

SESSION 23: Have Healthy Food You Enjoy



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about having healthy food that you enjoy.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: Can healthy food be delicious? Absolutely!

Today, we will discuss how to have healthy food that you enjoy. We will talk about how to:

- Take a healthy approach to eating
- Make healthy choices
- Have healthy food that you enjoy

Finally, you will make a new action plan.

Take a Healthy Approach to Eating (10 minutes)

SAY: People eat for a variety of reasons. Taking a healthy approach to eating can help you have healthy food that you enjoy. Let's look at an example. Please turn to "Anthony's Story" in this module's handouts.

DO: Read (or ask a volunteer to read) the story.

DISCUSS: How do you feel when you get very hungry?

Do you ever make unhealthy choices when you get very hungry?

Do you ever eat when you're not hungry? Why?

SAY: We've talked about eating when you're very hungry. We've also talked about eating when you're not hungry.

ASK: What's a healthier approach to eating?

ANSWER: Eat only when you're hungry, but not too hungry.

SAY: Please look at "Eat the Right Amount" in this module's handouts.

DO: Review handout. Discuss briefly.

Make Healthy Choices (10 minutes)

SAY: Anthony is trying to improve his diet to be healthier and better manage his weight.

ASK: What types of food should Anthony choose?

ANSWER: Items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

ASK: And what types of food should Anthony limit?

ANSWER: Items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein

ASK: Why would you want to choose items that are high in fiber and water?

ANSWER: They fill you up without adding calories.

SAY: In addition to being low in calories, fiber has another bonus: It takes longer to digest, so you feel full longer. Have you ever eaten a serving of French fries, and then felt hungry again an hour later? That's because they're low in fiber.

Please look at the table showing healthy alternative to common foods in this module's handouts.

DO: Review handout. Discuss briefly. Explain why the choices in column 2 are healthier than the choices in column 1.

DISCUSS: Can you think of some other healthy choices to substitute for less healthy choices?

Have Healthy Food You Enjoy (18 minutes)

SAY: Eating is one of life's true pleasures. Food isn't just something that fills your stomach. It's something to enjoy and celebrate.

Anthony is worried that his new diet will take all the joy out of food for him. He loves to cook, but he doesn't know much about healthy cooking. He imagines that he'll be eating lots of raw spinach.

DISCUSS: How important do you think it is to enjoy what you eat? Could you stick with a way of eating that you didn't enjoy?

SAY: Please look at "Recipe Makeover".

DO: Review handout. Discuss briefly.

DISCUSS: What are some other ways to make healthy choices enjoyable?

SAY: One of Anthony's favorite dishes is lasagna—just the way his grandmother made it. Her recipe has ricotta and mozzarella cheese, ground beef, tomato sauce, and, of course, lasagna noodles.

DISCUSS: What are some ways Anthony could make his grandmother's lasagna recipe healthier—and still taste great?

To make his grandma's recipe healthier, Anthony could:

- Use ground turkey instead of ground beef
- Use whole grain lasagna noodles
- Use skim or part-skim ricotta and mozzarella instead of full-fat
- Replace half of the cheeses with non- starchy veggies like mushrooms, spinach, and red peppers
- Replace half of the noodles with non- starchy veggies
- Add extra herbs and spices

Setting goals: Plan for Success (5 minutes)

SAY: Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

Decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound).

Summary and Closing (5 minutes)

SAY: Please look at “Healthy Choices to Prevent T2” in this module’s handouts. Between now and our next session, I’d like you to write your ideas for healthy choices on the blank chart.

DO: Answer questions as needed.

SAY: We worked together to make Anthony’s lasagna recipe healthier. Between now and our next session, I’d like you to do your own recipe makeover.

Please choose one of your favorite recipes. Look for ways to make it healthier. You can use “Recipe Makeover” for ideas. If you’d like, you can even cook it! And you’re welcome to share copies of your new recipe with the group.

We have come to the end of our meeting. Today, we discussed having healthy food that you enjoy. We talked about how to:

- Take a healthy approach to eating
- Make healthy choices
- Have healthy food that you enjoy

DISCUSS: Do you have questions about anything we talked about today?

SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.