

SESSION 3: Eat Well to Manage Your Weight



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about how to eat well to lose weight.

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: Eating well can help you manage your weight. Today, we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group
- Finally, you will make a new action plan.

How to Eat Well (10 minutes)

SAY: Let's start by talking about how to eat well to lose weight. First of all, you'll want to choose items that are low in calories.

ASK: From our discussion last week, can anyone remind us what calories are?

ANSWER: Calories are a measure of energy. You get them from things you eat and drink. Your body burns calories the way a car burns gas.

SAY: If you want to lose one pound per week, you'll need to cut about 3,500 calories each week.

To cut calories, you'll want to choose mostly items that are lower in fat.

ASK: Why would you want to choose items that are low in fat?

ANSWER: Fat is high in calories. Plus, fats that are solid at room temperature can harm your heart.

SAY: You'll also want to choose mostly items that are low in sugar.

ASK: Why would you want to choose items that are low in sugar?

ANSWER: Sweet foods can be high in calories, although not as high as fatty foods. (1 tablespoon white sugar has 48 calories. 1 tablespoon butter has 102 calories.) Plus, sweet foods make your blood sugar go up and generally do not have a lot of nutritional value.

SAY: At the same time, you'll want to choose items that are high in fiber and water.

ASK: Can anyone tell me what fiber is?

ANSWER: A type of carbohydrate that passes through your body without being digested.

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

ANSWER: They fill you up without adding calories.

SAY: Finally, you'll want to choose items that are high in vitamins, minerals, and protein.

ASK: Why would you want to choose items that are high in vitamins, minerals, and protein?

ANSWER: Your body needs them to be healthy. And many of us don't get enough of them.

SAY: Let's turn this around.

ASK: To cut calories, what items will you want to limit?

ANSWER: Items that are:

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

SAY: An easy way to make sure you get enough vitamins, minerals and fiber and also reduce calories is to eat at least five servings of fruit and vegetables each day.

How to Build a Healthy Meal (10 minutes)

SAY: Now let's put those ideas into practice. Let's turn to the handouts that go with this module. Please look at "A Healthy Meal".

This picture shows a healthy meal. It's based on the Create Your Plate idea from the American Diabetes Association.

NOTE: You can also go to <https://www.myplate.gov/> and use that website or the tool at <https://www.myplate.gov/myplate-plan> to explore this topic. This might be especially helpful for online or virtual groups.

As you can see, you'll want to make:

- Half of your plate non-starchy veggies (such as broccoli, lettuce, and peppers)
- A quarter of your plate grains and starchy foods (such as potatoes and oatmeal)
- Another quarter of your plate protein foods (such as chicken, lean meat, and fish)

You can also have:

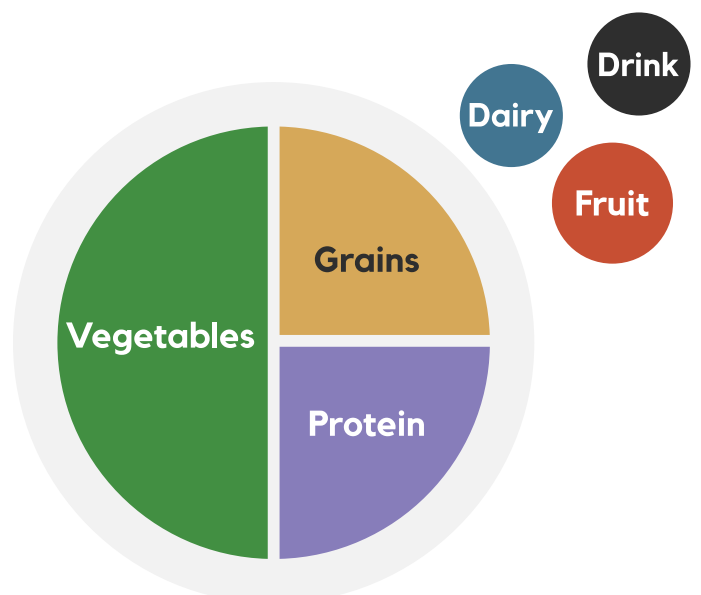
- A small amount of dairy foods (such as 1 cup skim milk)
- A small amount of fruit (such as one apple, half a banana, or ½ cup berries)
- A drink that has low or no calories (such as water, sparkling water, or coffee without sugar)

These are shown at the side of the plate.

DO: Discuss as needed.

SAY: Please look at "Make Your Plate". Let's label the picture together.

DO: Help participants write the number of the correct food group on each line.



