumed by most Americans are often loaded with sodium chloride (salt). It is a good idea to limit added salt and to use the DASH diet (page 29) to help offset your sodium.

Limiting these risky items is challenging because we are surrounded by fast food 24 hours a day, 7 days a week. These foods look and smell good to us, and are formulated to combine salt, fat, and sugar so that it appeals to our taste buds. They are also affordable and easy to eat on the run. But these foods can be a major contributor to weight gain and serious health problems if chosen too frequently. You will also feel much better eating healthier foods.

Calcium

Next we recommend 2 to 3 servings of low-fat calcium sources. Nonfat and 1% milk are excellent sources of calcium. Calcium along with other nutrients helps to build strong bones and prevent osteoporosis. Also, people who take in enough calcium have been shown to better manage their weight — however, excess calcium does not help you lose weight! Good sources of calcium are listed on page 44.

Meat nutrients

Lean cuts of beef

3-ounce serving, trimmed after cooking*

Cholesterol	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)
Beef eye round	144	4.0	1.4	53
Beef top round	157	4.6	1.6	61
Beef tip round	148	5.3	1.9	75
Beef top sirloin	156	4.9	1.9	49
Beef top loin	161	6.0	2.3	56
Beef tenderloin	170	7.1	2.7	67
Beef flank	158	6.3	2.6	42

Lean cuts of pork

3-ounce serving, trimmed after cooking*

	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)
Pork tenderloin	159	5.4	1.9	65
Pork boneless sirloin chop	181	8.6	3.1	73
Pork boneless top loin roast	165	6.1	2.2	66
Pork boneless top loin chop	141	3.6	1.3	65
Pork loin chop	172	6.9	2.5	70
Pork rib chop	186	8.3	2.9	70
Pork boneless rib roast	182	8.6	3.0	71
Pork sirloin roast	168	8.6	3.1	70

**Trimming meat before cooking will reduce fat content further.*

Please note that each 3-ounce portion has approximately 21 grams of protein.

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Skinless poultry

3-ounce cooked serving, roasted

Cholesterol	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)
Chicken breast	140	3.0	0.9	72
Chicken leg	162	7.2	2.0	80
Chicken thigh	178	9.3	2.6	81
Turkey breast	120	0.8	0.2	55
Turkey leg	140	4.0	1.0	65

Ground-meat products

3-ounce cooked portion, broiled

Cholesterol	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)
Ground beef (95% lean)	139	5.1	2.4	65
Ground beef (85% lean)	218	13	4.5	77
Ground pork (80% lean)	252	17.6	6.6	80
Ground turkey (99% lean)	98	1.5	0	45

Fish

3-ounce cooked serving

Cholesterol	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)
Cod	89	0.7	0.1	47
Flounder	62	1.3	0.3	58
Halibut	119	2.5	0.4	35
Light tuna, canned in water	99	0.7	0.2	26
Salmon	175	10.5	2.1	54
Shrimp	84	0.9	0.2	166

Broil, bake, grill, poach, or microwave red meat, fish, or poultry, instead of frying.

Healthier fats, risky fats

Fats are a nutrient found in many foods that, along with carbohydrates and proteins, provide energy (calories) to the body.



Fats may improve the flavor and texture of food, and increase a sense of fullness. But eating too much fat is associated with obesity, heart disease, high blood sugar levels, and certain cancers.

And, at nine calories per gram, fats can quickly pile on calories without providing much volume. In comparison, carbohydrates and proteins have only four calories per gram.

For example, a medium baked potato, which is mostly carbohydrate, contains 164 calories. If that same potato is cut up and deep-fried to make French fries, the added fat (the oil) pushes the calorie content to 578!

For a healthy diet, it is best to limit fats to 25 to 35 percent of total calories. That is approximately 42 to 70 grams of fat per day for most adults.

The type of fat you use can affect your health. Saturated and trans fats are considered “risky,” and have been linked with heart disease. It is best to limit these as much as possible.

Recent popular claims that coconut is a healthier oil lacks evidence at this time. Limits are advised because it is so saturated.

Monounsaturated and polyunsaturated fats are thought of as “healthier.” They may help lower your blood-cholesterol level when you use them in place of the riskier fats in your diet. Unsaturated oils are preferable to both butter and margarine.

Cholesterol in foods has been shown to have a much smaller effect on raising total blood cholesterol and LDL levels than does saturated and trans fats.

Even when you do use healthier fats, control your portion sizes to avoid extra calories. And remember that fat is only one part of healthy eating that includes vegetables, fruits, fish, legumes, nuts, dairy, and whole grains, with limits on sugars and white flour.

Eating fats supports your body’s hormone production, brain, and nerve function. It also improves the absorption of fat-soluble phytochemicals and vitamins A, D, E, and K.



Healthier fats

Risky fats

Healthier fats		Risky fats	
Type of fat	Source	Type of fat	Source
Monounsaturated	<ul style="list-style-type: none"> ■ Olive, canola, and peanut oils ■ Avocado ■ Nuts and seeds (including hazelnuts, peanuts, and sesame seeds) 	Saturated fats (less than 7 percent of total daily calories)	<ul style="list-style-type: none"> ■ Animal sources (leaner is healthier): beef, veal, lamb, pork, lard, poultry (skin has most fat), butter, cream, ice cream, milk (except nonfat), cheese (watch the pizza!) ■ Plant sources: coconut or palm oils
Polyunsaturated	<ul style="list-style-type: none"> ■ Omega-3 fats ■ Fish (Use twice per week. Albacore tuna, herring, lake trout, mackerel, salmon, mussels, and sardines are rich sources.) ■ Nuts and seeds (including walnuts, chia seeds, and ground flaxseed) ■ Corn, cottonseed, safflower, sesame, soybean, and sunflower oils 		

Calcium sources

Food	Calcium (mg)
Total cereal – calcium fortified (3/4 cup)	1,000
Calcium-fortified lactaid milk – fat-free (1 cup)	500
Milk – fat-free, skim deluxe, or 1% (1 cup)	350
Nonfat yogurt (1 cup)	300-350
Calcium-fortified orange juice (1 cup)	300-350
Buttermilk or kefir (1 cup)	300
Calcium-fortified non-dairy beverages – ie., soy or rice milk (1 cup)	300
Canned salmon, with bones (1/2 cup)	285
Sardines, canned, drained (2 ounces)	220
Cheese – reduced-fat or fat-free (1 ounce)	200
Soy nuts (1/4 cup)	185
Rhubarb (1/2 cup, cooked)	180
Collard greens (1/2 cup, cooked)	180
Tofu – set with calcium sulfate (3 ounces)	172
Blackstrap molasses (1 tablespoon)	137
Turnip greens (1/2 cup cooked)	130
Oysters, steamed (3 ounces)	120
Ricotta cheese – reduced-fat or fat-free (1/4 cup)	100-150
Cottage cheese – fat-free or low-fat (1/2 cup)	100
Kale (1/2 cup, cooked)	100

Food	Calcium (mg)
Mustard or beet greens (1/2 cup, cooked)	95
Scallops (3 ounces)	90
Soy beans (1/2 cup, cooked)	88
Most frozen yogurt or ice cream – low-fat or fat-free (1/2 cup)	80-100
Bok choy (1/2 cup, cooked)	80
Figs, dried (3 medium)	80
Soy tempeh (1/2 cup)	80
Almonds (1 ounce)	70
Pork and beans (1/2 cup)	70
Sesame seeds or tahini [sesame butter] (1 tablespoon)	70
Navy beans (1/2 cup cooked)	63
Chinese cabbage (1/2 cup, cooked)	60
Artichoke (1 boiled)	60
Carob (2 tablespoons)	56
Black beans (1/2 cup cooked)	52
Swiss chard (1/2 cup, cooked)	50
Oranges (1)	50
Bread (2 slices)	45
Broccoli (1/2 cup, cooked)	45
Legumes, especially soybeans (1/2 cup)	20-85

You need 1,000 to 1,200 mg of calcium every day (three rich sources plus 200 mg of miscellaneous sources). Food is the best source for your body to use, but calcium carbonate or calcium citrate supplements are also an option. Spread your calcium supplements through your day, taking no more than 500 mg at a time to help absorption. Calcium is best absorbed when taken with vitamin D or foods containing vitamin D.

Food labels

Food labels can be found on most food packages. By reading the label, you can learn about the food and the nutrition it provides. The food label information is regulated by the government.

This page shows the newly adopted Nutrition Facts label that is being phased in by manufacturers. Its goal is to expand and highlight the information most people need when making food choices.

? What health claims on food labels REALLY mean

The FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- Low calorie — Less than 40 calories per serving.
- Low cholesterol — Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- Reduced — 25% less of the specified nutrient or calories than the usual product.
- Good source of — Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- Calorie free — Less than 5 calories per serving.
- Fat free/sugar free — Less than 1/2 gram of fat or sugar per serving.
- Low sodium — Less than 140 mg of sodium per serving.
- High in — Provides 20% or more of the Daily Value of specified nutrient per serving.
- High fiber — 5 or more grams of fiber per serving.

Nutrition Facts

2 servings per container

Serving size

1 cup (255g)

	Per serving		Per container	
Calories	220		440	
	% DV*		% DV*	
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Total Carb.	35g	13%	70g	25%
Dietary Fiber	6g	21%	12g	43%
Total Sugars	7g		14g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The new one:

- Emphasizes the number of calories and servings per package.
- Updates the % Daily Values for nutrients such as fiber, calcium, and sodium.
- Updates serving sizes.
- Lists the amount of added sugars.
- Requires listing potassium and vitamin D if they are present in the food (and no longer requires listing vitamins A and C).



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 21 pieces)

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber less than 1g **2%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamin 8% • Riboflavin 4%

Niacin 4% • Vitamin B₆ 2%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Don't forget ingredients

It's smart to look at the serving sizes and calorie and other information on your nutrition labels. There is also other information to consider when evaluating a food.

Ingredients are listed in order of the most (in weight) to the least contained in the food. Consider what is "real," or "natural," and what is not. Real or natural ingredients are usually ingredients that you recognize or are familiar with. Your body deserves quality ingredients and as many of these as possible! Also, usually the fewer ingredients a food has, the better it is for you.

The best foods do not have a nutrition label. Consider a fresh broccoli crown or orange or grains sold in bulk. These foods consist of only one ingredient, and usually do not have food labels. If the ingredient sounds like a chemical, most likely it is a food additive. Food additives tend to have unusual names and can be varieties of artificial sweeteners, flavor enhancers, ingredients to extend shelf life, colorings, preservatives, or replacements to add volume.

Practice reviewing ingredients to study the quality of a food.

Making healthier choices

Use nutrition labels to make healthier food choices

Compare the following information from nutrition labels to determine which would provide a healthier option by:

- Reducing excess calories.
- Reducing saturated and trans fats to decrease heart disease risk.
- Reducing excess sodium, which helps some people control their high blood pressure.
- Reducing excess sugar.
- Adding more fiber.
- Adding more vegetables and fruits to increase vitamins, minerals, and phytochemicals.
- Adding more calcium-rich foods.

Remember

- Read food labels.
- Nutrition information is available for most foods on the Internet.
- Foods labeled “healthy,” fat-free, or sugar-free are not calorie-free. Watch portion sizes.
- Reduced-calorie foods are not low-calorie if multiple servings are consumed.
- Try improving one meal or one snack at a time.
- Small changes add up (and down)! Cut out 100 calories a day for a year and you would lose 10 pounds!

Food	Calories	Total fat/ sat/trans (g)	Sodium (mg)	Sugar (g)	Fiber (g)
Marie Calender chicken pot pie	760	42 / 16 / 0	1,480	8	8
Healthy Choice grilled white chicken and pasta	310	5 / 2 / 0	500	18	6
Dove ice cream bar	250	16 / 10 / 0	45	21	0
Skinny Cow Chocolate Truffle	100	3 / 2 / 0	50	12	3
Crispy chicken club sandwich	620	29 / 17 / 0	1,200	11	3
Small hamburger	250	9 / 4 / 1	520	6	2
Coconut Mocha Frappuccino – 24 ounces	585	30 / 23 / 0	270	56	3
Nonfat latte – 12 ounces	100	0	120	14	0
Chocolate granola bar	140	5 / 4 / 0	65	13	1
Fiber One cereal – 1/2 cup	60	1 / 0 / 0	105	0	14
Alfredo pasta sauce – 1/4 cup	110	10 / 5 / 0	460	1	0
Hunt’s tomato herb sauce – 1/4 cup	20	0	360	2	1
Nacho cheese Doritos chips – 1 ounce	140	8 / 1.5 / 0	180	1	1
Baked tortilla chips (20) and 2 Tbl. salsa	100	1 / 0 / 0	355	2	2
Stonyfield whole milk French vanilla yogurt – 1 cup	230	8 / 4.5 / 0	120	30	0
Fresh apple – medium	81	0	1	15	4
Yogurt raisins – 1/4 cup	170	7 / 6 / 0	20	25	<1
Unsweetened raisins – 1/4 cup	110	0	4	20	1.25

Example: Weight management eating plan

Breakfast	Calories	Example
1 ounce lean/med protein	55	1 boiled egg
2 servings of whole grain	160	1 cup oatmeal
1 fruit	60	1 cup blueberries
1 cup dairy/dairy substitute	90	1 cup fat-free milk
1 serving of healthy fat	45	1 tablespoon almonds
	0	Tea/coffee
	410	
Snack	Calories	Example
1 vegetable	25	1 cup cherry tomatoes
1 serving of healthy fat	45	1 tablespoon sunflower seeds
	70	
Lunch	Calories	Example
2 ounces of lean protein	110	2 ounces turkey
2 servings of whole grain	160	2 slices wheat bread
2 vegetables	50	Cucumber, tomato, spinach on sandwich 1/2 cup carrots
1 serving of healthy fat	45	2 tablespoons avocado
	365	
Snack	Calories	Example
1 fruit	60	1 apple
1 cup dairy/dairy substitute	90	1 cup fat-free yogurt
	150	
Dinner	Calories	Example
3 ounces of lean protein	165	3 ounces salmon
1 serving of whole grain	80	1 cup winter squash
3 vegetables	50	1 cup vegetable soup 1 cup mixed green salad
1 serving of healthy fat	25	1 cup radishes
	45	1 tablespoon dressing
	365	
Snack	Calories	Example
1 whole grain	80	3 cups fat-free popcorn
1 fruit	60	1 orange
	140	
Total calories:	1,500	

Serving estimates

Most of us underestimate how much food we eat by at least one-third. Because we don't realize how much we are eating, we are often taking in more calories than we think.

Research shows that these techniques can help us manage our calories more easily:

- Measure your food portions using measuring cups, measuring spoons, or a scale. This way, you get accustomed to how much is on your plate.
- When you can't measure, use comparisons with common objects.
 - Deck of cards or palm of hand = 3 ounces meat
 - Fist = 1 cup
 - Thumb nail = 1 teaspoon
- Measurements allow you to estimate calories in your food.
 - Compare your measurement with the serving sizes on page 34. Multiply how many servings you are eating by the calories per serving for that food group.
 - If your food has a Nutrition Facts label (see page 45), compare your portion with the label's serving size to calculate calories. You can also find calorie information for servings of most foods on the internet or in reference books.
 - Some smartphone food record apps have bar-code scanners. They will identify your food's calories when you enter the amount you've measured.
- Buy single servings or portion out a single serving from a larger package instead of eating from the container so you know how much you are eating.
- Use smaller plates and bowls and skinny glasses to give the illusion you are eating more.

Calories

The "Weight Management Eating Plan" (page 33) can also help you control calories. If you choose the *least* number of servings in each category you will eat about 1,200 calories. If you select the *most* number of servings, you will eat about 2,000 calories.

A rough estimate of the daily calories you need for weight maintenance can be found by multiplying your body weight by the number 12. When you eat fewer calories than your maintenance level, you will lose weight.

Be careful and avoid consuming less than 1,200 calories per day. Fewer calories might rob you of nutrients and cause you to become overly hungry. Fewer calories might also slow your metabolism by reducing your muscle mass.



It is healthier and more effective to use a modest reduction in calories along with doing more physical activity. A 500-calorie daily deficit equals one pound of fat loss per week. An example of a 1,500-calorie eating plan is on the previous page. Note that the calories, protein, carbohydrates, and fat are spread throughout the day to provide nourishment, control blood sugars, and help manage appetite.

Develop your own weekly goals

Some suggestions for goals for Step 4:

- Keep 4 days of food records. Try using the “Weight Management Eating Plan” as your food record form. Check for nutritional balance in each group.
- On 2 days this week, add 8 minutes of physical activity beyond what you normally do. Make a plan and reward yourself in a nonfood way.
- Weigh yourself.
- Complete the Step 4 activities in the kit.
- Ask someone for support. Practice positive self-talk. Have fun!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.



Step 5: Eating mindfully

The healthiest way to eat is with a balanced eating pattern. Step 4 showed you that balanced eating means water, vegetables, fruit, whole grains, lean protein, reduced-fat calcium sources, and healthier fats in moderation, so that you eat the amounts your body needs.

When you wish to lose weight, you have to limit calories. When you use those limited calories for healthier foods, you help protect your health and you feel much better.

Eating mindfully can help you make healthier choices and increase your pleasure in eating healthier foods.



Eating awareness

There are many healthy reasons to eat. They include eating for nutrition, satisfying hunger, and convenience. Pleasure is also important. You want to eat foods you enjoy and enjoy the foods you eat!

But you may find yourself at times mindlessly eating whatever foods are available. Before you eat, consider asking yourself, “Am I really hungry?” While you eat, you might ask, “Does this food help me to feel healthier? How much would satisfy me? Am I actually tasting and enjoying this food?”

Mindfulness is deliberately paying attention to what is happening without criticism. Many people eat while reading, watching TV, or using their computer. Multi-tasking while eating makes us less aware of the pleasure of food — and we may not notice how much we are eating. This lack of awareness can lead to eating excess calories. Food records can help you eat more mindfully. Write down what you are eating in your record and measure the amounts.

How much attention do you give when you eat a meal or snack? When you notice you are inattentive, do you choose less healthy foods, eat more calories, or get less pleasure?

Mindful eating can help you eat less food and enjoy it more. Try the eating awareness training exercise on pages 54–55.



Listen to your hunger

Hunger is your body's natural way of letting you know it needs energy. Awareness of your hunger level can help you choose how much to eat and when. It can also help to prevent mindless eating.

To lose excess fat in a healthy way, it is necessary to eat slightly fewer calories than your body burns. Not eating enough calories, though, will work against you. This will slow your metabolism (the rate at which you burn calories) and increase food cravings and binges.

Eating meals and snacks at regular intervals can help you avoid becoming overly hungry. So can choosing foods high in fiber, and drinking generous amounts of water each day.

A key component of normal eating is to eat foods you enjoy when you are hungry — and stop when you are full. But when you eat less nutritious foods, you are more likely to ignore your signals of fullness.

Moderate activity, in addition to burning more calories, will help your hunger signals be more clear and accurate.

Before you eat, think about how hungry you are on a scale of 1 to 5 — with 1 being very hungry and 5 being very full. By following your physical-hunger cues, instead of emotional cues, you will be better able to avoid overeating.

- If your hunger level drops to 1, you might overeat in response to being overly hungry.
- Try eating when your hunger level is at 2.
- While eating, ask yourself, “How much more do I need to eat to nourish me?”
- Practice stopping at level 3 or 4 before you become uncomfortably full.
- Eat slowly so your brain can receive fullness signals from your stomach.

These descriptions can help you identify your hunger level:

Level 1. You have not eaten for some time and are very hungry. You may feel faint or dizzy, have a headache, or have trouble thinking. You feel strong hunger pains in your stomach.

Level 2. You are somewhat hungry, but steady on your feet. You feel waves or frequent twinges of hunger in your stomach.

Level 3. You are not hungry anymore. You feel barely full.

Level 4. You have eaten a bit more food and feel more fully satisfied. You are not feeling stuffed or bloated. If you have been eating slowly, you will feel content.

Level 5. The food you have eaten is bulging in your stomach. You feel stuffed and wish you had not eaten so much. Your waistband may have tightened. You might have a desire to lie down until the pain goes away.

“Problems are messages.”

– Shakti Gawain



How hungry are you?

1	2	3	4	5
Very hungry (starving)			Very full (stuffed)	

Eating awareness training

Eating mindfully can help you reach your health and fitness goals. You may increase your enjoyment of food while often being satisfied with less.

Begin by acknowledging that your body is precious — treat it with care.

- Sit down.
- Turn off the TV, phone, and computer. This is your time to eat.
- Eat in an inviting, calm environment. If you feel threatened, angry, or anxious, these feelings can dominate a sense of pleasure, contentment, and desire to achieve your goals.
- How did this particular food make you feel the last time you ate it? Would you want this food if it weren't in front of you? Are you bored? Is there something else that would feel better than eating?
- Does your body need food now? Does eating this now fit with your goals for your body? Take only what you need. Place the food on a plate in front of you.
- When you eat, eat slowly and listen to your body. Give your brain a chance to notice the food in your stomach so it can help tell you when you are full. Eating a meal in less than 20 minutes (or a snack in less than 10 minutes) is too fast. Be conscious of every bite.
- Enjoy those who are with you.

Training steps:

1. **Arrive.** Pause. Become quiet. Take a moment. Step out of the rush of daily activities. Close your eyes and relax. Practice “square breathing.” Take a deep breath into your abdomen for a count of four. Check your body for any tension. As you exhale for a count of four, release your tension. Repeat three times.



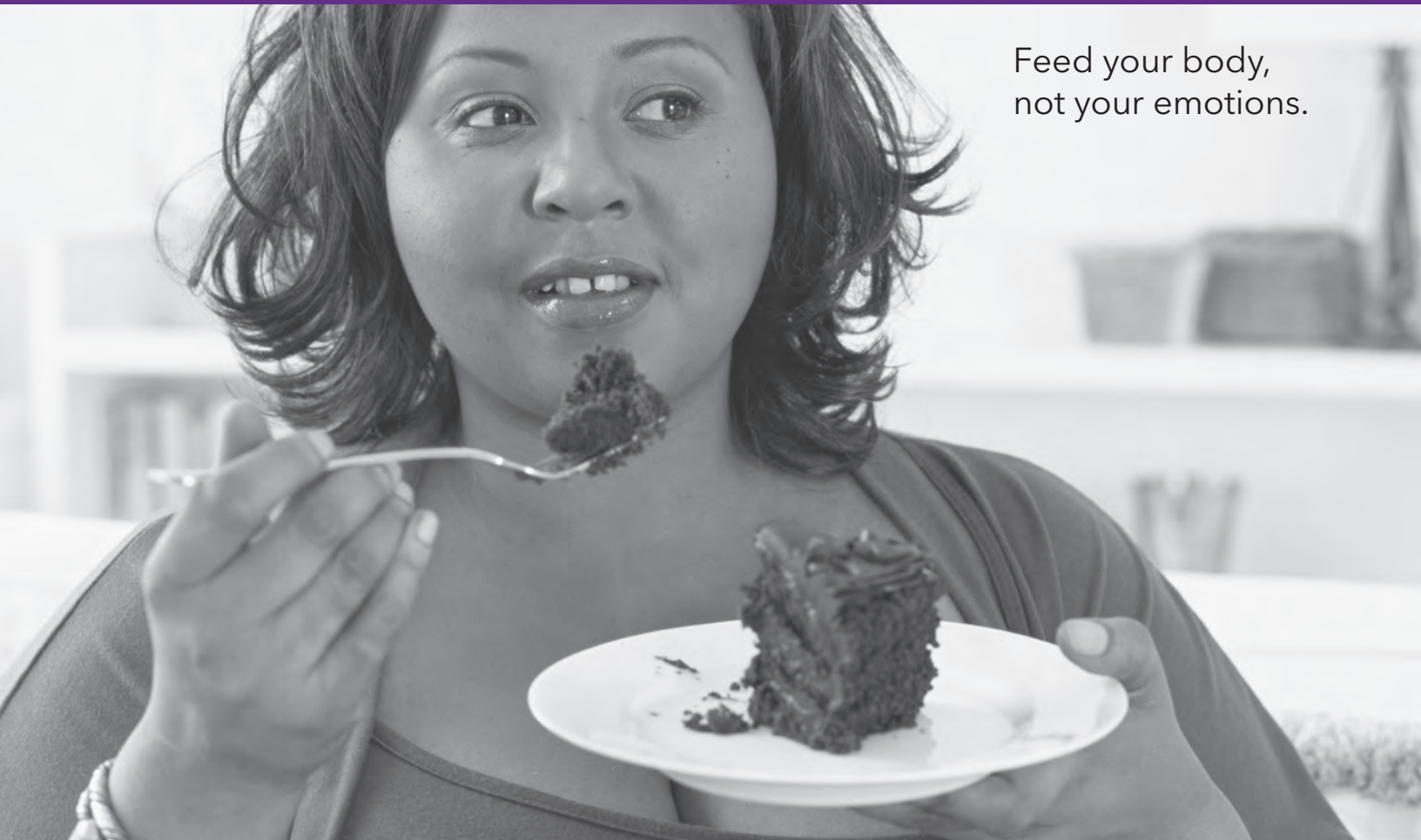
2. **Appreciate it.** Become aware of those who helped provide you with the contents of your meal, as well as the earth, water, and sunshine. All were necessary in order for you to have this food. Be gracious. Give thanks. Open your eyes.

3. **Look at it.** See. Really observe it. What does it look like? Shapes? Colors? Be attentive and notice the details.
4. **Touch it.** What textures, temperatures, and resistance do you notice? What does it feel like? Have fun touching your food.



5. **Smell it.** Inhale. Describe the aromas. Since 90 percent of taste is smell, you are already beginning to enjoy the taste of the food. Savor the smell of the food.

6. **Taste it.** Take your time with every bite. Notice the temperature of the food. Chew thoroughly and allow the food to brush against the taste receptors on your tongue. Roll the food around on your tongue. Is the flavor sweet, sour, salty, bitter, or umami (savory)? Remember, the only place you can taste foods is in your mouth! Does it taste as good as you remember? Taste preferences can change over time. Be aware of the texture as you chew and swallow. Is the food smooth, rough, chewy, liquid, or creamy? Slow down. Chewing thoroughly can help you feel more satisfied. Practice allowing 30 seconds between bites of food.
7. **Listen to it.** Take another bite and notice the sounds as you bite, chew, and swallow your food. What do you hear?
8. **Stay aware to pick up cues.** How do you feel? Be deliberate. Notice any discomfort as well as pleasure. When you start to feel satisfied, it's a sign to stop eating.
9. **Stop.** You are in charge of your choices. Once you meet your needs, there will be no increase in pleasure or any other benefit to eat more. It is not your last meal. You will be able to eat again. Say goodbye to any food that remains.



Feed your body,
not your emotions.

Cravings

We know nutrition is important, but we don't always make choices based on nutrition. Cravings are a desire for a specific food . . . and you want it NOW. If the food you crave is healthy, eating a moderate portion can be good for you.

However, we typically don't crave vegetables, but often foods loaded with sugar, white flour, salt, or risky fats. We humans are not always rationale, so consider making it easier to eat healthfully. You might keep problem foods out of the house, eat them less often, eat them in smaller amounts, or find healthier delicious substitutes.

We are more vulnerable to cravings of less-healthy foods if we get overly hungry, tired, or stressed. Often cravings occur late at night. Eating small, frequent healthy meals may reduce cravings. It can also help to drink water, get enough sleep, and manage stress.

You may discover that your cravings are paired with some upsetting emotion. It may or may not be obvious to you, but your brain senses the emotion and releases chemicals that can trigger food cravings. We will learn more about emotional eating in the next step. For now, check your food records.

When do you have cravings? What foods do you often crave?

It also helps to eat the foods you crave mindfully to make better choices, avoid excess calories, and enjoy it more.



Healthier eating = Less risky fats and sugars

Risky fats

One thing you can do to improve food choices is lower your intake of risky fats and sugars. Risky fats are hidden in cheeses, ice cream, hot dogs and lunch meats, ground meats, French fries, butter and margarines, higher fat milk, fried fast foods, pastries, pies, cakes, and cookies. These fats can increase your risk of heart disease and add excess calories. It is best to substitute the healthier fats listed on page 43 for risky fats.

Sugars

Sugars are hidden in soft drinks and many other beverages, candy, pastries, pies, cakes, and cookies. Sugar not only can add excess calories, it can quickly raise your blood sugar level. Excess blood sugar can be followed by a “sugar slump” where you do not feel well. Some of us don’t have a sugar habit, we have a sugar *lifestyle*.

Because sugar contains pure carbohydrate with no other nutrient, eating too much can rob of us of looking and feeling our best. There are healthier carbohydrates listed on page 39. One enjoyable way to satisfy a desire for sugar is to eat a delicious piece of fresh fruit as a sweet finish to a meal. More tips for reducing sugar cravings are on page 59.

Beverages: Think before you drink

Be sure to watch your beverages. Alcohol, smoothies, sweetened/creamed coffees and teas, juices, energy drinks, and soda are typically 21 percent of our total calories without providing much fullness. These drinks may contain 400 to 800 calories.

Drink choice	Calories
Breakfast:	
8 ounces orange juice	100
2 cups coffee with cream and sugar	100
Mid-morning:	
12 ounces café mocha	360
Lunch:	
12 ounces soda	160
Mid-afternoon:	
Energy drink	560
Before dinner:	
5 ounces wine or 12 ounces light beer	100
Dinner:	
Water (good for you!)	0
Evening snack:	
12 ounces fruit drink	220
Total liquid calories	1,600

Did you know:

- Alcohol contains 7 calories per gram, and the mixers add even more.
- One margarita can be 500 calories.
- A milkshake or smoothie can be over 1,000 calories!
- Sodas provide nothing nutritious, whether they are diet or regular.
- Juice “drinks” may contain as much sugar as soda.



If you think your beverage choices do not matter, consider this: If you drank the 1,600 beverage calories illustrated on the next page every day, and if those calories were over and above your calorie needs for the day, at the end of a year you would have gained 164 pounds! Water is the best calorie-free beverage option.

Sugar cravings

Why do so many people crave sugary snacks or beverages?

- Sugar tastes good. Starting at infancy, most humans enjoy sweet-tasting foods.
Are there nutritious choices that taste sweet or flavorful that you can use?
- Eating too much sugar quickly raises your blood sugar and erases hunger when you have been undereating. However, it also causes an insulin surge that can make your blood sugar quickly drop again, creating more hunger.
How can you plan regular meals where you eat enough food? Which snack foods would create more stable blood sugar? (See “Planning Nutritious Snack Options.”)
- Sugar can provide a quick energy lift when you are tired. But it also quickly fades.
How can you plan to get enough sleep or reduce your fatigue through adequate eating, physical activity, drinking enough water, and finding stimulating activities to do?
- We have learned to associate sugary foods with being rewarded and comforted.
How can you nurture or reward yourself without using food?
- Excessive use of sugar or artificial sweeteners may encourage a sweet-tooth habit.
Did you know that the more sugar you eat, the more you want?

Snacking

Americans love snacking, and our snack food consumption has tripled in the last 20 years. Some people snack almost constantly. Many popular snack choices are loaded with calories and not nutrients. But did you know that smart snacking can be a healthy habit and the key to prevent overeating?

To lose weight and keep it off, you need to eat enough food to energize your body and prevent excessive hunger between meals. Don't wait until you are famished before you eat. That way, it will be easier for you to stop when you're just satisfied. We recommend eating three adequate meals with three small planned snacks each day. See the example on page 48.

You may be snacking already, but consider how you might improve your snacks to reach your health and fitness goals. Use your food records to help you see:

- How often do you snack?
- Are your snacks usually impulsive, rather than planned?
- Is your snack food sugary, fried, or heavily salted?
- How much snack foods do you eat?
- Do you eat out of a large container or are your snacks individually portioned?
- Are you eating mindfully and enjoying your snack?
- How might you choose healthier snacks to benefit your daily nutritional needs?

A snacking plan can help you choose nutritious snacks. Snacks containing protein, fiber, or healthier fat give better hunger control. And portioned-controlled snacks make it easier to avoid overeating. Check out the activities on the next pages for planning snacks. "Wait Control" on page 86 is especially helpful in controlling snacking when you are not hungry.

Snacks can be a part of a healthy eating plan. Ideally, they should be portioned among five to six small meals a day. Fill in the snack wheel and think about how you can:

- Cut back on risky-fat, high-sugar, or salty snacks (find delicious alternatives).
- Increase high-fiber snacks (vegetables, fruit, whole grains, legumes).
- Find easy-to-fix options.
- Find choices to supplement your nutritional needs.

Eat your snack slowly, and check your hunger level frequently. Control your snack portion size to match your body's hunger levels.



Nonfood rewards

While food is meant to be enjoyable, it's not the only enjoyment in life. Find nonfood ways to reward your efforts and nurture yourself. Page 62 has many suggestions for ways to reward, comfort, and nurture yourself without food.

Planning nutritious snack options

What kind of healthy snacks do you want? Check these ideas, and add to the lists.

Crunchy	Creamy	Salty/spicy	Sweet	Juicy
Celery	Low-fat milk	Dill pickle	Banana	Orange
Baby carrots	Cottage cheese	Low-fat popcorn (2 cups, popped)	Apricots	Grapefruit
Red or green pepper strips	Low-fat cheese	Baked tortilla chips (5) and salsa	Vanilla wafers (5)	Blackberries or raspberries
Cauliflower	String cheese	Jicama with lime and chili	Strawberries	Peach or nectarine
Broccoli	Plain or vanilla yogurt	Hot pickled peppers	Frozen yogurt-sorbet bar	Papaya, mango, or kiwi
Cabbage slaw	All-fruit smoothie	Pickled beets	Ginger snap cookies (3)	Ripe pear
Radishes	Custard	Sauerkraut	Baked apple or pear	Plums
Cucumber slices	Applesauce	Olives (5)	Sweet peas	Fresh or canned pineapple
Sugar snap pea	Cooked mashed cauliflower	Hummus or black bean dip with veggies	Sweet potato, peas, or winter squash	Watermelon
Crisp apple	Hard-cooked egg*	Shrimp cocktail	Grapes	Cantaloupe
High fiber, low-fat, low-sugar cereal (1 ounce)	Flavored oatmeal	Spicy chili*	Fig bars (2)	Pomegranate
Whole-wheat toast (1)	Peanut butter (2 tablespoons)	Wasabi peas	Blueberries	Tomato
Brown rice cake (1)	Low-sugar* latte	Tomato soup (1 cup)	Applesauce	Frozen fruit-juice bar
Nuts or sunflower seeds (2 tablespoons)*	Avocado	Smoked salmon*	Raisins, dates, and other dried fruit (3 tablespoons)	Iced or hot tea
Kale chips	_____	Lean ham	Candied ginger	Water
Soy nuts*	_____	Smoked turkey	Honeydew melon	_____
Dry roasted edamame*	_____	Roasted seasoned seaweed	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

*Good source of protein.

How would you like to nurture yourself?

Enjoy things you find relaxing

(music, bubble baths, fragrances, candles, massage, reading, napping, etc.)

Get close to nature

(garden, hike through a forest, enjoy a sunset, walk the beach, put out birdseed and watch, build a campfire, gaze at stars, etc.)

Increase loving feelings

(give and get a hug, say positive statements, count your blessings, forgive an unkindness, etc.)

Move your body

(stretch, dance, breathe deeply, bicycle, lift weights, swim, do yoga, etc.)

Connect spiritually

(prayer, meditation, inspirational reading, reflection, visualization, etc.)

Seek support

(talk with a friend, reflect on your positive qualities, join a group, etc.)

Try something else

(laugh; write; create art; whistle; sing or play a musical instrument; visit a museum or gallery; attend movies, plays, or sporting events; travel; learn a new skill; play a game; pet an animal; say no to something you don't want to do; say yes to something you want to do; buy yourself flowers, etc.)



Create your own list!

Develop your own weekly goals

Some suggestions for goals for Step 5:

- Keep 4 days of food records to help you eat with awareness and notice cravings.
- On 3 days this week, add 9 minutes of physical activity beyond what you normally do.
- Reward yourself in nonfood ways.
- Plan to purchase a healthier snack and eat it mindfully.
- Weigh yourself.
- Complete the Step 5 activities in the kit.
- Ask for support. Practice positive self-talk. Enjoy yourself!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.



Step 6: Quick meals in a hectic world

Healthy eating can be the key to your weight management success.

A balanced eating pattern was described in Step 4. Now let's look at the practical steps you can take to make quick, healthy, delicious meals actually happen. These tips can support your healthy eating by making it easier.

Do you struggle with finding time and energy to plan and prepare healthy meals? You're not alone. Time spent with work, commuting, personal care, caring for others, household activities, and leisure activities appear to take all of our time. Many of us have come to think that the solution to an easy meal is eating out, snack foods, takeout, or microwavable dinners.

Be realistic. In our culture, healthful eating takes some flexible planning.

The first step is to eat more meals at home. Home-cooked meals can help your health and fitness because they give you greater control of your food. Most restaurant owners and processed food manufacturers do not focus on meeting your health needs. When you cook at home, you give yourself more power to make healthier choices.

Another option is to take healthy foods with you when you are away from home. Having healthy options along lets you eat "healthy foods on demand" when you get hungry. Taking food with you will help keep you from getting overly hungry and overeating. And it will provide you with a nourishing, satisfying meals and snacks when healthy options might otherwise not be available.

Making a plan

We suggest that you write out a menu plan for the week to help you manage this question. There is no need for a form, although one can be found on page 70.



A menu plan helps make shopping and preparation easier. It increases family satisfaction by including favorite foods. Having a menu plan will save money, time, calories, and frustration, too. Also, planned meals tend to have higher nutritional quality.

One way you can begin menu planning is by looking at what you are doing now and make small improvements. This method is shown on page 22.

- Think of foods that you would enjoy preparing and eating.
- Consider what you and your family like to eat, nutrition, texture, eye appeal, flavor, and color.
- Learn about the benefits of nutritious foods.
- Build menus around naturally healthful ingredients.
- Keep your plan flexible and realistic.

Your kitchen: support or sabotage?

Make it easier to make healthy meal choices. Seeing and being close to nutritious food helps you eat better. Check out the lists on pages 68 and 69 for stocking your kitchen. These foods can help you make quick and delicious meals and snacks that will increase your health and energy.

Are there less healthy foods you are eating just because they are there? It is helpful to get rid of these problem foods. Consider cleaning out your refrigerator and restocking it with fruit, yogurt, string cheese, vegetables, salmon, sliced turkey, hummus, cottage cheese, and milk. When you open it, you'll immediately see healthy options that will help you to make better choices.

Once you have your menu and your plan to stock your refrigerator and pantry, check to see what additional items you will need to purchase and add these to your shopping list.

Grocery shopping

This is where choices are made that can enhance your success. Make sure that you never go to a grocery store hungry, which can lead to impulse purchases. Take your list. Head to the store knowing that your planning will save you time with fewer trips, be more pleasant, and support your health and well-being.

What happens once you're in the store?

- Remember that you can't eat what you don't buy.
- Keep your fitness goals in mind.
- Watch the impulse purchases.
- It's fine to stock items that allow you to take shortcuts, but check the labels carefully.
- Look for choices that reduce calories, saturated fat, and sodium. See ideas on page 47.
- Choose local foods in season for higher quality and reasonable cost.
- Invest in yourself by buying food that is good for you. Can you afford not to eat healthy foods?

Quick meals

Meals at home can be simple, not fancy. To produce a meal quickly:

- Plan meals by categories (page 71). This is especially useful when you feel stuck with meal ideas.
- Cook extra for easy reheating for another meal.
- Check out easy, stoveless meal ideas on page 74. These are great for hot summer days. Or some of these ideas might work if your power goes out.



Use plant protein

Many people plan their meals around meats. But when well-planned, plant protein can provide plenty of protein, fiber, and antioxidants with healthier fat.

We recommend using legumes twice a week. Legumes are dried beans, split peas, lentils, soy, and soy products like tofu, soy milk, and tempeh.

Nuts, seeds, and whole grains can also contribute protein and other valuable nutrients to your eating plan. Due to their higher fat and calorie content, watch nut and seed portion sizes.

Plant protein is extremely versatile in cuisine all over the world, including Thai, Mexican, Japanese, and Indian. It can be economical as well. Page 73 has a month's list of simple vegetarian meal ideas.

Add vegetables and fruit

Vegetables and fruits are usually the most neglected area of the American diet. But vegetables and fruits can help lower blood pressure, reduce your risk of heart disease and cancer, and help you lose weight. Plus, they add pizzazz to your plate with interesting shapes, flavors, textures, and, of course, delightful colors. See page 37 for tips on adding more veggies and fruits to your meals and snacks.

Beyond dinner

Breakfast helps kick-start your metabolism, and can help you lose weight if well chosen. Eat within about 30 minutes of waking. Healthy options for breakfast are on page 76, and are followed on the next page by a handy guide for mix-and-match lunch ideas. For a balanced lunch, choose at least one item from each category. Remember to take food with you when you leave home.

Is cooking too much trouble?

Preparing a simple meal is a wonderful gift to give yourself and others. Some people say that preparing meals is just too much trouble, especially if there is just one or two people in the household. On page 78, you'll find some practical tips for success when cooking for one, including smart shopping, savvy food storage, and suggestions for simple meals.

For more ideas, check out the wonderful recipes at the end of your kit.