Food Groups (13 minutes)

SAY: Now let's talk about the items in each food group. Please look at "Foods to Choose".

Let's start with non-starchy veggies. These take up half of the Make Your Plate picture. That's the largest section.

Frozen veggies are just as good for you as fresh veggies. But try to limit canned veggies, which are lower in vitamins and minerals.

DISCUSS: What are some non-starchy veggies?

OPTIONAL ACTIVITY: Try Veggies

DO: Offer participants a tray of bite-size non-starchy veggies with a dip that is low in sugar and fat, such as one made with plain nonfat yogurt, herbs, and spices.

SAY: Here are some non-starchy veggies. This dip is low in sugar and fat.

DISCUSS: How did the veggies and dip taste? Did they fill you up at all?

SAY: Now let's move on to grains and starchy foods. These take up a quarter of the Make Your Plate picture.

Try to make at least half of your grains whole grains. They are higher in vitamins, minerals, and fiber. So look for whole grains. Also look for grains that are low in fat and sugar.

DISCUSS: What are some healthy grains and starchy foods?

OPTIONAL ACTIVITY: Try Grains

DO: Offer participants a tray of baked, low-salt corn chips and salsa (or another whole grain snack).

SAY: These chips are baked, so they are low in fat. They are also made with whole grains. The salsa is low in sugar and fat.

DISCUSS: How did the chips and salsa taste? Did they fill you up at all?

SAY: Now let's move on to protein foods. Protein foods are high in protein. They vary in calories. And they're low in sugar. But they're also low in fiber and water. These take up a quarter of the Make Your Plate picture.

Try to choose meat that is low in fat. You'll also want to limit how many egg yolks you have—these contain most of the fat. So egg whites are a better choice.

DISCUSS: What are some healthy protein foods?

Healthy protein foods include chicken without skin, lean meat, and fish, tofu, legumes/beans.

SAY: Now let's move on to dairy foods. Dairy foods vary in calories and water. They give you vitamins, minerals, and protein. But they are low in fiber.

You can have a small amount of dairy with your meal. Try to choose dairy foods that are low in sugar and fat.

DISCUSS: What are some healthy choices for dairy?

Healthy dairy foods include 1 cup of skim milk or 6 ounces of plain nonfat yogurt.

SAY: Let's move on to fruit. Fruit is fairly low in calories. It gives you vitamins and minerals. It's full of fiber and water. But it's higher in sugar than veggies.

You can have a small amount of fruit with your meal.

Frozen fruit is just as good for you as fresh fruit. But try to limit sweetened canned fruit, dried fruit, and juice. They are high in sugar. Plus, juice has very little fiber, so it doesn't fill you up the way whole fruit does.

DISCUSS: What are some healthy choices for fruit?

Healthy choices for fruit include one apple, half a banana, or ½ cup of berries.

OPTIONAL ACTIVITY: Try Fruit

DO: Offer participants a tray of bite-size fruit with a dip that is low in sugar and fat, such as plain nonfat yogurt.

SAY: This dip is low in sugar and fat.

DISCUSS: How did the fruit with dip taste? Did it fill you up at all?

SAY: Now let's move on to drinks. Drinks are high in water. They vary in calories, protein, vitamins, minerals, and sugar. Most of them are low in fiber.

It's best to have a drink that has no or low calories with your meal. Try to choose drinks that are low in fat and sugar.

DISCUSS: What are some healthy drinks?

SAY: Now let's look at "Foods to Limit". Sweet and fatty foods are high in calories. Most of them are low in vitamins, minerals, and protein. And they're often low in fiber. Plus, sweet foods are high in sugar, so it's best to limit them.

DISCUSS: What are some sweet foods? And what are some fatty foods?

Setting goals: Plan for Success (10 minutes)

SAY: As you know, to help you reach your overall goals, you will make a new action plan with specific smaller goals at each session. Please turn to your Action Plan Journal. Review the concept of SMART goals.

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

For increasing your improving your diet/decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session. We also recommend you set a self-care or stress management goal using the SMART goal framework. This week, you could use planning your meals/improving your diet quality as part of your SMART goals.

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 "Make Your Plate", which we labeled earlier. I'd like you to finish it at home. Create a healthy meal by listing items that you like. You can use "Foods to Choose" for ideas.

It can be challenging to eat well. Please look at "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

DISCUSS: What might you find challenging about eating well?

SAY: We have come to the end of our meeting. Today, we discussed how eating well can help you manage your weight. We talked about:

- How to eat well
- How to build a healthy meal
- The items in each food group

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.