Stocking a healthy kitchen

Vegetables

Beans
 Bean sprouts
 Broccoli
 Cabbage (red and green)
 Carrots
 Celery
 Cilantro
 Corn
 Cucumbers
 Fresh herbs
 Garlic
 Green onions
 Jicama
 Kale
 Lettuce (romaine and red)
 Mushrooms
 Patty pan squash
 Peppers (all colors)
 Potatoes, red and Yukon gold
 Spinach
 Sweet potatoes
 Tomatoes
 Water chestnuts
 Yams
 Zucchini

Fresh fruit

Apples
 Bananas
 Grapefruit
 Grapes
 Kiwi fruit
 Kumquats
 Lemons
 Limes
 Mango
 Melons
 Oranges
 Papaya
 Pears
 Pineapple
 Plums

Canned fruit (in juice)

Apricots
 Mixed-fruit compote
 Peaches
 Pears
 Pineapple (in juice)
 Unsweetened applesauce

Dried fruit

Apricots
 Figs
 Plums
 Raisins
 Strawberries

Low-fat proteins

Beef round/flank steaks
 Chicken (portion controlled)
 Fish filets (portion controlled)
 Hummus
 Garden Burger and sausage meatless patties
 Roasts (occasionally)
 Salmon
 Sardines (in tomato sauce)
 Shrimp
 Tempeh
 Tofu (low-fat)
 Turkey kielbasa sausage
 Tuna fish

Cheese/dairy products

Blue (small amounts)
 Cheddar (low-fat)
 Cottage cheese (low-fat)
 Feta (small amounts)
 Laughing Cow (light)
 Mozzarella (low-fat)
 Parmesan
 Regular or Greek yogurt, plain (low-fat, fat-free)
 Ricotta (part skim)
 Swiss (low-fat)



Thought: In house, in sight, in mind ... in mouth!

A healthy pantry makes nutritious choices quick and easy!

Bulk grocery

Almonds
Oatmeal
Pecans
Powdered milk
Sesame seeds
Sunflower seeds
Unsweetened coconut
Walnuts
Whole-white flour
Whole-wheat flour

Dried beans

Black
Garbanzo
Kidney
Lentils
Pinto
Red lentils
Small white
Split peas

Canned beans/ rice/pasta

Brown rice
Falafel mix
Kidney
Pinto

Vegetarian refried
and black
Whole-wheat pasta

Bread box

100% whole-grain bread
(kept frozen)
Rye Krisp or
Ak-Mak crackers
Tortillas
Whole-wheat bagels
Whole-wheat English
muffins
Whole-wheat pita

Frozen

Berries (blueberries,
raspberries, strawberries,
blackberries, etc.)
Chicken/fish filets
Grapes
Juice pops
Low-calorie entrees
Single servings
(soups, stews, etc.)

Spices

Basil
Bouillon (reduced-sodium
beef, chicken, and vegetable)
Cardamom

Celery seed
Chili powder
Cinnamon
Cumin
Curry powder
Dill weed
Garlic powder
Ginger (root,
powdered, candied)
Marjoram
Nutmeg
Onion flakes
Oregano
Paprika
Rosemary
Salt/pepper
Thyme leaves

Condiments

Flavored vinegars
Honey
Horseradish
Ketchup
Light mayonnaise and
light salad dressing
Low-calorie salad dressings
Low-sodium soy sauce

Oil (olive and canola)
Olives (green, black)
Pickles
Spicy mustard

Beverages

Coffee
Cold, filtered water
Herb teas
Mineral water (lime, lemon)

Housewares/nonfoods

Aluminum foil
Candles
Cheesecloth
Fresh flowers
Paper sacks
Plastic bags
Plastic containers
Plastic wrap

If you can organize your kitchen, you can organize your life. – Louis Parish

Think of good food as an investment in your health

Whenever possible, do not deny yourself healthy foods because of the cost. Good eating habits, based on moderation and variety, are like a warranty for your car. They will help ensure you have many miles (and years) of smooth running.

A high-performance machine like yours needs high-performance fuel. You wouldn't put sand in your car's gas tank, so why put poor quality fuel in your machine?

Weekly menu-planning calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Grocery list:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

You may want to make additional copies of this page before you fill in the blanks. Or look online for an electronic form or app.

Meal and snack ideas

Here are a few snack and meal suggestions to get you started with planning a weekly menu.

Snacks

(approximately 150–200 calories each)

- String cheese or a slice of cheese (1 ounce) with a pear or 15 grapes or cherries
- 1/4 cup nuts or seeds with a medium piece of fruit
- Carrots with 1/2 cup hummus
- Tuna or egg salad on 10 Wheat Thins or 6 Triscuit crackers



Breakfast

(approximately 350–450 calories each)

- 1 cup oatmeal, cooked
 - 1/2 cup milk
 - 1/4 cup dry roasted walnuts or raw almonds
 - Sweeten with cinnamon, vanilla extract, 1 teaspoon honey or brown sugar
- 1/2 cup cottage cheese
 - 1/2 cup berries or fresh fruit
 - 1/4 cup granola or whole-grain cereal
 - 10 nuts sprinkled with cinnamon
- Breakfast burrito
 - 1 flour tortilla filled with 1–2 scrambled eggs
 - Chopped veggies
 - 1/4 cup grated cheese
 - Salsa



Lunch/Dinner

(approximately 400–550 calories each)

■ **Lamb and herb salad with mint dressing**

- 2 ounces roast lamb or lamb leg steaks
- 1/4 cup low-fat Greek yogurt
- 2 cups of minced parsley, dill, and baby watercress or other salad greens
- 2 tablespoons mint/olive oil/red wine vinegar dressing

Mix everything together and serve with 1/2 large whole-wheat pita bread.

■ **Grilled chicken and vegetable stir fry**

- 3 ounces grilled chicken breast
- 2 tablespoons hoisin sauce
- 2 cups of mixed vegetables (peppers, carrots, cabbage, broccoli, onion, etc.)
- 1 teaspoon olive oil

Mix everything together over medium heat until tender and serve over 1/2 cup brown rice.



■ **Veggie-potato**

- 8-ounce baked potato
- Topped with 1/4 cup beans
- 1/4 cup grated cheddar cheese
- Salsa
- 2 tablespoons plain Greek yogurt
- 1 cup broccoli, tomatoes, green onions, and mushrooms



■ **3–4 ounces baked salmon fillet**

- Steamed greens, carrots, zucchini
- 1 cup cooked quinoa, whole-wheat couscous, buckwheat, or brown rice
- Green salad with 1–2 tablespoons dressing

■ **Fajita**

- 1/2 cup black or pinto beans
- 3 corn tortillas or 1 whole-wheat flour tortilla
- Top with salsa, lettuce, tomato, peppers, onion
- 1 ounce cheddar cheese
- 1/4 avocado
- 1/4 cup plain Greek yogurt

Dinner – what’s quick and easy?

Categories	What’s in your kitchen?
Casseroles	Noodles; brown rice; beans; potatoes; frozen or fresh peas, corn, eggplant, all other vegetables; tofu; tempeh; frozen or fresh meat, fish, and poultry; low-fat gravies; low-fat soups.
Pasta	Stewed tomatoes, onions, green/red/yellow sweet peppers, garlic, sun-dried tomatoes, sautéed or microwaved vegetables, dried or canned beans, bean soups, low-fat chili, low-fat cheeses, low-fat salad dressings, low-fat meats, fish, or poultry.
Vegetarian	All kinds of fresh or frozen vegetables; fresh or dried and canned fruit; dried/canned beans; refried black, pinto, and spicy beans; tofu; tempeh; brown rice; barley; buckwheat; bulgur; low-fat yogurt, cheese, or cottage cheese; chili; pita bread; tortillas; nachos with low-fat cheese/salsa; meatless burgers or sausage patties; yogurt and fruit; assorted spices.
Breakfast for dinner	Low-fat omelet or frittata made with egg substitute and all kinds of vegetables; low-fat waffles or pancakes with strawberries, raspberries, blueberries, etc.; whole-wheat French toast; all kinds of cereals; low-fat or fat-free milk and yogurt; low-fat muffins.
Baked and microwaved dinners	Potatoes; yams; sweet potatoes; all kinds of vegetables; low-fat lasagna (noodles, stewed tomatoes, spaghetti sauce, low-fat cheeses, beans, etc.); low-fat meat, fish, or poultry; tempeh; even commercial low-fat frozen entrees and dinners.
Bar (salad, taco, burrito, and potato!) Fruit and vegetable salads Potato salads Green and marinated salads Slaws Mixed fruit/vegetable Bean and grain salads	Lettuce, tomatoes, cucumbers, carrots, sweet bell peppers, green beans, jicama, Jerusalem artichokes, broccoli, cauliflower, beets, onions, corn, cabbage, eggplant, spinach, zucchini, fennel root, pineapple, oranges, bananas, apples, melons, pears, grapefruit, grapes, kumquats, kiwi fruit, mangoes, and many more! Salsa; spaghetti sauce; tortillas (corn and whole-wheat); red, purple, or Yukon Gold potatoes; low-fat meats, fish, and poultry; dried, cooked, and canned beans; canned chilli; low-fat salad dressings; flavored vinegars; chutneys, sauces, and dips.
Meats	Grilled or broiled chicken, turkey, fish, meat with vegetables or fruit (kabobs); marinades; spices.
Soup and salads Sandwiches for summer	Chili, lentil, split-pea, borscht, black bean, gazpacho; spices; mustards; all kinds of vegetables and fruit; bean spreads and refried beans; great breads.
Stir fry	All vegetables – fresh and frozen; tofu; tempeh; chicken, turkey, low-fat thin-sliced meats; spices; marinades; low-sodium soy sauce; hot sesame oil; noodles; brown rice.
Leftovers	Mix and match – cook up large batches and freeze extras; make large vegetable and fruit salads, soups, bean spreads. Use these “planned-overs” when there is no time to cook.
Try something new	Check out magazines, websites, newsletters, cookbooks, apps, and newspapers, then keep a file with your favorite “yummy” recipes to use again.

Adapted with permission from Yolanda McVicker, *Frugal Homemaker Newsletter*

Stoveless meals

If you ever find that your stove isn't working, or you just want an easy quick meal for your family, you may want to try one of the following suggestions. These are great for hot summer nights (to avoid heating up the kitchen).

- Always keep a big salad (dark, leafy greens provide much more nutrients) in the refrigerator. It can serve as the base for many delicious meal combinations.
- Keep fruit and vegetables cut up in the refrigerator for snacks or meals.
- Have low-fat microwave dinners available.
- Microwave red, purple, or Yukon gold potatoes with canned, fat-free chili.
- Use the barbecue to steam and broil.
- Foil-wrap fish with vegetables and cook on the barbecue.
- Cook rice in rice cooker — add canned beans, salsa, or stewed tomatoes.
- Prepare low-fat submarine sandwiches on whole-wheat bread.
- Cook a large pot of soup in advance — multi-bean, lentil, or minestrone — and freeze in individual portions. Reheat in microwave or eat cold.
- Microwave whole-wheat rotelle pasta. While cooking, add broccoli, green onions, light tofu cubes, and red peppers. Or, drain cooked noodles and add fat-free vegetarian chili or spaghetti sauce and Parmesan cheese.
- Try yogurt or cottage cheese with fruit and/or vegetables for a light meal.
- Stir-fry in electric wok or electric fry pan.
- Microwave whole-wheat tortillas with refried low-fat black beans or spicy fat-free beans. Add salsa, shredded lettuce, low-fat cheese and tomato.

- Add sliced veggies to whole-wheat pita bread. (You could also add tuna or canned chicken, low-fat mayonnaise, and mustard.) Serve with salad and a cold drink.
- Use a slow cooker to make stews, or chicken with vegetables.



- Have a cold turkey sandwich on whole-wheat bread with cranberry relish (see recipes on page 138).
- Make spaghetti beforehand and warm it up in microwave.

Quick vegetarian main-dish ideas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lentil soup	2 Spaghetti with marinara sauce	3 Hummus with pita bread	4 Salad bar	5 Bean tacos	6 Veggie burger on whole-grain bun	7 Teriyaki tofu with brown rice
8 Tortilla soup	9 Vegetarian chili	10 Muffin pizza with vegetables	11 Cheese enchiladas	12 Spaghetti with steamed vegetables	13 Kung pao lettuce wraps	14 Microwaved potato with vegetables
15 Baked tortilla chips with beans and low-fat cheese	16 Tofu scrambled with meatless sausage and vegetables	17 Chinese lo-mein with vegetables	18 Falafel in pita bread	19 Peanut butter and banana sandwich	20 Lentil-rice pilaf	21 Spinach ravioli
22 Ratatouille	23 Steamed vegetables over cous-cous	24 Bean burritos	25 Low-fat spinach lasagna	26 Potatoes with spinach and kidney beans	27 Vegetable pizza	28 Spiced red beans and tomatoes over brown rice

Recipes for some of these suggestions start on page 133. For convenience, others may be from canned, frozen, or store-bought options.

To complete meals, add simple vegetables, salad, bread, fruit, or dessert, as desired.

Check out The Vegetarian Resource Group for more ideas at vrg.org

“Our aspirations are our possibilities.”

– Samuel Johnson

Breakfast

Mornings are a great time to focus on a positive new beginning. Take a deep breath and remind yourself of the importance of your self-care.



Breakfast can give your day an energizing start, reduce cravings, help stabilize your blood sugar levels, and raise your metabolism. For sustained fullness, eat a breakfast containing protein, whole grains, fruit, fiber, and some healthy fat, such as a tablespoon of nuts or 1/8 of an avocado.

Light, quick breakfast ideas

- Have whole-grain cereal with fat-free milk, 1 tablespoon nuts, and fruit.
- Toast a whole-grain freezer waffle or pancake and top with fresh fruit or nut butter.
- Microwave Shredded Wheat Biscuits with fat-free milk and cinnamon for an instant hot breakfast. (Or use quick-cook oatmeal.)
- Pick up a low-fat whole-grain muffin and a half-pint of fat-free or low-fat milk on your way into work.
- Mix low-fat or fat-free regular or Greek plain yogurt with fresh or dried fruit and nuts.
- Blend a smoothie with milk, yogurt, and fruit — such as banana, peach, or strawberry.
- Top low-fat plain yogurt with almonds, Grapenuts, low-fat granola, sliced bananas, or cinnamon with 2 teaspoons honey drizzled on top.
- Try any of the following on whole-wheat toast, English muffin, or half a bagel:
 - Low-fat or fat-free cottage cheese.
 - Ricotta cheese or plain yogurt mixed with vanilla extract. Add raisins or other dried fruit, peaches, blueberries, pears, pineapple, strawberries, bananas, applesauce, or grated apple. Sprinkle with nutmeg, ginger, or cinnamon.
 - Scrambled egg with mushrooms, green onion, sliced olives, and avocado. Reduced-fat grated cheese, optional.
 - Omelet with eggs in a carton, frozen vegetables, and a sprinkle of Parmesan cheese.
 - Sliced low-fat turkey and low-fat cheese, then melt in toaster oven.
 - Low-fat cheese, melted, then topped with a tomato slice.
- Wrap scrambled egg, salsa, beans, low-fat cheese, and avocado in a corn tortilla.
- Use leftover rice, or prepared oatmeal, quinoa, or other hot cereal, with dates, raisins, peaches, or berries, and/or chopped nuts and cinnamon. Top with reduced-fat milk.

Lunch-box ideas

Here's a handy guide for mix-and-match lunch ideas. Keep it in sight on your refrigerator door. For a balanced lunch, choose at least one item from each category.

Fruit

Apples
Bananas
Cherries
Dried fruits
Grapes
Juice-packed or light canned fruits
Melon wedges or balls
Orange wedges
Peaches
Pears
Pineapple cubes

Meat/fish/low-fat proteins

Baked or refried beans, or vegetarian chili
Canned salmon, shrimp, or sardines
Chicken or turkey (no skin)
Lean stew (skim the fat)
Low-fat chicken or tuna salad
Low-fat hummus
Meatless burger or sausage patty
Meat loaf (with lean ground beef or turkey)
Tempeh

Vegetables

Broccoli
Carrots
Cauliflower
Celery sticks
Cherry tomatoes
Hot vegetable soup or juice
Multi-vegetable salad
Peppers (all colors)

Dairy products

Buttermilk
Low-fat cheese
Low-fat cream soups
Low-fat custards or puddings
Milk substitutes
Nonfat or low-fat milk
Nonfat or low-fat yogurt
String cheese

Breads/cereals/grains

(Choose whole-grain products.)
Bagels or English muffins
Breads (whole grain, pumpernickel, raisin)
Hamburger or hot dog buns
Low-fat biscuits
Pita bread
Rye or other whole-grain crackers
Whole-wheat or corn tortillas (wrapped around a sandwich filling)



Cooking for one (or two)

Good reasons to cook your own meals

- You're bored with eating takeout or microwaved frozen dinners.
- You want to eat great-tasting, seasonal foods.
- You want to save time and money.
- You want the joy and satisfaction of eating a well-planned, home-cooked meal.
- You want to support your efforts to become more fit and healthy.

Tips for success

- Equip your kitchen with good-quality knives and pots; it's fine to get good used ones.
- Decide on a menu: Survey the refrigerator, check out store specials in the newspaper, and decide what you are in the mood to have.

Smart shopping is the key to avoiding waste. But don't feel guilty about some spoilage, since waste occurs even in large families. You deserve to eat good food!

- Most of us need more vegetables and fruit than we typically eat. Retrain your eyes to buy only the amount of produce you can reasonably eat before it spoils.
 - Carrots, potatoes, onion, winter squash, beets, turnips, sweet potatoes, and cabbage will last longer than greens or fresh corn. Less-fresh extras can be used in soups or stews, or can be grilled or baked.
 - Frozen vegetables in loose bags allow you to take out as much as you need. Add to soups and casseroles, or rinse in a strainer and add to salads.
 - Buy fresh fruit in several stages of ripeness so pieces will be ready later in the week.

- At your meat, fish, or deli counter, order just the amount you can use. They will rewrap items in single packs for you free. You can make several meals from a rotisserie or home-roasted chicken or roast to save time and money.
- Buy seasonal ingredients or items in bulk, and freeze to extend their shelf life.
- Condiments, dried fruit, pasta, rice, and canned goods keep a long time.
- Buy eggs in a 6- or 8-egg carton. Buy individual cans of juice, soups, tuna, fruit, etc., if possible. Buy individually wrapped string cheese.



Savvy storage

- Become a freezer believer! Use freezer wrap and containers to freeze foods while they're fresh. This includes meats, fish, poultry, vegetables, soups, stews, breads, sauces, coffee, nuts, and ginger root.
- Check your produce bin each week. Discard any spoiled items, but vegetables that are a bit over-the-hill can be simmered into soups. Wilted veggies can be washed in cold water, wrapped loosely in paper towels, bagged, and returned to the refrigerator for crisping.
- Keep fruits that need ripening in paper bags, then transfer to the refrigerator. Keep a couple of pieces on the counter where you will see and eat them. Store bananas at room temperature. Extra fruit can be frozen and used in smoothies.
- Wrap raw meats loosely. Loosen tight plastic wrap and store meat on plates on the lowest shelf of the refrigerator. Most meats last only a few days in the refrigerator, so divide the items into individual portions. Label and freeze what you will not use within a couple of days.
- Wrap bread (in 3-slice portions) or bagels in foil and then in freezer bags to keep them from drying out in the freezer. Toasting or heating bread will freshen the flavor.
- Grate cheese and store in plastic containers in the freezer.

Prepare simple meals

- Breakfasts: cereals, smoothies, muffins, bagels, pancakes, cottage cheese, yogurt.
- Light meals: sandwiches, soups, salads, fresh pizza, quesadillas, hummus, baked potatoes with toppings, chili, hard-cooked eggs, omelets, burritos, steamed veggies, pasta, microwaved vegetables.
- Easy meals: baked chicken, fish, tofu, lean beef, pork chops, main-dish salads, stir fries.
- Cook once, eat twice. Plan 2 meals from the same entree. Take half out before serving. Eat extras within 3 days, or freeze.



Develop your own weekly goals

Some suggestions for goals for Step 6:

- Keep 4 days of food records to help you notice ways to improve your eating plan.
- On 3 days this week, add 10 minutes of physical activity beyond what you normally do.
- Take your waist measurement and weigh yourself.
- Plan a menu for 2 days this week. Make a grocery list, shop, prepare, and enjoy.
- Stock your pantry/refrigerator with healthy foods.
- Take healthy foods with you when you are away from home.
- Use more vegetables and fruits.
- Include some vegetarian meals in your eating plan.
- Cook extra portions to have at another meal.
- Complete the Step 6 activities in the kit.
- Ask for support. Practice positive self-talk. Enjoy yourself!

Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?


0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.



Step 7: Is it really hunger?

Food is fundamental to our lives. We need it to nourish our bodies. But we also sometimes use it as a substitute for other things.

Are you using food for managing stress? Is food the first thing you reach for when you need to be comforted?

Is eating just something you do when you are bored? Or when you are tired?

The comfort is only fleeting. No amount of food can truly satisfy you when it is used to meet a need other than hunger. Plus, any excess calories can contribute to more weight gain. Let's explore healthier ways to meet your needs when you are not hungry.

Eating triggers

It is important to eat when you are physically hungry, so you don't get overly hungry and trigger an eating binge later. But sometimes you may feel like eating when you are not hungry.

How can you tell if you are really hungry? Check the scale on page 53 to determine your hunger level. Eat if you are below level 3.

What if you know you are not hungry, but still feel like eating? Triggers can influence us to eat when we are not hungry. Our triggers can be:

- Environmental (“because it’s there”).
- Social (holidays, potlucks, influence of others).
- Emotional (memories, feelings, boredom, self-comforting).

You might also have physical triggers to eat when you are not hungry. These can include thirst, feeling tired, or being tempted by the appeal of available foods.

- Thirst can confuse you to desire to eat moist food or to drink a high-calorie beverage. Try a glass of water instead.
- When you are feeling tired you might use food to pick up your low energy. Your need would be better addressed by going to sleep.
- Food that looks, smells, tastes, or sounds good can tempt you even when you are not hungry. One of the best ways to avoid physical triggers is to eat regular healthy meals and snacks and drink water.

The acronym HALT (too hungry, angry, lonely, or tired) encourages you to stop and notice how you feel before you eat.

The key to managing this is to break the link between the trigger (eating cue) and the behavior (automatic eating). With triggers, you have three choices: You can avoid a trigger, scramble what you typically do, or respond in a new way.

Environmental triggers

The importance of regular healthy meals and snacks to avoid cravings and overeating late at night was covered in Step 5. But for some of us, we eat too much because of the types and amounts of food that surround us. Our co-workers' candy jars and cookies, the snack foods on our counter tops and in our refrigerators, and fast food restaurants everywhere encourage us to eat when we are not really hungry.

For example, you might eat all the leftover food after a meal even if you are full, telling yourself, “I don't want it to go to waste.” Consider changing your self-talk to, “My body is not a garbage disposal. It is OK to throw food away or save it for another meal.”

Instead of relying on willpower, you can set up your environment for success by removing less healthy foods and replacing them with healthier choices. Tips for stocking a healthy kitchen are on pages 68 and 69. Pack foods into individual portions to control amounts and take them with you when you leave home. Be sure to write down what and how much you are eating in your records so that you can be aware of what works to become even more successful.



Social triggers

Our behaviors can be strongly influenced by others. Holidays, vacations, and other special events may trigger you to celebrate by eating more food than you normally would. The abundance of food and seeing others eat releases brain chemicals urging us to join in. People who are “feeders” encourage you to eat more.

There are some things you can do to be more in control:

- Don't allow yourself to arrive at social events hungry.
- Eat your regular healthy meals and snacks ahead of the event so that you are less vulnerable to overeating.
- Scan any foods offered and select carefully, limiting your portions.
- Drink water.
- Focus on the conversation, not the food.
- Learn how to say no and deal with sabotage (page 126).

Emotional triggers

Not everyone is an emotional eater, but feelings are a powerful trigger to eat for many of us. Strong emotions will come up in our lives at times, often without us noticing them consciously. Common emotional triggers for eating are boredom, loneliness, shame, depression, anxiety, anger, or feeling overwhelmed. It is called emotional eating when food is used for emotional comfort. The Compulsive Eating Cycle on the next page illustrates the process.

Your food records can help you notice hidden triggers. Notice your emotions before, during, and after the eating episode. Consider writing down your feelings along with recording the foods eaten. What do you notice?

You might try following the Wait Control method on page 86 to discover how to control emotional eating. You may do something in response to your feelings or you may choose to do nothing at all. Many feelings are fleeting if given a little time. To meet your emotional needs directly, see page 85.

It takes time, practice, and persistence to overcome emotional eating. However, your new responses will eventually become a natural established part of how you live. And your life may become much more balanced, healthy, and enjoyable.



Compulsive eating cycle



You have power over emotional eating

It is called “emotional eating” when you use food to numb uncomfortable feelings. However, no amount of food will ever satisfy emotional hunger.

Developing power over emotional eating is a gradual learning process. You do it in small steps by recognizing your feelings and building coping skills over time.

You will have setbacks, but you can learn from them (see “Setbacks Happen,” page 110). It takes time, practice, and work to overcome emotional eating. Eventually, your new responses will become a natural, established part of how you live.

Begin by assuring yourself, “I can eat if I really want to, but first I’m going to try something else.”

How is your mood? Are you trying to make yourself feel better with food?

How might you respond to your feelings in nonfood ways? For example, if you are:

- **Angry** — try a relaxation activity.
- **Lonely** — phone a friend or join a group.
- **Tired** — take a short walk, stretch, nap, or drink water.
- **Depressed** — ask for a hug, move your body.
- **Bored** — do something you enjoy; take a class, do a crossword puzzle.
- **Frustrated** — write a letter, but don’t send it.
- **Procrastinating** — take a first small step.
- **Overwhelmed** — arrange for peace and quiet, or meditate.

Imagine yourself not overeating. How would you do that? How would it make you feel?

Try to create a relaxed, calm, and peaceful atmosphere while eating. How can you respond to your daily stresses in order to accomplish this?

Plan to keep sufficient quantities of healthy food always available. Include other favorite foods in moderation. Going too long without eating, or forbidding favorite foods, may create a frantic quality to your eating when you finally “give in.”

While food is not “the enemy,” it is helpful to notice if any foods lead to:

- Fatigue.
- Headache.
- Out-of-control bingeing.
- A desire to eat everything else in sight.

You may choose to find healthy substitutes for those foods that cause problems for you — or limit (but not eliminate) indulgences.

Begin to take care of yourself in ways other than eating. Enjoy your life.

Wait Control

- Stop. Buy time and regain control. Do not eat for 1 to 2 minutes.
- Ask yourself if you are physically hungry. Eat if you are physically hungry.
- If that empty feeling inside is not physical hunger, what is it? What do you really want? Try to meet that need directly.
- If you still wish to eat, give yourself permission to eat exactly what you want and enjoy it without guilt. Guilt may lead to binge eating.

Your 5-minute check-in

Give yourself some space. Take a deep breath and check inward. Where are you in this moment? Allow yourself the courage to explore and know.

■ *What are you noticing physically?*

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> Tense | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Tired | <input type="checkbox"/> Energized |
| <input type="checkbox"/> Pain | <input type="checkbox"/> Comfort |
| <input type="checkbox"/> Hungry | <input type="checkbox"/> Satisfied |

What does your body need?

■ *What are you noticing emotionally?*

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Centered |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Supported |
| <input type="checkbox"/> Unappreciated | <input type="checkbox"/> Valued |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Secure |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Empowered |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Bored | <input type="checkbox"/> Enthused |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Encouraged |
| <input type="checkbox"/> Numb | <input type="checkbox"/> Thriving |

What do you want?

What don't you want?

■ *What step can you take to show self-respect, to treat yourself kindly, and to satisfy yourself right now? Do you need help from others to do this?*

- Sit down and eat a healthy meal or snack.
 - Move your body in an enjoyable way.
 - Get enough sleep.
 - Make an appointment to get a medical check-up.
 - Talk with a friend.
 - Participate in a recreational or leisure activity.
 - Express your creativity.
 - Make a contribution to the world .
 - Something else?
-



Binge eating

Binge eating is fairly common with people who struggle with their weight, whether they are overweight or underweight. It is usually associated with at least 3 of the 5 following behaviors:

- Eating much more rapidly than normal.
- Eating until feeling uncomfortably full.
- Eating large amounts of food when not physically hungry.
- Eating alone because of the embarrassment about how much one is eating.
- Feeling depressed or very guilty after overeating.

Do you have eating binges? Some of us don't think we are bingeing — we just eat nearly all the time. Some even wake up during the night to eat. Others skip breakfast and lunch, and then rationalize that they can eat as much as they want late in the day.

These are problem eating patterns. You are less likely to have binge eating problems if you eat regular healthy meals and snacks, get enough sleep, walk or talk yourself into a better mood, and find enjoyable activities other than eating. You will also have more energy, which can help you become more fit and healthy.

The food and activity record is a powerful tool for discovering information that will help you control bingeing and grazing. You can use it to identify what triggers this eating behavior for you.

Once you recognize the pattern and warning signs, you can plan a new response. Supportive friends can also help. However, if your binge eating is frequent and you cannot control it, talk with your doctor or other member of your health care team for advice.



You can do something other than eating!



Stress

Along with managing emotional eating, it's important to look at your stress management. Stress can affect your mood and relationships. You might also find you make poor food choices or eat more under stress. Stress occurs when you have a change you must adjust to. It is revealed through physical, emotional, and mental symptoms.



Circle the symptoms you experience under stress.

Physical:

- Feeling tired.
- Crying.
- Headache.
- Shallow breathing.
- Increased heart rate.
- Change in appetite.
- Upset stomach.
- Difficulty sleeping.
- Tense or stiff muscles.
- Grind teeth.

Mental/Emotional:

- Irritable or impatient.
- Frustrated.
- Feel helpless or alone.
- Loss of self-esteem.
- Loss of concentration.
- Forgetful.
- Withdrawal.
- Depression.
- Anger, yelling, or blaming.
- Anxiety or worry.

Methods to reduce stress

There is a close connection between stress and health. Unrelieved stress can hurt your body's ability to fight off disease. It can also increase the likelihood you will develop serious health problems, such as heart disease. This is especially true if the stress is chronic.

Circle the number from 0 to 10 that most applies to you now:

What is your current level of stress?

0 1 2 3 4 5 6 7 8 9 10
Not stressed at all Extremely stressed

Stress can keep us from reaching our goals. Under stress, we may relapse and revert to our old habits. But we can learn from setbacks and remind ourselves of the benefits for changing to help us get back on track.

What are the sources of your stress?

Stress becomes harmful when you don't have an effective way of adjusting to it. We especially need to find solutions for our worries that can translate into overeating.

When we feel burdened with stress or depressed, probably the last things we think of are physical activity and healthy eating, but these are powerful stress reducers. There are more methods to reduce stress on the next page. Which of these might you use manage stress?

One technique that can help you manage both stress and emotional eating is to tune inward with a 5-minute check-in. This process is described on page 86. Answering these questions can allow you to become more self-aware and to meet your needs more effectively. If you are unable to resolve your stress problems on your own, see your doctor. Professional counseling is also often helpful.

What do you find helps manage stress for you?

Mindfulness	Nutrition
Predict it with awareness	Rest or sleep
Assertiveness	Physical activity
Look at self-talk	Relax/deep breathing
Emotional expression/sharing	Find support
Look at past experiences	Humor
Diversion/recreation	Writing
Preparation/organization	Counseling
Allow enough time	Prioritize
Anger management	Hobbies
Set realistic goals	Music
Set healthy limits	Massage
Correct thinking distortions	Nurturing*
Enjoy the beauty of nature	Pet an animal
Manage triggers – alter, avoid, accept	Balance time alone, and with others – work, rest, have fun

*You can find some suggestions in "How Would You Like to Nurture Yourself?" on page 62.

Develop your own weekly goals

Some suggestions for goals for Step 7:

- Keep 5 days of food records and notice your hunger levels and bingeing triggers.
- On 3 days this week, add 11 minutes of physical activity beyond what you normally do. Make a plan and reward yourself in nonfood ways.
- Surround yourself with healthier foods to support your success.
- Practice healthy ways to manage your stress.
- Weigh yourself.
- Complete the Step 7 activities in the kit.
- Ask for support. Practice positive self-talk. Enjoy yourself!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.

Step 8: On the move

Physical activity is essential to the physical and mental health of everyone. Along with healthy eating, regular exercise also helps to maintain a healthy weight.

Physical activity is simply moving your body. Your body was meant to move. This is especially true if you have health problems. People who have arthritis, heart disease, high blood pressure, balance problems, back pain, or diabetes significantly benefit from finding the right kind of activity.

Research has shown that you are never too old or out of shape to begin. The benefits are the same regardless of age. Look over your records from the last few weeks. How often are you doing physical activity? If it is seldom, what is getting in the way?

Quality of life

Do you want more energy? At the end of the day you may feel so tired that you think you can't move. Getting adequate sleep, water, and healthy food will support your physical activity. And movement can help you feel better and actually increase your energy.

How about your relationships with others? Many people use physical activity as an opportunity for playful fun with family or friends. On the other hand, you may enjoy walking alone. You can use this time for meditation, prayer, or connecting with the beauty of nature.

What works to help people lose weight and keep it off?

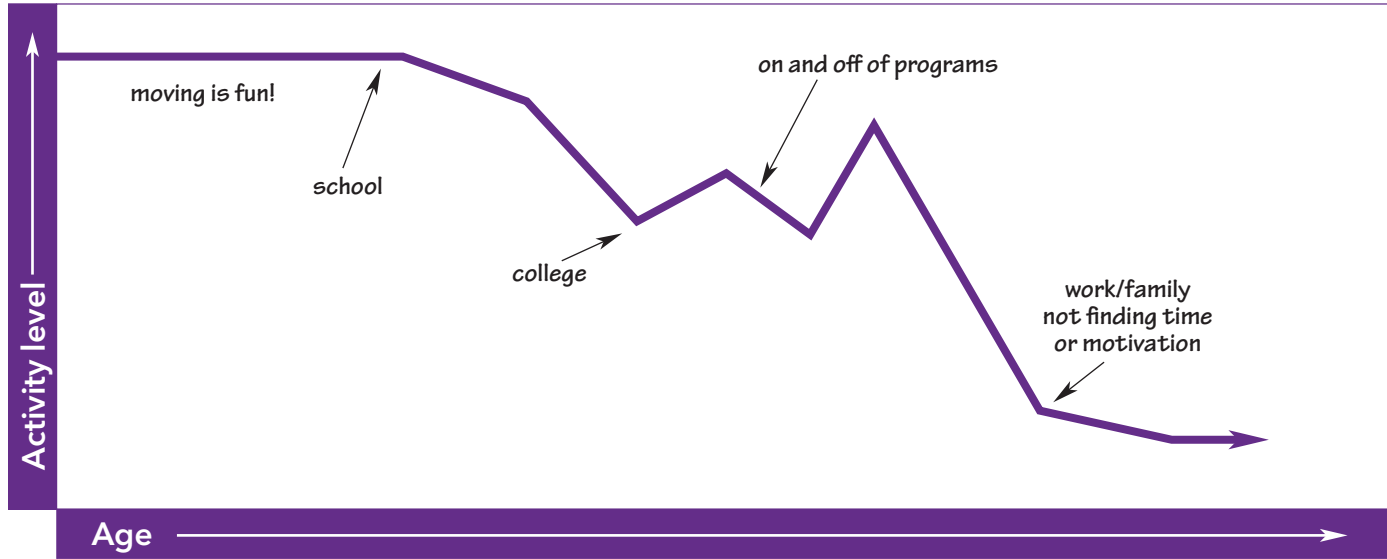
Remember the National Weight Control Registry? The people in that study have lost an average of more than 50 pounds and kept it off for more than five years. Nine out of 10 people in the study said they achieved their results with a combination of physical activity and dietary changes. More than half used everyday fitness activities – walking, gardening, chores, moving around at work, dancing, and other less structured activities.

The key is to begin wherever you are. Find something you like and are willing and able to do. Start slowly and listen to your body's signals.

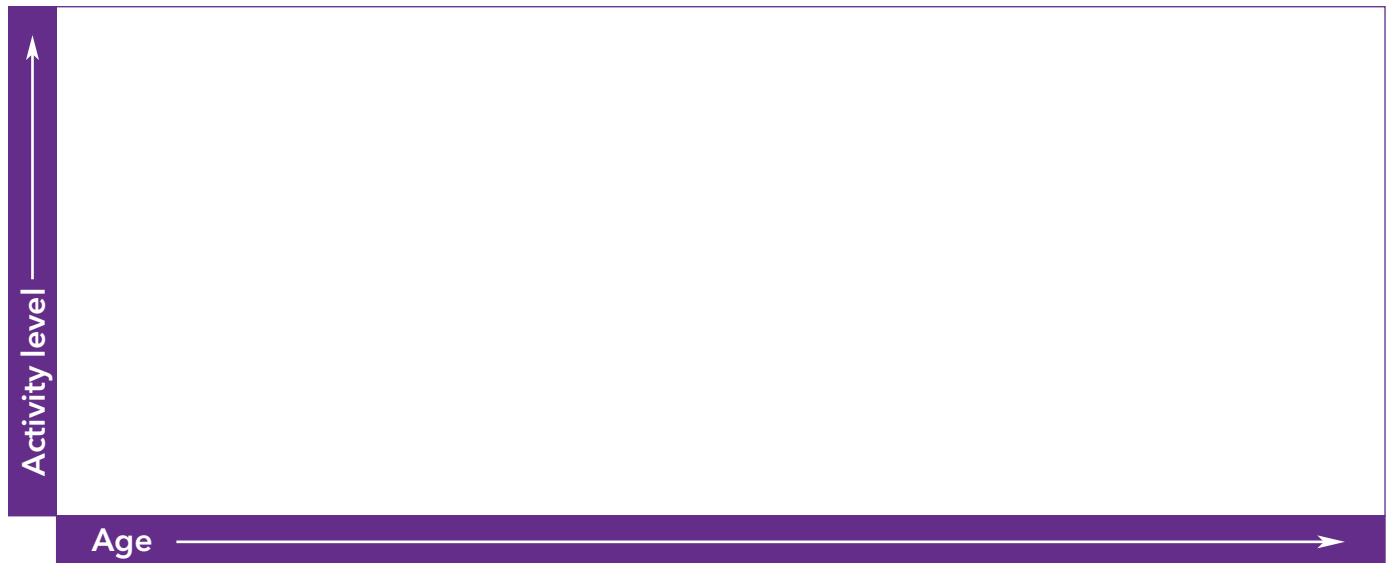
Remember that every bit counts.

Look back over your life and your physical activity patterns

Sample autobiography of physical activity:



Your autobiography of physical activity: Create your own graph from early childhood to today.



- What does your pattern look like?
- How did the patterns look when you were a child versus an adult?
- Is it a wavelike pattern (up and down), a steady decline, or on the upswing now?
- Have you been pretty sedentary for a long period of time?

- Do you have some condition that limits your movement?
- For the times that you were more active — did it involve games, sports, or the arts?
- Can you recall the times when physical activity was really enjoyable, natural, and spontaneous?
- What are some other aspects of your autobiography that you find interesting?



Getting vertical

On a scale of 0–10, what is your current level of physical activity?

0 1 2 3 4 5 6 7 8 9 10

Not active

Very active

Where would you like to be on this same scale?

0 1 2 3 4 5 6 7 8 9 10

Not active

Very active

Even though you may want to be more physically active, something may be holding you back. It is helpful to look at why that might be and what changes can help.

What do you dislike about exercise?

What do you like about being inactive?

Compare your barriers with those on page 104 to explore new approaches.



What do you dislike about being inactive?

What do you like about physical activity?

Compare your benefits with those on the next page. Add the ones that might help or inspire you to be more active.

Weighing the pros and cons can be helpful in motivating yourself to be more active.

Ask yourself, “Is being inactive helping me become more fit and healthy?” If not, then consider making some changes.

Imagine how good you will feel when you become more fit. What steps can you take to move your physical activity up a notch?

Benefits of physical activity

Do you need a good reason to be physically active?
There are almost too many to mention!

Physical activity:

- Helps you to lose weight — especially fat!
- Improves your immune system.
- Reduces your risk for heart disease and strokes.
- Increases muscle strength.
- Lowers the chance of developing hypertension.
- Helps maintain weight loss.
- Improves short-term memory.
- Reduces the risk of type 2 diabetes.
- Relieves stress.
- Increases bone density.
- Lowers your resting heart rate.
- Slows joint degeneration from arthritis.
- Protects you from injuries.
- Helps you to sleep better.
- Helps to alleviate depression.
- Protects you from low-back problems.
- Helps control appetite.
- Improves the strength of ligaments and tendons.
- Helps to relieve constipation.
- Reduces risk of prostate cancer.
- Reduces risk of colon cancer.
- Reduces risk of breast cancer.
- Helps to maintain an independent lifestyle.
- Improves your athletic performance.
- Brings you into contact with other people.
- Improves your quality of life.
- Gives you personal satisfaction.
- Gives you a new lease on life.
- Helps to lower high blood pressure.
- Increases HDL (the “good” cholesterol).
- Improves your physical appearance.
- Improves self-esteem.
- Improves joint flexibility.
- Increases work productivity.
- Improves balance and coordination.
- Helps people with diabetes keep their blood sugar in the target range.
- Helps mental alertness.
- Boosts your creativity.
- Increases your confidence.
- Saves on medical expenses.
- Improves lung function.
- Helps cholesterol-reducing drugs to work better.
- Inspires you to eat a better diet.
- Increases the thickness of joint cartilage.
- Helps prevent falls.
- Lowers your risk of early death.



Fitting in fitness

The U.S. Centers for Disease Control and Prevention and the American College of Sports Medicine recommend getting at least 2 ½ hours (150 minutes) of moderate-intensity activity each week.

That's about 30 minutes on most days of the week. And it can make a significant difference in your health.

The activity does not need to be done all at once to be beneficial. You can space these 30 minutes out over the course of the day. Try:

- A 10-minute walk before work.
- Ten minutes of stair climbing during lunch.
- Ten minutes of dancing in the evening.



I hear and forget.
I see and remember.
I do and understand.
– Chinese proverb

Intense or vigorous effort is not required — but it can produce the same benefits of moderate exercise in a shorter amount of time, which you may prefer. If you want to work harder, the guideline for vigorous physical activity is for at least 25 minutes on three days each week.

The recommendations also include moderate-to high-intensity muscle strengthening activities on 2 or more days per week for additional health benefits, and flexibility exercises 2 or 3 days each week to improve range of motion.

Make it useful

- Do your own home repair.
- Mow the lawn.
- Wash the car by hand.
- Sweep the walk.
- Wash your windows.
- Rake leaves.
- Deep clean the kitchen.

Be creative

- Stretch in bed or in the bathroom.
- Do 10 minutes of aerobics or stretching while watching TV or listening to the radio.
- Do tummy, butt, or thigh contractions while driving.
- Fit in a 10-minute walk or stair-climbing session while at work.
- Stretch your shoulders, neck, and arms while at work.
- Do arm curls while waiting for the microwave to heat your food.
- Park farther away from your destination and walk the rest of the way.
- Use an app. Some will have alarms to remind you to move.

Make it fun

- Compete in a sport you enjoy.
- Play Frisbee or hide-and-seek with your kids.
- Delight your dog with a walk.
- Grow a garden.
- Go to the malls before they open in the morning and window shop.
- Plan a walk to visit with a friend.
- Participate in a hiking or biking club — or find your own path.
- Try a romantic walk or dancing for a date.
- Encourage or instruct your child in a sport.

Try it the old-fashioned way

- Use a push mower.
- Hang clothes out to dry on a clothes line.
- Walk in instead of using the “drive-thru.”
- Take the stairs instead of the escalator or elevator. Take an elevator part way if necessary.



Calorie-burning activities

Based on 180-pound person.

Activity	per minute	30 minutes
Basketball	11.3	339
Bowling	1.9	57
Cycling (10 mph)	8.2	246
Dancing (social)	4.2	126
Golf (carry/pull clubs)	7.0	240
Hiking	6.7	201
Horseback riding	7.2	215
Soccer	9.5	285
Softball	4.2	125
Swimming (moderate)	8.9	267
Table tennis	5.0	150
Tennis	8.9	267
Volleyball	5.7	170
Walking (moderate)	4.8	144
Weight training	9.8	294



Task	per minute	30 minutes
Gardening (digging)	7.5	225
Gardening (planting)	5.0	150
General carpentry	3.9	118
Grocery shopping	3.0	90
Ironing	2.0	60
Mopping/sweeping	3.7	110
Mowing grass	6.7	200
Painting	5.0	150
Pruning (handsaw)	6.0	240
Raking leaves	4.5	135
Sawing firewood	7.8	235
Trimming hedges	5.5	165
Vacuuming	3.0	90
Washing car	3.7	112
Washing dishes	2.0	60
Washing windows	4.2	125

Levels of physical activity

How active are you? Start where you are and build step by step.

Level/type	What it takes	What you get
Sedentary	Nothing.	Increased weight. Increased risk for disease. Reduced energy.
Active lifestyle	30 minutes per day (even in 5- to 10-minute increments). Walk, bike, hike, garden, swim, sweep, shovel, dance, take the stairs, park far away, walk to the store.	Reduced disease risk (cuts risk in half). More calories burned. General well-being and a psychological boost.
Aerobic*	Frequency: three times a week or more. Intensity: target heart rate. Time: 20-60 minutes (continuous).	More calories burned during and after exercise (can increase your metabolism). Changed fat-cell chemistry. Conditioned heart and lungs.
Strength training	Two to three times per week. Free weights, Nautilus, push-ups, sit-ups, leg lifts, dynabands. 24 to 48 hours rest between workouts. (Muscle building occurs during recovery.)	Increased muscle (we steadily lose muscle after age 30). More muscle raises your metabolism. Stronger bones (helps prevent osteoporosis). More calories burned. Use of a variety of muscle groups (some that we don't often use in our everyday activity).
Flexibility	Regular stretching after warm-up or after activity. Stretch while waiting for the bus, while talking on the phone, or while watching TV. No bouncing or overstretching. Should not be painful. Take your time with each stretch. Breathe and relax.	Overall flexibility (important to good health). Decreased general injuries. The good feeling of a great stretch.

* 55-60 percent of maximum heart rate is the intensity at which more fat is burned. 80-85 percent of maximum heart rate is the intensity at which greater conditioning of heart and lungs occurs. Maximum heart rate = 220 - (your age). At a moderate level of intensity, you should be able to talk or sing while being active.



Tips to get up and get moving

Think about how your life would be better now — and 20 years into the future — if you become more physically active. Figure out how you can make it easier to be active to make this a reality.

Investigate your workout personality

- What is the best time of day for you to be active?
- Do you prefer the company of others or solitude?
- Do you prefer to be outdoors or indoors?
- What level of competitiveness do you prefer?

Create your own physical activity pyramid

Some activities burn more calories than others (page 98). Each type of activity also has different health benefits (see the previous page). The following suggestions represent some exercise choices to consider, but there are many other options. You have the best idea of what might work for you!

Activities you can do every day

- Take a walk with a friend or family member or use the time to be contemplative alone.
- Explore a fun new route.
- Walk the dog; don't watch the dog walk.
- Make extra trips on the stairs.
- Stand or pace when you are on the phone.
- Use your work breaks to walk.
- Use an activity tracker, either on your smartphone or a device you wear, to help encourage you to get in more movement.



Aerobic activities (at least 2½ hours of moderate activity a week for heart health — that’s about 30 minutes on most days)

- Walk outside, at the mall, or on a treadmill.
- Bike, swim, or do water aerobics.
- Do chair exercises, or exercise with a DVD, apps, or console game system.

Strength activities (2 to 3 times a week)

- Lift weights, use resistance bands or tubing, do sit-ups or wall push-ups, or use a strength building video.
- Use a stair climber or walk up hill.

Flexibility activities (3 to 5 times a week)

- Stretching, tai chi, or yoga.

Recreational activities (2 to 3 times a week)

- Take a karate, spin, or Zumba class.
- Participate in a hiking, bicycling, or ballroom or square-dancing club.
- Try shooting hoops, softball, bowling, ping pong, golf, badminton, pickleball, or soccer.
- Go geocaching, kayaking, snow shoeing, skiing, mushroom hunting, snorkeling, or birding.
- Plant a garden, do yard work, or wash the car.

Limit sitting activities

- Spend less time on your computer or tablet.
- Stretch or move around every 30 minutes when seated.
- Watch less TV.

Accommodate pain or limitations

Staying active can be a challenge for people with pain or limitations.



When you have a pain, there is a natural tendency to avoid movement because it can hurt. When you have excess weight or limitations, moving can feel like so much work, too. But if you do not move, you will get heavier, have even more pain, and find moving even more difficult.

Focus and build upon what you are able to do so you will be able to do more. Start by doing less! Doing too much too soon may exhaust you and your enthusiasm. What would be the easiest way for you to begin?

Think about getting the right kind of assistance. Check with your doctor for any cautions. A physical therapist can help you find activities that are safe for you to do.

Pain or injury can usually be avoided through small steps, gradually working up to the amount of activity you want to maintain. Listen to your body and slow down if it says so.

Soreness and fatigue from challenging your muscles is expected. But if you feel pain beyond a mild discomfort, stop the activity and treat the pain. You can find ways to move safely and become more fit in spite of your limitations.

Ideas that may help include:

- Exercising in water.
- Gentle stretching.
- Tai chi.
- Stationary bicycling.
- Using your upper-body muscles if you are unable to walk.
- Warming the body (moving your arms or walking five minutes).
- Chair exercises.
- Using walking poles.
- Buying good shoes for physical activity, and replacing them twice a year.

Begin to believe that you are capable. You can do it!
Visualize moving throughout the day.



Every bit of effort counts. Remember to start slowly and gradually increase your efforts. Be sensible — don't overdo it. Even when you have built up your endurance, be sure to take one or two days per week off for recovery.

Make a plan to overcome barriers that in the past have interfered with your becoming more physically active.

Encourage yourself by making positive statements to yourself during your workout:

- I am getting stronger and more fit.
- I feel healthier.
- I feel mentally alert and creative.
- I sleep better at night.
- I feel proud of myself.
- I enjoy being more active.
- My activity helps me cope better with stress, anxiety, and depression.
- My body thanks me for doing this positive activity to care for it.
- “Good job, *(your name)!*”
- Other ideas? _____

Overcoming attitude barriers

Barriers	New approach (or choose your own ideas)
<ul style="list-style-type: none"> ■ I'm too busy. ■ This just isn't a good time. 	I've been saying this for months. I'll always be busy, but if I choose to make health and fitness a priority, I'll make the time. I can also break up my physical activity into shorter segments of time (see next page).
<ul style="list-style-type: none"> ■ I have health problems. ■ I'll get sore. 	The health benefits of appropriate activity outweigh the risks. I can consult my health care team to address my concerns. I will begin slowly and increase my efforts gradually to avoid pain.
<ul style="list-style-type: none"> ■ I'm too old, overweight, or out-of-shape. ■ I'm too self-conscious about my body. 	It's never too late. I can set reasonable goals and get support. I look forward to feeling better about myself from increasing physical activity.
<ul style="list-style-type: none"> ■ It's boring. ■ I hate exercise. ■ I don't want to do it alone. 	I can find activities that I like or a buddy to be active with. I can add music to my routine, hike, dance, bicycle, or swim. I can join a team, take a class, or decide to enjoy some time alone when I exercise.
<ul style="list-style-type: none"> ■ It's not really necessary. 	Why wait for a heart attack before I change my behavior? I'll consider the many benefits that activity provides for me now – and into the future.
<ul style="list-style-type: none"> ■ I'm too tired. 	Physical activity increases my energy so I can do more each day. It is the lack of activity that contributes to fatigue.
<ul style="list-style-type: none"> ■ I can't stick with it. ■ It's too much work. ■ I'm too lazy. 	This is an opportunity to improve my discipline and patience. I can learn what works and does not work for me and adjust my plan. I will reward myself for my efforts.
<ul style="list-style-type: none"> ■ I'll sweat. 	I can exercise before my morning shower or after work. I can use deodorants or dress shields. I can keep a change of clothes with me. Walking may create no more sweat than other daily tasks.
<ul style="list-style-type: none"> ■ It costs too much. 	I can't buy health once I lose it. There are low-cost ways to be active – such as walking.
<ul style="list-style-type: none"> ■ I have small children at home. 	I can exercise with my family or find a babysitter.
<ul style="list-style-type: none"> ■ The weather is bad. 	I can dress for the weather or find a way to do physical activity indoors.

Commit to fitness

Part of commitment is making a specific plan with dates. Make following your plan a priority. Some ideas:

- Learn to say no to things that keep you from being active.
- Do a little if you can't do a lot.
- Do it in the morning and it's done!
- Use paper notes or electronic reminders so you don't forget.
- Time is not your enemy. You can make time to care for yourself while you play each day.
- Celebrate your successes. You might enjoy taking photographs of the beautiful places in nature that you visit. Looking at these photos later can help you remember the pleasure of these experiences and inspire you to want to do more.

Don't give up

Persist when challenged. When you begin to exercise, you may come up with all kinds of reasons why you should not continue. You need to have some flexibility in your scheduling and sometimes modify what you do. But continue to care for yourself by moving.

Support can help

Perhaps you'd like to share your plan with others and let them know how they can support you in accomplishing it. Maybe having someone to work out with will make it more likely you'll stick with your plan. Or hearing a reminder or words of encouragement from a friend may be all you need. But don't make a big deal of it. If you have no activity partner, just put on your shoes and go. If you'd like to make some new friends, consider a walking club or water exercise class.

Track your progress

Mark the minutes that you work out or the steps you take on your calendar, record form, computer, or phone. Tracking devices such as Fitbit and apps such as Every Body Walk or Map My Fitness can help you be more aware of your activity.

What is your physical activity plan?

What will you do? Where will you do it? When? Pick a date! How long? How will you overcome roadblocks? Set a goal you can easily manage. Write it all down.



Develop your own weekly goals

Some suggestions for goals for Step 8:

- It's easy to out-eat your physical activity unless you stay aware. Keep 4 days of food records to help stay mindful.
- On 3 days this week, add 12 minutes of physical activity beyond what you normally do.
- Instead of over-eating when you've worked out, reward or nurture yourself in nonfood ways.
- Weigh yourself.
- Complete the Step 8 activities in the kit.
- Ask for support. Practice positive self-talk. Enjoy yourself!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.

Step 9: Meeting challenges



While making this journey of change, it is normal at times to abandon your healthy living habits, to fall back into your old way of life, and to feel stuck. Your self-talk may become more negative, and spiral down into the depths of hopelessness.

This is most likely to happen when you are feeling overwhelmed.

When you find that you are slipping back into old, less-healthy habits, it is important to take a moment to tune into yourself with kindness and self-respect. Ask yourself some essential questions: What's happened to me recently? How has my life changed? What factors have gotten me off track?

Exploring these areas will provide you with important insights. You can use this understanding, along with your effective self-management tools, to learn from your relapse. Then you can energize your commitment to move in a healthier direction.

It is important to remember that you'll need all these skills, tools, and insights at a time when you most resist wanting to apply any of them. In fact, you may feel like giving up. Even more challenging is that despair can reoccur multiple times.

This does not mean that you cannot be successful. With the skills in this kit, you can become more fit and healthy even while dealing with the stress of daily challenges.

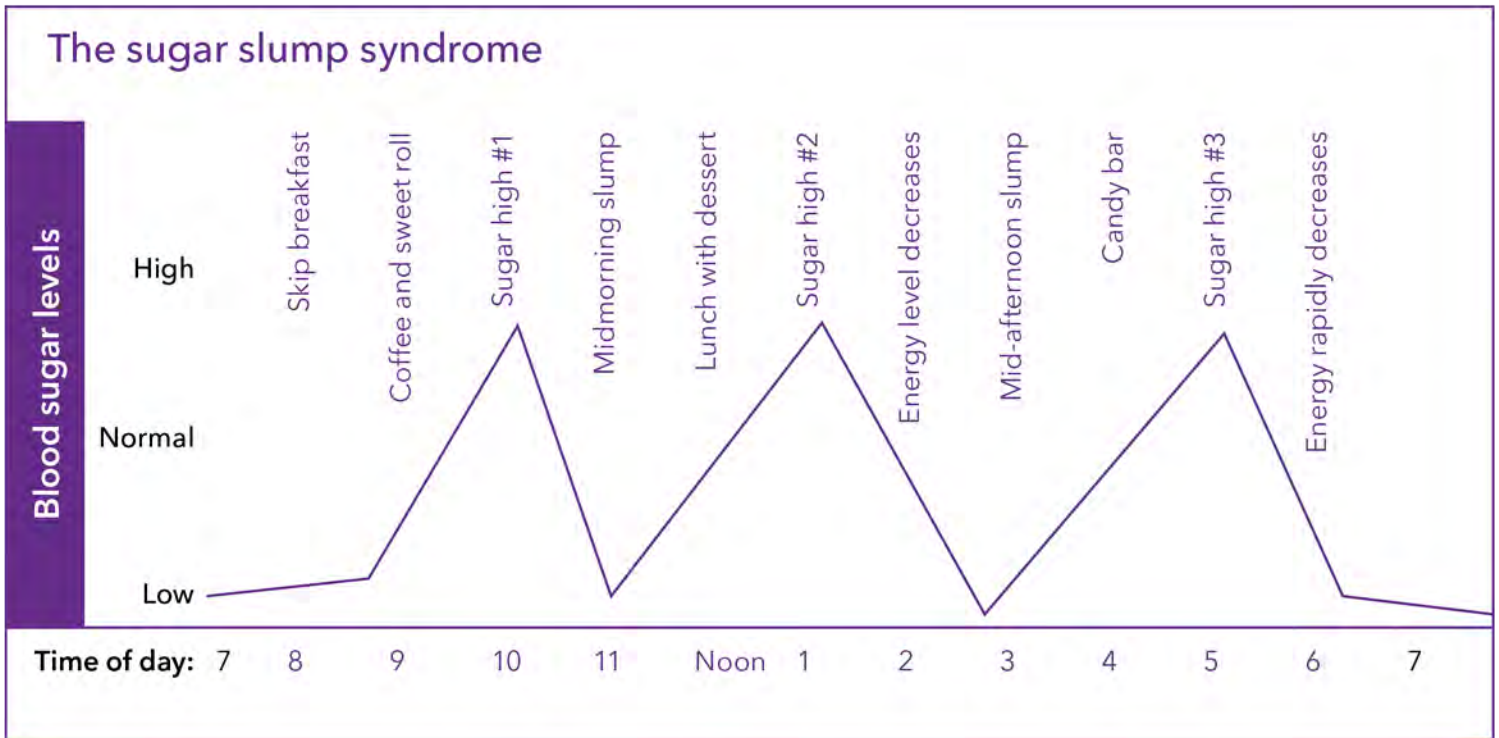


Setbacks

Nurturing your healthy living habits and cultivating health requires noticing when you do get off track and what caused it. Setbacks can derail your weight management efforts. They are a major contributor to increasing how long it will take to succeed.

What is a setback? A setback is a temporary, unplanned occurrence that conflicts with your goals and causes you to lapse into old, unhealthy habits.

Setbacks are normal and very common when you make changes. Remember the relapse part of the stages of change (page 12)? You may relapse in many small ways or in large ways. You may relapse seldom or often. Often a setback occurs when you are beginning to make changes because your new habits are not yet well-established.



How setbacks get set up

One way setbacks occur is through the “sugar slump syndrome.” Many people who carry extra weight don’t eat regular meals and frequently skip breakfast. They often eat 1 or 2 large meals per day, and especially eat at night.

We become vulnerable to cravings when our blood sugars are low. Overeating at these times can lead to weight gain. Let’s look at this cycle more closely.

Some of us might wake up not very hungry and rush out of the door without breakfast. By mid-morning, we’re easily tempted by office treats and indulge in a doughnut. This causes a sugar high, followed by a low as insulin kicks in. Having not packed a lunch, we purchase some fast food and get a second sugar high — but insulin responds and we bottom out with low energy in mid-afternoon.

So we hit the vending machine for a candy bar for some quick energy... but have another sugar low... so arrive home starving and eat a very large dinner. This is followed by another blood sugar drop, so we might snack up until the time we go to bed — and repeat the next day. These high and low blood sugars do not feel good.

Support your body’s energy needs by having 3 meals and 3 snacks regularly spaced throughout the day (see example on page 48).

Setbacks happen

Setbacks are very common, so be prepared for them as you learn new tools to better manage your weight.

Setbacks can occur at any time — for a variety of reasons. These can include increased stress, major life changes (good or bad), or illness.

We all experience setbacks while working toward becoming more fit and healthy. Although a setback can appear to “come out of nowhere,” we can often see if we check our records that they “come out of somewhere.”

Looking back can give you valuable information that helps you be successful in becoming more fit and healthy. You may find your setback was triggered by being ill or injured, feeling certain emotions, having major life changes, being overly hungry or tired, feeling stressed, being surrounded with certain foods, negative self-talk or being influenced by certain people, or something else.

Think about times that were challenging for you to eat healthy foods or to be physically active. What things were going on?

Try to have realistic expectations about your weight-management plan. This way, if a setback does occur, it will not throw you too far off track.

Most often, setbacks are temporary. But it's still important to try to recover from a setback as quickly as possible. The faster you get back on track, the less ground you will have to make up.

Try the following when faced with a setback.

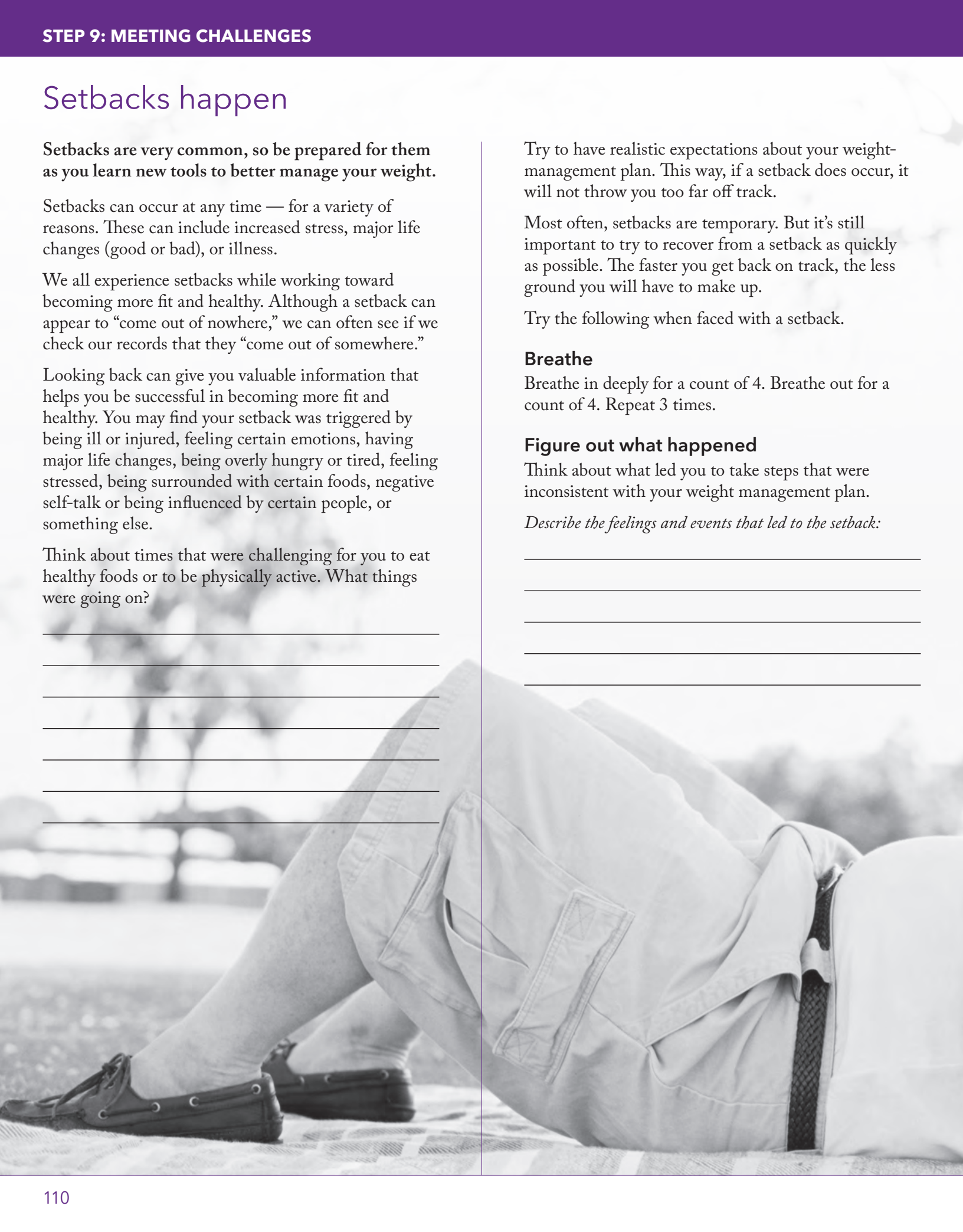
Breathe

Breathe in deeply for a count of 4. Breathe out for a count of 4. Repeat 3 times.

Figure out what happened

Think about what led you to take steps that were inconsistent with your weight management plan.

Describe the feelings and events that led to the setback:



Be kind to yourself

Be compassionate and forgive yourself. As you face the setback, the disappointment will begin to fade.

What might you say to support a friend who experienced a similar setback?

Consider what else you could have done

- Rest?
- Engage in meaningful activities?
- Choose to do nurturing activities other than eating?
- Avoid or find ways to relieve stress in difficult situations?
- Contact a supportive individual?
- Remind yourself of your reasons for desiring change?
- Something else?

Plan ahead

Identify one (or several) triggers you know you'll have to face:

Knowing that this can lead to a setback for you, how might you prevent it from happening next time?

Positive self-talk

Self-talk is what you say to yourself. It can be either positive or negative. Positive self-talk can be a powerful force in becoming more healthy.

On the other hand, negative self-talk such as “I just can’t do ...” or “I shouldn’t have done...” is defeating. You may not even be aware of how often you are negative and how it is working against you. It can lead to depression as you focus on your mistakes rather than your successes.

Your brain believes what you tell it, so you can reduce stress and promote relaxation by using positive self-talk to replace negative thoughts. As you shift your mind from negative to positive thoughts, it can help you feel better about yourself and motivate you to make healthier decisions. As your feelings become more balanced, it may also help you reduce emotional eating.

The skill of positive self-talk is learned through practice. Notice when your negative thoughts surface and pause before they get you overwhelmed. No one is perfect, but you can shift your thinking to recognize that you are a unique, attractive, and wonderful person who deserves good care. You do so much for others, but it is important to remind yourself to appreciate and take better care of yourself. Acknowledge and use your strengths.

You can use the following examples or your own ideas to create positive and powerful statements that are especially meaningful for you. Post them so you have a reminder when you need more encouragement.

Imagine good results

- This is working. I can do it!
 - This is taking the right amount of time.
 - I deserve to be my ideal weight now.
 - I embrace new beginnings. I trust myself.
 - I am enjoying greater health and fitness.
-
-

Know that you have the power

- I can say no if I want to.
 - I am willing to change. I am learning to practice self-care every day.
 - I always have at least three choices in any situation.
 - Thought by thought, word by word, choice by choice, I am creating a better life for myself.
-
-

Encourage your positive behaviors

- My legs are getting stronger each time I exercise.
 - I slow down the pace of my eating and savor the flavor of food.
 - That was a real accomplishment; I’m so proud.
 - I take time for comforting myself each day in ways other than food.
-
-

Have gratitude for yourself as you are now

- I have enough, I do enough, and I am enough.
 - My body is my friend. I treat it with respect.
 - I love my body. It gets me where I’m going.
 - I love and admire the way my eyes sparkle.
 - I wear attractive, comfortable clothing that fits me now.
-
-

Assertiveness

Check out “My bill of rights” on the next page. These rights involve standing up for yourself to support your success.

Even so, standing up for yourself is not always easy. Why might you not speak up for yourself?



No one can make you feel inferior without your consent.
– Eleanor Roosevelt

(Wanting others to like you? Fearful of hurting people’s feelings? Can’t think of what to say? Don’t want to draw attention to self? Afraid of conflict? Feel you don’t deserve it?)

These concerns may cause you to choose to behave passively. Passive or non-assertive behavior is choosing to let other people take advantage of you or overrule you. The internal message is “I don’t count and my needs aren’t important.” As a result, you may ignore or suppress your preferences and feelings.

What happens over time as you suppress your feelings? Do you become depressed and use overeating for self-comfort? Or do you eventually explode and behave aggressively?

Aggressive behavior is choosing to overpower, hurt, or humiliate others. The internal message is “I’m right, you’re wrong, and I count more than you do.” It usually destroys relationships.

Fortunately, we have a third option for standing up for our rights. The most effective response is to practice assertiveness. That is speaking positively and forcefully for your own position, viewpoint, or right, while still respecting the rights and feelings of others. It involves a willingness to negotiate for a mutually agreeable (win-win) solution. For a good description of assertiveness, go to **mindtools.com** and search for assertiveness.

Learning to be assertive is not easy, but it can be developed through practice and can lead to great results! Imagine yourself successfully declining food you do not want or need. Think of the feeling of triumph when you stick to your own agenda, and achieve the weight loss you want.

My bill of rights

I have the right to:

- Feel good about myself no matter what I weigh.
- Be treated with dignity and respect.
- Follow my own values and standards.



- Make my own decisions.
- Ask for what I want and have my needs and wants respected.
- Make mistakes and not have to be perfect.
- Feel what I feel — no matter what it is or what others say.

- Experience and then let go of fear, guilt, and shame about my eating and my weight.
- Say “No” to anything that I feel I am not ready for, don’t want to do, feel is unsafe for me, or violates my values.
- Take time for myself to fully participate in my weight management program.
- Change and grow.
- Be more forgiving of myself and others.
- Choose NOT to discuss my personal life.
- Try out new behaviors.
- Break off conversations with people who put me down.
- Change my mind at any time.
- Be angry and express it.
- Not take on other people’s problems.
- Eat healthier foods and spend money to be healthier.
- Rest and have personal time.
- Plan menus and cook meals of my choice.
- Choose restaurants that support my eating choices.
- Make special requests from my waiter.
- Indulge without guilt and without having to defend my choice.
- Leave food on my plate.
- Ask friends and family to help me by sharing tasks and by offering encouragement.

Restaurant meals

Many of us eat at restaurant or take-out foods regularly. Eating out presents special challenges that can impact your health and fitness. Foods are often made with risky fats and served in large portions, sometimes with too much meat and too few vegetables. And a “special occasion” mindset can lead you to order more alcohol, appetizers, and desserts than you normally would eat.

Suggested solutions

- Plan ahead. Choose a restaurant with healthy food options, or at least one that will make healthy changes in dishes if you request it.
- Check nutritional information online in advance.
- Eat regular meals during the day so you aren't famished when you arrive at the restaurant.
- Be open to trying lower-calorie choices.
- Limit alcohol to avoid increasing calories, boosting your appetite, and reducing your good intentions.
- Limit the bread you consume prior to the meal. Skip the fried tortilla chips.
- Ask the server about low-calorie, heart-healthy dishes.
- Watch out for terms that mean risky fat: creamed, crispy, breaded, rich, buttery, pan-fried, sauteed, à la king, croquettes, carbonara, parmigiana, meunière, tempura, fritters, alfredo, au gratin, au beurre, batter-dipped, bernaise, béchamel, and hollandaise.
- Most restaurants will honor your request for substitutions. If you ask, “Can you make me a broiled chicken breast with lots of steamed vegetables, no butter, some marinara sauce, and a plain baked potato?” more often than not, you will receive it.
- Ask your server to box up half your meal in advance to take home.
- Try ordering broiled or baked seafood or poultry, instead of fried.

- Substitute steamed vegetables or fruit, instead of fried potatoes.
- Use milk, salsa, or marinara sauce to moisten your baked potato, instead of butter and sour cream.
- Check out the vegetarian main-dish options, but remember that some may not be low calorie.
- Be creative: Make a meal from the salad and soup, split an entree with your companion and order two dinner salads.
- Order salad dressings, gravy, butter, sour cream, sauces, and mayonnaise “on the side.”
- Order coffee, tea, or an espresso drink after dinner instead of a dessert.
- Share your dessert, if you decide to order one. Or have a low-calorie treat like fruit waiting for you at home if you want something sweet.

Leaner choices

Fast food: small hamburger, salad with low-fat dressing, baked potato with vegetable toppings

Pizza: topped with vegetables and less cheese or reduced-fat cheese

Mexican: small taco, small bean burrito (not fried), fajitas, Spanish rice, refried beans

French: seafood or poultry cooked in wine with vegetables and potatoes

Italian: spaghetti with red vegetarian or meat sauce, minestrone soup, cioppino

Greek: meat kabobs, hummus, rice pilaf, pita bread, vegetables

Japanese: miso soup, steamed dumplings, vegetable sushi, steamed fish, teriyaki

Chinese: steamed vegetables, steamed rice, stir-fried vegetables with tofu or small amounts of meat

Handling special occasions

Whether you have a vacation or are celebrating holidays, planning ahead for food and activity can make an event a little easier and enjoyable.

Plan ahead

Your food

- Bring along cut-up veggies, apples, low-fat cheese, popcorn, and low-fat crackers for snacks.
- If you must eat in an airport or on the road, healthier food choices (yogurt, fruit, bagels, salads, etc.) are available.
- Be sure to bring, or ask for, plenty of water.
- You can't control what other people bring to a holiday potluck, but you can make sure to have a healthy option by bringing one yourself.

Think about which foods will be available at your destination. Consider which will — or will not — fit with your current eating habits.

Your activities

- Research parks, natural areas, and walking trails at your destination.
- Take regular breaks from driving and walk around to stretch.
- Pack clothes and shoes for exercising.
- Book hotels that offer fitness centers or are near a health club or park.

What is your plan to fit in fitness?

Support

- Tell others what you want to do and ask for their help.
- Support yourself — don't over do it. Take time to relax.

Who will especially test your resolutions? What will you say and do to help yourself?

At home or at your destination

Find ways to add activity

- Walk instead of taking the tour bus.
- Take the stairs instead of the elevator or escalator.
- Rent a bike and take advantage of the weather.
- Carry your luggage instead of giving it to a bellhop.
- Start a new holiday tradition. Take time with your family and friends to walk, dance, skate, or sled together.

What kinds of activity will you do? When? Where?

Eat healthfully

- Shop at a grocery store for fruit and vegetables, small cereal packs, and juice boxes. Oranges and bananas come “prepackaged.”
- Store healthier foods in your hotel and carry them for snacks. This saves money and calories.
- At a buffet, use a small plate, and fill it only once.
- Watch your alcohol intake. Even people who don't ordinarily drink might do so on a vacation or at a party. Some drinks may contain up to 400 calories each. It can add up significantly.

What is your schedule for meals and snacks?

Don't feel guilty

- The purpose of a special occasion is to have fun and return relaxed and refreshed. If you indulge a little, don't feel guilty. Realistically, weight loss rarely happens during special events. You can make choices that are healthier over the weeks that follow.
- Even if you eat an extra 500 calories a day for a week, it will add only one pound. But you can help offset those calories through walks on the beach and swimming in the hotel pool.

How can you reward and nurture yourself in nonfood ways?

Practice assertiveness/Persistence

Practicing assertiveness is necessary for achieving success in situations such as dining out, going to parties, travel, or vacationing.

Which situations are most difficult for you to manage healthy choices?

What assertive statements could you say in these situations?

You might ask for what you want. Be sure to notice your hunger level (page 53). When you are satisfied and choose to assertively refuse more food, you are taking better care of yourself in all of your eating situations.

Express what you feel using “I” statements. Try:

- “Sorry. I’m full.”
- “I can’t, doctor’s orders.”
- “I can’t now, maybe later.”

One of the biggest challenges in restaurants is the large portion sizes. They have led to portion distortion for many people. We internalize the portions we are served in restaurants and begin to think of them as “normal.” By regularly consuming large portions, we take in too many calories, which can contribute to becoming overweight. You’ll find tips on the previous pages to help deal with healthier eating in restaurants and during special occasions.

Persistence

You do not have to do this perfectly. The key is persistent practice. Persistence is vital because success can be just ahead.

We have to pick ourselves up and start again. Each time we start is a victory, not defeat.

Can you think about another difficult time in your life when you overcame a situation and were successful? What did you learn about yourself from that experience?



Fall down seven times, stand up eight.

– Japanese proverb.

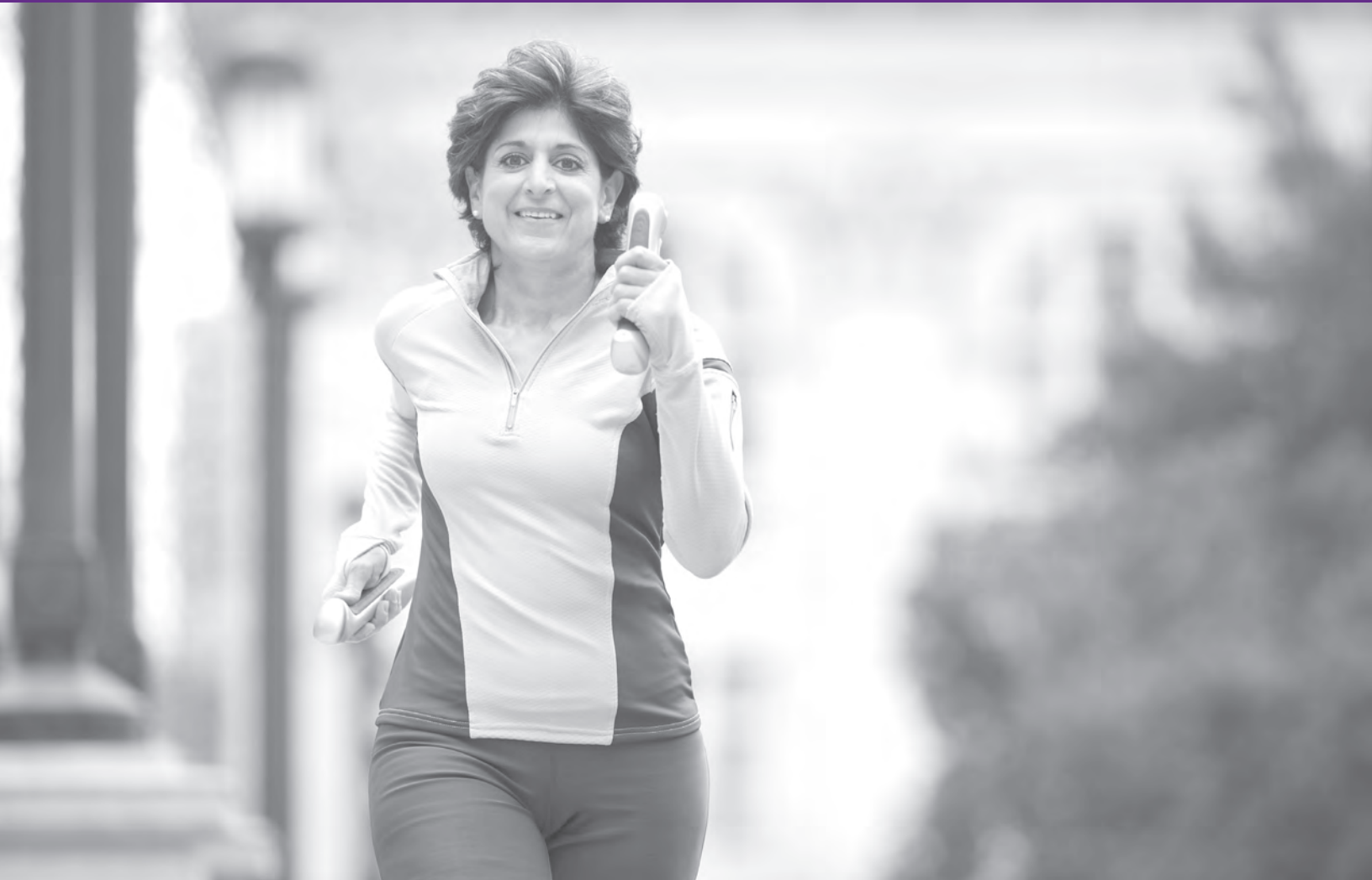


Give yourself permission to succeed with weight management. Make a small, attainable checklist of what you plan to do this day. Then, make it a priority to complete and check off each task. Instead of looking at how far you have to go, appreciate how far you've come.

Do not give up! Sometimes an idea just needs fine-tuning. It is important not to give up on an idea just because it did not work the first time. It truly is done one day at a time.

What can you say to yourself when you feel discouraged?

The *Autobiography in Five Short Chapters* on the next page is a poetic description of the process of making lasting changes. When you have a setback, what might help you shift your perception to “walk down another street?”



Autobiography in Five Short Chapters

Chapter One

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am helpless. It isn't my fault. It takes forever to find a way out.

Chapter Two

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in this same place. But, it isn't my fault. It still takes a long time to get out.

Chapter Three

I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in ... it's a habit ... but, my eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter Four

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter Five

I walk down another street.

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Develop your own weekly goals

Some suggestions for goals for Step 9:

- Keep 5 days of food records to help you notice what triggers a setback for you. Plan a new choice. Measure your food portions.
- On 4 days this week, add 13 minutes of physical activity beyond what you normally do. Make a specific plan and reward yourself.
- Weigh yourself.
- Notice any times of negative self-talk and encourage yourself with positive messages. Persist.
- Practice “My Bill of Rights” and assertiveness in restaurants and social situations.
- Give yourself a nonfood reward.
- Complete the Step 9 activities in the kit.
- Ask for support. Enjoy yourself!



Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.



Step 10: Looking ahead

Debbie's story

I had a doctor's appointment. Upon my arrival, the nurse had me step up onto the scale. This was not an ordinary scale. It actually reminded me of something that would be used to weigh cattle! There was a large metal platform to stand on with a digital read-out about waist level. The numbers were bright red lights and must have been at least two feet tall! I looked down at the number — 271 pounds... How could this possibly be? At 44 years and approximately 5' 8" tall, I had weighed slightly over 200 pounds for the better part of 20 years. Slightly? This was almost 300 pounds! I was stunned and mortified.

The nurse took me into the exam room. As I waited for the doctor, that big red 271 kept flashing before my eyes. At the end of my exam, the doctor told me what I already knew. Some of the weight had to go. Of course, my next question was — How?

The next morning, I called to enroll in a weight-management class. I must confess: This was not love at first sight. When I got home from class the first two weeks, I told my husband that I was not going back. There was absolutely no way anyone was going to tell me what I could and couldn't eat.

Gradually though, I began to really look forward to the classes. And I began to learn. Learn that following the program did not mean I could never have a piece of German chocolate cake. And that there are ways to make my choices less calorie intensive. I learned to enjoy eating healthier foods.

Probably the most important thing the program helped me do was turn my treadmill from a quilt rack back into an exercise machine. When I first started, three minutes at one mile per hour was all I could manage. My daily routine is now 20 to 25 minutes at three-and-one-half miles per hour. I also do about 20 minutes of weights and floor exercises. Doing this routine is not the most thrilling part of my day — but if I miss a day, something just doesn't feel right. I feel pride and a sense of accomplishment that it is now a regular and rewarding part of my life.

My weight is now 155 pounds — a total loss of 116 pounds. I feel better physically and emotionally than I've felt in years. By being happier with myself, I'm able to be happier with others, greatly improving the personal relationships in my life. My self-confidence is at an all-time high — not just from being a smaller person, but also from being able to say that I have accomplished something pretty incredible. This has got to be like climbing Mt. Everest and winning a gold medal all rolled into one!

Motivation

Debbie's story is a great description of the power of **motivation**. Motivation is something that inspires you to take action. It gives you drive, and nurtures your enthusiasm to continue. It also helps you want to keep going when things are tough and one part of you wants to quit.

Mastering the management skills necessary to lose weight and keep it off can take one to three years. Remaining healthy and fit requires a lifetime commitment of putting those skills into practice. Motivation can help you to be positive, patient, persistent, and resilient.

You may have noticed that your motivation can droop at times. Review your description on success from page 3 to remind yourself of what motivated you to begin the process. What motivates you to continue? What is personally meaningful?

NLP, The New Technology of Achievement authors Steven Andreas and Charles Faulkner have described two types of motivation that can help you keep going.

- **“Away” motivation** focuses on what you don't want. You want to move away from something that is painful or unpleasant, such as feeling tired, having health problems, lacking energy to play with children or grandchildren, being unable to travel easily, or disliking how you look.
- **“Toward” motivation** focuses on what you want to happen, such as having more energy, moving without pain, enjoying greater health, becoming a better role model, and enjoying life more.

You might favor one type of motivation over the other in your thinking. Both can be powerful.

Use visualization to become more motivated

Relax. Close your eyes and get a picture in your mind of your current health and fitness reality. How do you look now? What is difficult for you? What are you missing out on? If you keep doing your old behaviors, project what your life might be like in 10 years. Is your image clear or vague?

Next, imagine what you want to create for yourself in terms of health and fitness. If you continue to practice your new healthy behaviors, what will you look like in 10 years? How will you feel? What might you be doing? Is your image clear or vague?



Now hold these two images side by side. Is one image clearer than the other one? To strengthen motivation, try to keep both images in mind and think about the tension between them. What insights did you gain from doing this activity?

What have you learned from your past that prevented your success? What might you want to try to do differently?

Possible barriers?

- Easier to keep old habits.
- Life stresses (illness, caregiving, family problems, job loss, etc.).
- Need more practice.
- Need more encouragement and support.
- Not prioritizing self-care.
- _____

What you might want to do differently?

Intermediate goals

Success is about focusing on small actions that you can take one after another. The steps to move “away” from what you do not want and “toward” what you do want are your intermediate goals. What are some of the intermediate goals that might lead you to what you wish to create?



Discovering solutions

You've already begun the process by setting some goals. It's important to think positively as you work through the method step by step.

Change your environment and perspective, and change your life! Set up your surroundings to support your goals. Make it easier to make a healthier choice. Keep practicing this skill. You will discover profound benefits from problem-solving.



Climbing out of slumps and plateaus, and avoiding burnout while you continue

Some days it may be difficult to believe you are making progress. Some days it may even seem that you're moving backward. Which of the following tools might you use to help?

- Keeping food, activity, and sleep records and noticing any patterns.
- Planning, purchasing, and eating healthier foods.
- Checking hunger and fullness levels, and eating mindfully.
- Moving around more.
- Practicing self-appreciation, positive self-talk, and stress management.
- Taking both weekly weight and monthly waist measurements.
- Getting support.

Getting support

You can meet many of your needs without help. But having the support of others can increase your chances for success. Support can be an invaluable way to help you discover solutions that you may not have thought about. It can be the key to your lasting success.

However, it is important to find the support that's right for you. What do you need in a support person? What mixture of kindness, humor, compassion, and accountability?

You might prefer to get support from someone who is also trying to create new habits and who recognizes the difficulty of the changes you are making.

What would you like your support person to do? (Check all that apply)

- Help you set your own goals and strategies (but not tell you what to do).
- Help you eliminate barriers for physical activity or join you (but not become the Exercise Police).
- Help you stay on track with readily available planned nutritious meals and healthy snacks (rather than displaying tempting treats and telling you not to eat them).
- Praise and celebrate your successes (not criticizing your lapses).
- Listen to you and value you no matter what you weigh (rather than judging).

Where can you find support?

Your support may come from a spouse, partner, friend, co-worker, family member, neighbor, counselor, church or community group, class, website, or online social network.



Dealing with non-support or sabotage

You may find that others will not always support you, or might even sabotage your efforts. The lack of support is not always intentional, but it needs a clear response on your part. You might wish to create and practice possible responses to use for these times.

Ask for support

Learning to ask for support is essential, including clear communication about what you need. Many people are honored to be asked to support you. It will help both of you if you are specific and describe what types of support are helpful and what types of support are not helpful to you.

It's also essential to be a good support person to yourself. Do positive self-talk, give yourself permission to succeed, and spend time, money, and energy on yourself. It is especially important for caregivers to care for themselves first.

What is your plan to find support?

Many people find that taking a Kaiser Permanente weight management class or joining a support group like Overeaters Anonymous, Weight Watchers, or TOPS is helpful. In these, you will be able to find others who are addressing their weight concerns. Before joining any group, do some research to ensure that it is reputable. You can also support yourself by organizing your own group.





Sabotage statements	Possible responses
Have some _____. I baked them just for you.	No, thank you. Maybe later. I'm stuffed.
Another serving won't hurt you.	I can't, doctor's orders.
Holidays are for fun, not for watching what you eat.	I am both celebrating and improving my health. I have the right to take good care of myself.
Eat up! My treat!	Thanks for the offer. Maybe another time.
You're way too fat.	It is not OK to say that to anyone. I deserve to be treated with respect no matter what I weigh.
You're not that heavy.	I'm glad you think so, but I am taking steps to make my health even better.
Don't get too skinny!	I am taking good care of myself. And I will love you no matter what I weigh.
You should try the _____ diet. My friend lost 20 pounds in 3 weeks!	I am not dieting. This is not temporary. I am changing my life.
Just use a little willpower to eat less.	I want to set up my environment to support my success so I won't need to rely on willpower.
Are you sure you are allowed to eat that?	What I eat, when I eat, and how much I eat is my own business.
Shouldn't you be going to the gym?	There are many ways I can be active. I use a flexible fitness plan that works for me.
You know you just can't lose weight. Why even try?	I have learned from my past mistakes. I believe that I can do it, and I would like your support.



Weight maintenance

A common problem for people who have lost weight is regaining the weight they've lost! Have you lost weight and then regained it? How can you keep off the weight you lose?

The steps to maintaining your weight are similar to what it takes to lose weight, but it gets easier with practice. There continues to be a tension between maintaining your new fit body and returning to your old habits.

Check out “How to Keep Making Healthy Choices” on the next page. Remind yourself what you are gaining and will continue to gain by becoming more fit and healthy. It will keep you motivated when times get tough.

Life balance

One reason so many of us struggle with our weight management goals is that our lives have become unbalanced. Is your life more balanced now since you began?

Balance your life, and your sense of craving and deprivation will likely be less. You will be less preoccupied with food. For some people, overeating is a way they avoid doing the actions they need to do.

People who succeed at weight control tend to develop new hobbies, interests, friendships, and job skills. They also take time for rest. They make a regular investment in themselves.

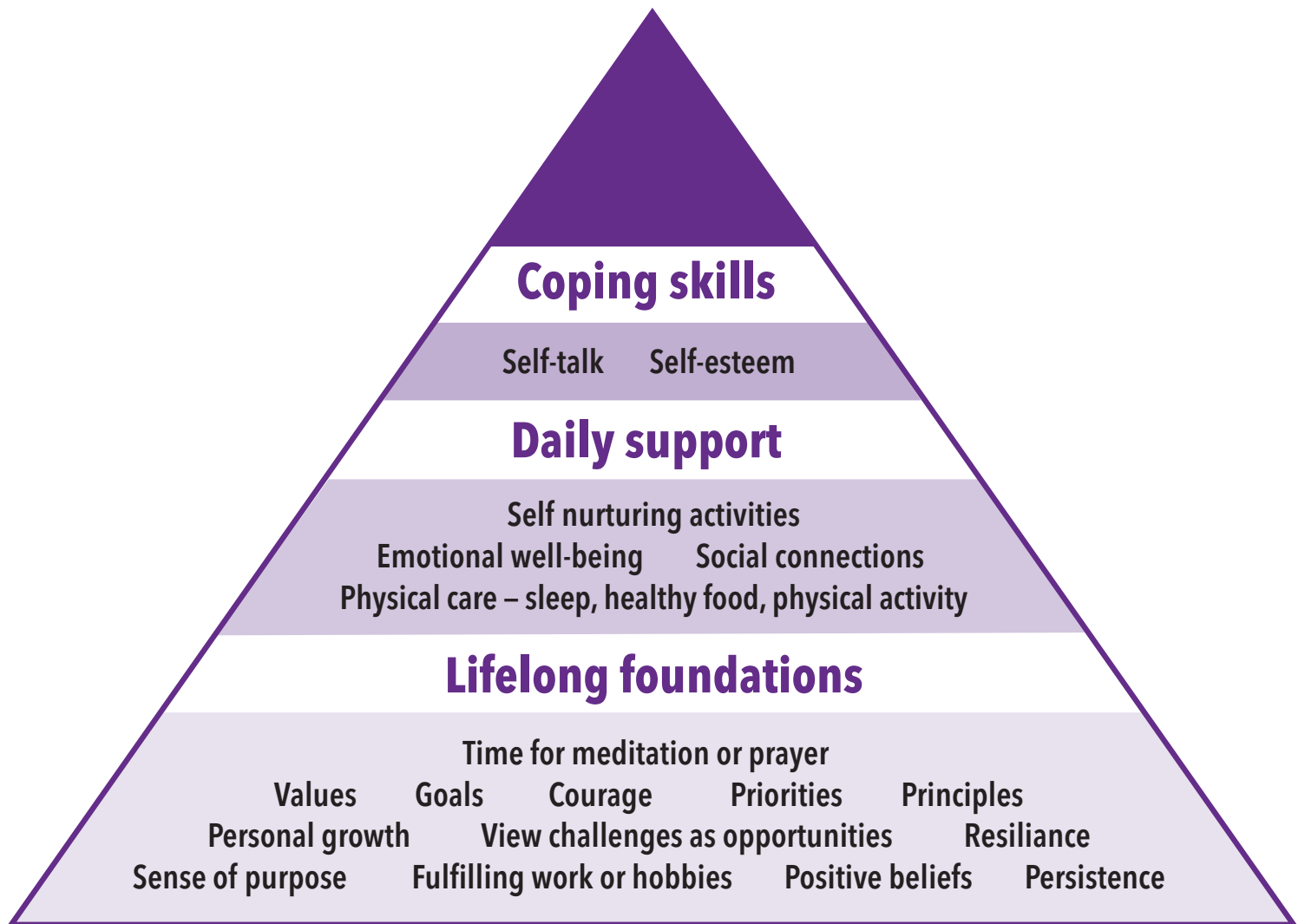
Knowing your weakness is your greatest strength.

–Unknown



How to keep making healthy choices

Behavior	New response
Not feeling motivated.	Remember the reasons why you want to lose weight.
Not paying attention to your eating habits.	Keep records of your food and beverages and amounts.
Not paying attention to your weight.	Weigh yourself regularly.
Ignoring your basic self-care.	Take a short walk, nap, stretch, or drink water. Eat healthy meals regularly.
Not making weight loss a priority.	Value your health. Do it even if others don't support you.
Surrounding yourself with unhealthy foods or getting overly hungry.	Get problem foods out of the house. Purchase healthy foods and take them with you.
Feeling bored, lonely, depressed, angry, or stressed.	Find nonfood ways to nurture, challenge, or reward yourself.
Expecting a quick fix.	Be prepared to work for your desires. Chip away at your barriers one small choice at a time.
Expecting perfection.	Forgive and accept yourself as being human. Learn from your setbacks.
Getting too busy to exercise.	Make a plan you can live with.
Feeling overwhelmed	Ask for help, get support, and arrange for peace and quiet.
Other? _____	Other? _____



Balance your life pyramid

Permanent weight management is about life balance. When our lives are balanced, we experience less stress, less emotional eating, less bingeing, and fewer cravings. We are more likely to be active and eat healthier. We need to have time alone and time with others — time for work, time for rest, and time for fun!

At the base are of this model are your lifelong foundations. What is most important to you? Above that are daily choices that support your health and well-being. Being balanced in life includes activities that nurture and restore us. At the top of the model are coping skills for use when we are stressed or get a bit off-track.

How does the Cultivating Health *Weight Management Kit* fit into an overall program of life balance? This is our program! It is all about finding balance.



Possible resources for your next steps

What's next for you? Visit **kp.org** or use other online sites? Use more tools? Use them more often or in a different way? Find a support person, group, or class?

Find resources for stress management? Self-esteem? Depression? Physical activity? Nutrition? Life balance?

What will help you keep on track?



Develop your own weekly goals

Some suggestions for goals for Step 10:

- Keep 5 days of food records to help you eat with awareness.
- On 4 days this week, add 14 minutes of physical activity beyond what you normally do. Make a plan and reward yourself in a nonfood way.
- Take your waist measurement and weigh yourself.
- Use reminders to help you remember your goals.
- Have a structured plan (with some flexibility) for healthy eating, physical activity, and nurturing.
- Make time every day to meet your needs.
- Complete the Step 10 activities in the kit.
- Ask someone for support. Practice positive self-talk. Have fun!

Visualize a step needed to take you a little farther down the path to success with weight management:

Creating goals can boost your progress with weight management

- Write down 3 things that are important for you to change this week:

Circle the one you are willing to change this week.

- Describe your action plan in detail:

What will you do?

When will you do it?

How much will you do?

Where will you do it?

With whom will you do it?

- List 3 things you are most likely to face that might make it difficult to fulfill your action plan. Then, write what you will have to do in advance to ensure you will be able to overcome each challenge and reach your goal. Include any support or resources you may need.

Challenges

Ways to overcome challenges

- How confident (on a scale of 0 to 10) are you of your ability to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely confident

If your confidence is not at least an “8,” adjust your goal. This may mean you need to cut down on the frequency or amount to make it more realistic.

- Include a plan to give yourself a nonfood reward for your effort.



You are now at the last section of this self-care program. This doesn't mean you are at the end of the process. You may really be at the beginning because you may be looking at things in a different way.

How confident are you now of your ability to manage your weight?

0 1 2 3 4 5 6 7 8 9 10
Not confident Extremely confident

Keep in mind that your confidence will grow as you continue to practice the skills that will lead you to greater health and fitness.

Congratulations for all your efforts so far. Keep up the good work! Plan to set weekly goals to help you stay on track (see page 146). You're worth the time it takes.

We sincerely hope that you have found the information and tools in your Cultivating Health *Weight Management Kit* to be useful. We are confident that you have the means to create a healthier lifestyle for yourself and to influence those around you in a positive way.

Good luck and good health!

Delicious recipes

Any recipe is just a beginning. You have the opportunity to change the details to get taste and good nutrition in every bite. If you don't have all of the spices, don't worry. Use what you have. Check out cookbooks, websites, and apps for delicious meals and snacks. Happy cooking!



Celebrate **salads**

Simplest Salad Mixtures

- Chop celery, some cucumber, and apple into small pieces. Add a small amount of slivered almonds and orange-essence dried plums. Mix in low-fat raspberry or strawberry/banana yogurt.
- Mix leftover beans with some finely chopped celery or onion, peppers, sliced tomato, and the dressing of your choice. Use kidney, black, garbanzo, or lentils — whatever you have handy, alone or in combination. Add spices and dressing.
- Combine celery pieces with a few dates, chopped banana, and a finely chopped fennel root. Mix with low-fat sour cream. Serve on shredded lettuce.
- Use bagged baby spinach. Add drained mandarin orange sections. Other possible additions include sliced strawberries, water chestnuts, and/or red onions. Add bottled low-fat Italian dressing with balsamic vinegar.
- Mix a small carton of low-fat or low-fat cottage cheese with a good portion of chopped green vegetables (broccoli, cucumber, celery, peppers). Mix in some fruit — any kind. Add black pepper or Italian seasonings. Serve with crackers.
- Add canned salmon or tuna and low-fat mayonnaise or salad dressing to “Italian ‘Everything but the Kitchen Sink’ Salad” recipe.

Fat-free Sweet and Sour Salad Dressing

2 tablespoons frozen apple juice (not diluted)
 2 tablespoons apple-cider vinegar
 Pinch of dry mustard
 Pinch of marjoram

What to do: Mix ingredients. Serve over mixed greens with other vegetables, as desired.

Makes 1/4 cup.

Per 1 tablespoon: 15 calories, 0 fat, 0 protein, 4g carbohydrate, 0 sodium

Italian “Everything but the Kitchen Sink” Salad

Use any vegetables you have on hand!

Chopped romaine lettuce, kale, spinach, and arugula
 Shredded red cabbage and carrots
 Sliced radishes, diced fennel root, and mushrooms
 Broccoli and cauliflower, broken into florets
 Chopped red and orange peppers
 Grape tomatoes and cucumber



What to do: Mix in large bowl. Cover.

Dressing: Low-fat zesty Italian, low-fat blue cheese dressing, or balsamic vinegar

This salad mix lasts 3 to 4 days in refrigerator.

Options: Top with kidney or garbanzo beans, low-fat cheese, and meatless sausage or turkey cotto salami.

Salad only per cup: 32 calories, 0 fat, 3g protein, 5g carbohydrate, 100mg sodium

Mixed Veggie and Fruit Salad

- 3 large apples, cored and cut into chunks
- 1-1/2 cups pineapple chunks
- 2-3 stalks celery, diced
- 2 cups thinly sliced carrots
- 1 cup diced red and green pepper
- 2 small oranges, sectioned and cut into chunks
- 1/4 cup raisins
- 1/4 cup walnuts, optional

Dressing: Mix separately in a small bowl.

- 1 cup nonfat yogurt
- 1/2 cup of undiluted orange juice concentrate
- Juice of one lime
- 4 dashes of ground cinnamon and cardamom
- 3 teaspoons sugar

What to do: Combine fruit, vegetables, and dressing. Chill.

Per cup: 120 calories, 2g fat, 3g protein, 25g carbohydrate, 40mg sodium

Carrot-Apple Salad

- 1 pound carrots, coarsely grated
- 2 medium apples, grated
- 1/2 cup diced celery
- 1/2 cup pineapple, diced
- 1/4 cup raisins

Dressing:

- 1 cup nonfat yogurt
- 2 teaspoons celery seed
- 2 dashes nutmeg
- 1/4 teaspoon ground ginger
- 1 lime, juiced
- 1 tablespoon honey

What to do: Mix dressing ingredients and add to shredded carrot/apple mixture. Mix well and chill. Makes 10-1/2 cups salad.

Per cup: 70 calories, 0 fat, 2g protein, 16g carbohydrate, 55mg sodium

Black Bean and Corn Salad

- 2 cups dried black beans (or 3 to 4 16-ounce cans, drained)
- 2-1/2 cups frozen corn, thawed
- 1 cup red onion, minced
- 2 red bell peppers, minced
- 1 green pepper, minced
- 1 cup fresh cilantro, minced
- 1 cup fresh parsley, minced

Dressing:

- 5 large-sized garlic cloves, minced
- 3/4 cup fresh lime juice (3 to 4 limes, juiced)
- 4 tablespoon olive oil
- 1 tablespoon and 1 teaspoon ground cumin
- 1 teaspoon celery seed
- 1 teaspoon ground coriander
- 1/4 to 1/2 teaspoon salt
- Black pepper, to taste

What to do: Soak black beans, preferably overnight. Simmer for about 1-1/4 hours until just tender, drain (or use canned, drained beans).

Mix dressing ingredients in a small bowl. In a large bowl, combine all ingredients. Best if marinated for a few hours. Keeps up to a week refrigerated.

Per cup: 230 calories, 6g fat, 10g protein, 36g carbohydrate, 85mg sodium



Celebrate **salads**

Delicious Marinated Italian Vegetables

Vegetables, #1 (steamed):

- 2 cups carrots
- 2 cups zucchini
- 6 cups cauliflower (small head)
- 4 cups broccoli (small bunch)
- 3 stalks celery

Dressing:

- 1/2 cup and 3 tablespoon chili sauce (or use low-fat tomato-based spaghetti sauce)
- 1 tablespoon olive oil
- 1/4 cup freshly squeezed lime juice
- 1/4 cup wine vinegar
- 2 tablespoons Balsamic vinegar
- 3 large cloves garlic, minced
- 1-1/2 teaspoons dry mustard
- 1-1/2 teaspoons dried oregano leaves
- 1-1/2 teaspoons dried basil leaves
- 1/8 teaspoon black pepper

Vegetables, #2:

- 1 jar (6 ounces) artichoke hearts, drained and quartered
- 1/2 pound fresh mushrooms, sliced chunky

Optional vegetables:

- One half of 13-ounce jar mild Greek pepperoncini peppers, drained and cut up
- 1 pint cherry tomatoes
- 1 8-ounce can sliced water chestnuts, drained
- 1 large red pepper, seeded and cut in chunks

What to do: In a saucepan, combine dressing ingredients and bring to a boil.

Chop or slice first five vegetable ingredients into attractive bite-sized pieces. Steam vegetables until just tender then, put in a large bowl. While dressing is hot, pour over the steamed vegetables #1.

Toss gently, cool to room temperature, and add vegetables #2. Toss gently. Chill.

This marinated salad works as an appetizer, served over baked potatoes, or as a salad. Just add kidney beans, whole-grain crackers, and fresh limeade.

Per cup: 40 calories, 1g fat, 2g protein, 7g carbohydrate, 180mg sodium

Steamed Marinated Vegetables

Use any vegetables you have on hand!

- 1 large red onion, sliced
- 10 baby red potatoes, cut in quarters (optional)
- 3 cups fresh brussels sprouts, cut off ends
- 4 carrots, sliced diagonal, or baby carrots
- 3 parsnips, peeled and chunked
- 1 red and 1 yellow pepper, seeded and diced
- 2 cups mushrooms, chunked
- 2 cups kale, chopped
- 2 cups fresh or frozen whole green beans, broken in half



What to do: Steam onions, potatoes, brussels sprouts, and carrots about 7 minutes, then add parsnips and steam 5 minutes, then add peppers, mushrooms, and kale. Continue steaming until the parsnips are just cooked and *not* mushy. Transfer steamed vegetables to large bowl and add dressing. Mix to coat.

Dressing: Low-calorie Italian dressing, balsamic vinegar, garlic powder, black pepper, and dried basil. (Or substitute lots of dried dill weed for these spices.) Will keep for a week in the refrigerator.

Per cup: 80 calories, 0 fat, 2g protein, 14g carbohydrate, 25mg sodium

Simple vegetable **side dishes**

Roasted Vegetables

Heat oven to 425°. Use root vegetables of your choice: peeled sweet potatoes, parsnips, or carrots, unpeeled red or gold potatoes. Chop them into ½-inch cubes.

What to do: Drizzle vegetables with a tablespoon of olive oil, and spread them onto a greased cookie sheet or large baking pan. Bake for about 30 minutes until tender (test periodically with a fork) and light brown.

For more flavor, you can add chopped onion, garlic, salt, and pepper, and your herb of choice, such as thyme, basil, or rosemary. It's also great to bake them with the addition of sweet bell peppers or mushrooms.

More delicate vegetables like asparagus, zucchini, or sliced cauliflower are delicious with the same treatment, but they will likely only need about 15 minutes to bake.

Per cup with ½ root vegetables and ½ other vegetables: 180 calories, 14g fat, 2g protein, 14g carbohydrate, 280mg sodium

Steamed Greens

One bunch of kale, Swiss chard, collard greens, mustard greens, or turnip greens, washed and chopped into 1-inch slices

Optional: 1 red pepper, seeded and chunked; mushrooms or red onions, sliced

What to do: Put all vegetables in the steamer for about 4 minutes, until just “crisp tender.”

Optional: Sprinkle with small amount freshly grated Parmesan cheese or vinegar.

Per 1/2 cup: 20 calories, 0 fat, 2g protein, 4g carbohydrate, 160mg sodium

Oven-Roasted French Fries

2 large red, white, gold, or sweet potatoes, washed, peeled or unpeeled

1 teaspoon oil

Salt and cayenne pepper to taste

Optional: Add paprika and cumin, to taste.



Heat the oven to 450°. Cut the potatoes in sticks and place in a bowl. Drizzle the oil over the strips and distribute over the potatoes with your fingers. Spray a cookie sheet with nonfat cooking spray. Set the potatoes on the sheet in a single layer.

Bake 10 minutes. Turn the strips. Continue baking, checking and occasionally turning until strips are golden and tender (10 to 20 additional minutes depending on the size of the strips). Sprinkle with salt and other spices if desired.

Per 1/2 recipe: 300 calories, 25g fat, 7g protein, 64g carbohydrate, 320mg sodium

Simple vegetable **side dishes**

Baked Acorn Squash with Apples

1 large acorn squash
1 apple



What to do: Preheat oven to 400°. Split squash in half lengthwise. Remove seeds with a spoon. Quarter, core, peel, and chop the apple and divide between the squash centers. Place halves in baking pan and fill the bottom of the pan with 1/4 inch of water. Cover the pan with foil and bake 35–45 minutes until the squash is tender.

Per 1/2 cup: 35 calories, 0 fat, <1g protein, 2g carbohydrate, 0 sodium

Red Cabbage and Apple

Red cabbage
Apples
Brown sugar
Raspberry-flavored vinegar
Salt
Pepper

What to do: Cut the cabbage in fairly large wedges. Slice the apples (an apple corer makes this easy!). Sauté the cabbage briefly in a nonstick pan (use nonstick spray) before adding the apples. Then sprinkle with brown sugar and vinegar to sweet and sour the taste. Cover, cook for five minutes and serve.

Per 1/2 cup: 45 calories, 0 fat, <1g protein, 12g carbohydrate, 30mg sodium

Microwaved Sweet Potato or Yam

Yam or sweet potato (higher in Vitamin A content than regular potato)
Orange juice concentrate
Ginger and cinnamon powder

What to do: Leave yam unpeeled, but scrub well. Pierce yam with fork a few times. Microwave yam until soft (about 5 minutes). Top with defrosted orange juice concentrate that is mixed with cinnamon and ginger powder — enough spices to “taste” them.

Per 1/2 cup: 130 calories, 0 fat, 2g protein, 30g carbohydrate, 65mg sodium

Satisfying soups

Simple Soup

Stir thawed frozen vegetables into a serving of canned minestrone soup.



Lentil Soup

- 2 cups dried lentils or split peas (peas take longer to cook than lentils)
- 4 cups chicken or vegetable broth or water
- 2 cans (14.5 ounces) Italian stewed tomatoes
- 5 stalks celery, diced
- 4 large carrots, shredded
- 6 cloves garlic, minced
- 1 large onion, chopped
- 2 slices bacon, diced
- Fresh-ground black pepper to taste
- 1 tablespoon paprika
- 1-1/2 tablespoons dried thyme
- 2 tablespoons dried rosemary
- 3 tablespoons Dijon mustard

What to do: Put all ingredients in a large pot, except the mustard. Bring to a boil, then cover and simmer for 1 hour (if using lentils) or 1-1/2 hours (for split peas). Stir in mustard. Taste. Add other spices as desired.

Optional suggestion: Add chunks of cooked chicken breast.

Per cup: 240 calories, 2.5g fat, 13g protein, 43g carbohydrate, 480mg sodium

Cream of Broccoli Soup

- 4 cups fresh broccoli, chopped
- 1 medium onion, diced
- 1/4 pound mushrooms, thinly sliced
- 1/4 teaspoon white pepper
- 3 chicken bouillon cubes and
- 1-1/2 cups water (or 2 cups chicken broth)
- 2 ounces grated Parmesan cheese
- 1-1/2 cups buttermilk or milk
- Optional:** 1/4 cup white wine (or use alcohol-free)

What to do: Add broccoli, water and bouillon cubes or chicken stock, onions, mushrooms, and spices to 4-quart saucepan. Cook mixture until broccoli is tender. Reserve a little more than 1/4 of cooked vegetable mixture. Place other 3/4 in blender. Add buttermilk and wine. Blend 45–60 seconds (until mixture has smooth appearance). Return to saucepan and add reserved vegetable mixture and cheese. Heat thoroughly over medium heat. Serve with a dash of paprika or nutmeg, if desired. Makes 4 servings.

Per 1/4 recipe: 150 calories, 45g fat, 13g protein, 16g carbohydrate, 1120mg sodium

12-Bean Soup

- 1 pound mixed beans, rinse, cover with water, soak overnight, drain
- 1 cup carrots, sliced
- 1 cup onion, chopped
- 1 cup celery, sliced
- 28-ounce can chopped tomatoes
- 4 garlic cloves, minced
- 3 chicken bouillon cubes
- 8 cups water
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 teaspoon cumin

What to do: In a large pot, mix soaked beans and all remaining ingredients — other than tomatoes. Bring to a boil, then simmer for two hours. Add tomatoes, and simmer for one hour more. Makes 10 servings.

Per cup: 190 calories, 0 fat, 11g protein, 36g carbohydrate, 640mg sodium

Sandwiches and spreads

Hummus

- 1 can of garbanzo beans
- Juice of 1 lemon
- 1 clove garlic, peeled
- 1 tablespoon tahini paste (optional)
- Pinch of cayenne pepper (optional)



What to do: Rinse and drain beans. Put in food processor with other ingredients and process until smooth. Serve with warm pita bread and fresh vegetables. Serves four.

Per 1/2 cup: 140 calories, 0.5g fat, 6g protein, 21g carbohydrate, 440mg sodium

Fresh Cranberry Relish

- 1 12-ounce bag of cranberries
- 2 oranges, wash and scrub skins, cut off about half the rind, then cut in chunks
- 2 apples, cored, sliced, chunked
- 1 lime, juiced
- 1/3 cup sugar

What to do: Use a food processor. Wash cranberries, discard any soft or blemished ones. Add apple and orange chunks, sweetener, and lime juice. Process as little as possible to keep mixture chunky.

Use as a sandwich spread with turkey or chicken; add to plain yogurt with bananas, grapes, and sweetener, or eat as a snack just by itself.

Tip: Buy bags of fresh cranberries when they are on sale. Freeze them to use later. Be sure to defrost cranberries before using in this recipe.

Per 1/2 cup: 50 calories, 0 fat, 0 protein, 12g carbohydrate, 5mg sodium

Pita Sandwich

Fill whole-wheat pita bread with water-packed tuna, low-fat mayonnaise, mustard, some thawed frozen peas, and shredded lettuce.

Garbanzo Spread

- 3 cups cooked garbanzo beans (1-1/2 cups dry — soaked overnight and cooked, or use 3 cups canned)
- 1–2 lemons (depending on how juicy), squeezed
- 1 large onion, skinned, sliced
- 4–5 cloves garlic, or 1 teaspoon garlic powder
- 1 tablespoons (or more) olive oil
- 2 tablespoons raw sesame seeds
- 1-1/4 cup fresh parsley, chopped fine
- 5 carrots, shredded with food processor
- 2 tablespoons dried basil
- 1-1/2 teaspoons dried oregano
- 1-1/2 tablespoons cumin powder

Optional: Add 1-1/2 tablespoons curry powder and 1 teaspoon ginger powder.

What to do: In a food processor, shred carrots, set aside. Process garlic and onion. Set aside. Blend the garbanzo beans with the lemon juice. The consistency should be like thick peanut butter. Sauté sesame seeds in the olive oil until almost brown. Add onions to pan and cook until soft. Add herbs at the last minute. Add the onion mixture to the garbanzo beans and blend it. Add half the shredded carrots and chopped parsley to the garbanzo beans. Blend until smooth. Add the remaining carrots and parsley. Mix by hand, so that the vegetables remain chunky. Makes about 6 cups. Lasts in refrigerator about 2 weeks. Can be frozen. Use in sandwiches or as a dip.

Per 1/2 cup: 110 calories, 2.5g fat, 4g protein, 17g carbohydrate, 270mg sodium

Main dishes

Fajitas

Flour tortilla
 Onion, sliced
 Colored bell peppers (red, green, orange, and/or yellow), sliced
 Zucchini, sliced
 Low-fat sour cream
 Salsa

What to do: Cook vegetables in microwave until crisp tender. Microwave tortilla a few seconds until hot. Top with vegetables, sour cream, and salsa. Roll it up.

Variations: Add cooked chicken, beef, pork, or low-fat cheese to the filling.

Per fajita (without added variations): 210 calories, 3g fat, 7g protein, 37g carbohydrate, 700mg sodium

Oriental Burritos

1 can of black or red beans
 2 cups of fresh bean sprouts
 4 green onions, chopped
 1 cucumber, peeled, seeded, cut into thin strips
 1/2 cup hoisin sauce
 10 flour tortillas

What to do: Rinse and drain beans. Rinse sprouts under very hot water and drain. Heat tortillas in 400° oven for 1 to 2 minutes, or warm in skillet for 30 seconds per side. Spread with hoisin sauce. Top with beans, onions, cucumber, and sprouts. Roll up and enjoy. Makes 10 burritos.

Per burrito: 210 calories, 4.5g fat, 6g protein, 40g carbohydrate, 760mg sodium

Cheese Enchiladas

Flour tortillas
 Low-fat ricotta cheese
 Tomato sauce and/or enchilada sauce
 Salsa



What to do: Spread a flour tortilla with ricotta cheese. Roll it up. Top with enchilada sauce or tomato sauce, combined with salsa.

Microwave 2-1/2 to 3 minutes.

Variations: Add cooked chicken, vegetables, or low-fat grated cheese.

Per enchilada (without added variations): 210 calories, 7g fat, 9g protein, 29g carbohydrate, 840mg sodium

Main dishes

Faster Than Take-out Pizza

What to do: Start with the bread base you like best: focaccia bread split horizontally, refrigerated pizza dough, English muffins, pita bread, French bread, thawed frozen bread dough, or your own pre-prepared pizza dough.



Spread with 1 cup of your favorite low-fat prepared spaghetti sauce. Top with your favorite vegetables, such as sliced mushrooms, peppers, onions, zucchini, olives, artichoke hearts, etc. Top with 1-1/2 cups of low-fat or low-fat mozzarella and 1 tablespoon of Parmesan cheese.

Bake in 400° oven for 15 minutes or until cheese is melted.

Serve with a salad or vegetable side dish.

Per 1/4 pizza: 400 calories, 14g fat, 15g protein, 54g carbohydrate, 960mg sodium

Eggplant Parmesan

1 medium eggplant, cut “round-ways” into 1/2-inch slices
 1/4 pound mushrooms, sliced thin
 1 green pepper, diced
 1 medium onion, diced
 2 cups tomato juice
 1 teaspoon garlic powder
 1 tablespoon dried basil
 1 teaspoon thyme
 1 teaspoon dried rosemary
 1 teaspoon black pepper
 Salt (to taste)
 Grated Parmesan cheese, mixture of low-fat and regular

What to do: Arrange the round slices of eggplant in the bottom of an 8" x 17" baking pan. Sprinkle mushrooms, green pepper, and onions over each slice. Pour tomato juice over vegetable mixture. Add spices evenly. Sprinkle Parmesan cheese over each until depth of about 1/4 inch.

Bake in 350° oven for 40 minutes (or until cheese turns golden brown).

Per 1/4 recipe: 160 calories, 4g fat, 9g protein, 23g carbohydrate, 740mg sodium

Ginger Chicken

2 boneless/skinless chicken breasts, sliced thick diagonally
 2 tablespoons soy sauce
 2 tablespoons white wine
 1 teaspoon lemon or lime juice
 2 cloves garlic, crushed, diced
 1 tablespoon grated fresh ginger root
 1-1/2 tablespoons sugar

What to do: Marinate chicken with other ingredients for 1/2 hour. Then cook chicken in a hot pan until done. Serve with stir-fried vegetables and brown rice.

Per 4-ounce breast: 200 calories, 3g fat, 25g protein, 13g carbohydrate, 1000mg sodium

Breakfast **foods**

Whole-Wheat Pancakes

1 cup whole-wheat flour (or whole-wheat pastry flour)
 1 teaspoon sugar
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 2 egg whites
 1 cup buttermilk (or substitute: 1 tablespoon vinegar with milk to make 1 cup)
 1 tablespoon oil
 1/2 cup blueberries, apple, or other fruit (optional)



What to do: Combine wet ingredients. Combine dry ingredients. Add wet ingredients to dry ingredients and stir well. Heat a griddle coated with vegetable spray. For each pancake, spoon approximately 2 tablespoons batter onto griddle. Turn when bubbles appear. Makes 12 pancakes.

Per pancake: 70 calories, 1.5g fat, 3g protein, 10g carbohydrate, 120mg sodium

Cottage Cheese Pancakes

1/2 cup cottage cheese
 1/2 cup oatmeal
 2 eggs or 4 egg whites
 1 teaspoon vanilla
 1/2 teaspoon cinnamon

What to do: Blend all ingredients in blender until smooth. Cook 2 tablespoons of batter on greased griddle. Makes 8 pancakes.

Per pancake: 50 calories, 2g fat, 4g protein, 4g carbohydrate, 75mg sodium

Guilt-free **desserts**

Milkshake

1 cup low-fat milk or milk substitute
 1/2 to 3/4 cup frozen fruit (without sugar) —
 use blueberries, strawberries, or mixed fruit
 Sugar or honey and vanilla to taste

In blender, blend milk at high speed. Add frozen fruit slowly until desired thickness is achieved. Add sweetener and vanilla to taste.

Variation: Add nonfat yogurt for a richer-tasting shake.

Per recipe: 170 calories, 2.5g fat, 9g protein,
 27g carbohydrate, 125mg sodium



Blueberry Yogurt “Ice Cream”

8 ounces plain yogurt
 3/4 to 1 cup frozen blueberries
 Several dashes of ground nutmeg and cinnamon
 Sugar or honey to taste

Add spices, sweetener, and blueberries to yogurt. Mix. Blue color will develop in yogurt. Let stand in freezer until ice crystals begin to form around the blueberries. Mix. Return to freezer for 15 minutes.

Options: Use frozen raspberries or strawberries.

Per recipe: 220 calories, 9g fat, 9g protein,
 27g carbohydrate, 120mg sodium

Microwave Baked Apple or Pear

1 apple or pear
 1 teaspoon sugar
 1/16 teaspoon of cinnamon (a “pinch”)

What to do: Keeping the apple (or pear) whole, remove the core with a knife or corer. Pare off the top third of the peel. Put the apple (or pear) in an ovenproof custard cup. Mix the cinnamon and sugar and put the mixture in the hole. Cover with plastic wrap and microwave 3 minutes. Let stand several minutes to cool before eating.

Conventional oven option: Add 1 teaspoon of water to the cup, cover with foil and bake 45 minutes at 300°.

Per serving: 110 calories, 0 fat, 0 protein, 29g carbohydrate,
 0 sodium

Baked Bananas

6 medium bananas, peeled
 Fruit and spice mixture (Mix together before adding as a topping for the bananas):
 1 can light peach slices (15 ounces), cut in chunks
 3/4 cup blueberries (IQF*, thawed)
 1/2 cup raspberries (IQF*, thawed)
 1/3 cup raisins
 1-1/2 teaspoons vanilla extract
 1 tablespoon brown sugar
 1/4 teaspoon ground cardamom
 1/2 teaspoon ground cinnamon
 1 dash ground nutmeg

Optional: Add a topping of vanilla yogurt and chopped walnuts.

What to do: Put bananas topped with fruit and spice mixture in a baking pan. Cover with aluminum foil. Bake in a 425° oven for 35 minutes.

Per 1 banana: 200 calories, 0.5g fat, 2g protein,
 51g carbohydrate, 15mg sodium

*Individually quick frozen

A black and white photograph of a man with a beard and glasses, wearing a jacket, sitting on a rock and using a laptop. The background is a blurred natural setting.

Resources

There are many resources that address life balance, caregiving, physical activity, nutrition, cooking, and other topics that can help support your weight management goals. In fact, there are far too many to list!

They include print materials, such as books and magazines, and electronic resources, such as CDs and DVDs. You can find many online or at your favorite bookstore or library.

There are also online resources. Websites, social media, and mobile apps are ways to learn, share ideas and network with other users, and be entertained.

In addition to apps, there are devices you can use to monitor your health. They can help you track your food, activity, sleep, and more.

Group support or a class is another good option. In addition to weight management, you might benefit from one that focuses on physical activity, stress management, depression, life balance, or a different wellness issue. A Kaiser Permanente health coach can also help you explore different options.

Whatever offerings you explore, be sure to do some research to ensure the source or its sponsor is reputable. Before making a purchase, check user reviews and ratings.

Cultivating Health: Personal progress report

Month: _____ Year: _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weight						
Waist inches						
Number of days of physical activity						
Total minutes of physical activity						
Number of food and activity records kept						
Average fruit and vegetable servings per day						
Weekly goals set? Yes/No						
Weekly goals met? Yes/No						
Barriers						

Notes

You may want to make additional copies of this page before you fill in the blanks.

Cultivating Health: Personal progress report

Month: _____ Year: _____

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Weight						
Waist inches						
Number of days of physical activity						
Total minutes of physical activity						
Number of food and activity records kept						
Average fruit and vegetable servings per day						
Weekly goals set? Yes/No						
Weekly goals met? Yes/No						
Barriers						

Notes

You may want to make additional copies of this page before you fill in the blanks.

Going forward

Use this space to write down your weekly goals. (You can revisit how to create SMART goals on page 9.)

Remember to honor yourself with the choices you make, and enjoy the journey.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

Week 6:

Week 7:

Week 8:

Week 9:

Week 10:

Week 11:

Week 12:



Cultivating Health[®] Weight Management Kit

This kit provides you with tools and information proven to be effective in helping people change their behaviors and better manage their weight.

With these materials, you can develop a program that will work for you – because you design it yourself!

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You'll also find tips, tools, and strategies to help you determine where you are and where you want to be – and how to get there.

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