



RETOOL

Rural Engagement in TeleMedTeam For Options in Obesity Treatment Solutions

HEALTHY LIFESTYLE

Weight Management Program

Part I: Weight Loss



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Weight Loss Phase

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SESSION

01

GETTING STARTED



SESSION OBJECTIVES

- Discuss the goals of RETOOL and why the program was created
- Review group meeting guidelines
- Explain BMI and weight loss recommendations
- Discuss the Jump Start plan

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GOALS OF THE PROGRAM

Improve nutrition.

You will learn how to improve the overall quality of your diet by eating more fruits, vegetables, fiber, lean protein, and whole grains.

Achieve a healthy weight.

Research has shown that losing 5-10% of your current body weight leads to many improvements in your health.

Increase physical activity.

You will gradually increase your physical activity to a minimum of 225 minutes of aerobic activity per week.

Improve quality of life.

Making healthy lifestyle changes and receiving support from your doctor, lifestyle coach, and fellow group members can improve your mental and physical health.



Discussion Question

What aspects of a healthy lifestyle are you most looking forward to?

WHY DID WE CREATE THIS PROGRAM?

This program is designed to help people overcome obstacles, increase overall diet quality, and get to a healthy weight. Primary care providers are often the main resource that people in rural communities use to manage long-term health issues. We developed this program to work alongside the care you receive from your provider. Through quarterly visits with your provider, one-to-one meetings with your lifestyle coach and small group sessions, we will work toward achieving your nutrition and physical activity goals to help you improve your health!

Group Meeting Guidelines

Keep The Meetings Private!

- Only group members are allowed to attend sessions. Go to a quiet, private place.
- Do not tell others who your group members are. Do not talk to others about personal information shared in group.

Be On Time, Stay for the Entire Meeting

- Join 5-10 minutes early. Stay the entire session to be counted as present.
- Let your lifestyle coach know ahead of time if you cannot attend. Try not to miss more than 3 sessions per 12-week period.

Give Your Undivided Attention

- During sessions, please turn off or silence your cell phones.
- Turn on your video and microphone so you can fully participate.
- Avoid multitasking (cooking, playing with kids or pets, reading emails, etc.).
- Do not drive during phone meetings. Actively listen and participate through the entire meeting.

When To Speak During Meetings

- Let one person speak at a time and give everyone a chance to speak.
- You can use the "raise hand" function in Zoom to let your lifestyle coach know you would like to speak.
- Your lifestyle coach will help the group run smoothly by calling on participants and by asking for comments and questions. We will also use the Zoom poll questions to encourage participation.
- If you feel uncomfortable speaking during meetings, don't hesitate to talk about this privately with your lifestyle coach.



Respect Your Group Members

- Take part in sharing your ideas with other group members.
- It is okay to disagree with others if opinions are expressed respectfully.

Stay On Topic

- Stay focused on the topic being discussed. Avoid talking about unrelated issues.

Avoid Negativity

- You can share thoughts and feelings about problems you are having in the program. This is a safe place to talk and a judgement-free zone.
- If you feel like something is not being properly addressed, please reach out to your lifestyle coach directly and outside of group.

WHAT IS BMI?

The RETOOL lifestyle program is designed for people with a body mass index (BMI) greater than 30 kg/m². BMI is used by health professionals to determine a healthy range of weight for a given height. We use BMI and obesity as medical terms to help define this range. The RETOOL program is about improving your health.

- BMI is a simple way to estimate whether someone has a healthy amount of body fat. A BMI of 30 or higher is considered to be a health risk.
- Everyone needs some body fat, but too much can raise the risk for health conditions such as heart disease, stroke, type 2 diabetes, high blood pressure, certain cancers, and other illnesses.
- This program is designed to help you take control of your health by improving the quality of your diet and increasing physical activity to help prevent weight-related health conditions.
- Regardless of your starting weight, losing 5-10% of weight greatly improves your health.

BMI



WEIGHT LOSS RECOMMENDATIONS

According to the National Heart Lung and Blood Institute (NHLBI) The three main goals for weight loss and management are:

1. *Reduce body weight*

Aim to lose 5 to 10% of your starting body weight over 6 months.

2. *Maintain a lower body weight over the long term*

After the first 6 months (the weight loss phase), you should maintain your weight for at least 6 months. Because maintaining weight is more difficult than losing, additional weight loss can be considered after an extended period of maintenance is achieved.

3. *Prevent further weight gain (a minimum goal)*

Rate of Weight Loss

You may lose several pounds per week at the start of any weight loss program. After the initial few weeks, strive to lose 1/2 to 1 pound per week. Losing more than a few pounds per week is difficult to maintain.



**10% Weight Loss
Formula:**

Your 10% weight loss
goal = Your starting
weight x 0.10

Example:

A person who weighs
220 pounds at the
beginning of the program.

$220 \text{ pounds} \times 0.10 = 22 \text{ pounds}$

This person's goal should
be to lose 22 pounds
during the program.

Research Evidence:

A 5-10% weight loss can
significantly improve causes
of heart disease, diabetes,
and certain cancers.

For You:

What is your 10%
weight loss goal
(0-6 months)?

A silhouette of a person standing on a dark, rocky cliff edge. The person's arms are raised in a 'V' shape, and they are looking upwards. The background is a bright, hazy sky with soft clouds, suggesting a sunrise or sunset. A large, light blue circle with a darker blue outline is centered over the person, framing the scene. The text 'You Can Succeed!!' is written in a blue, sans-serif font across the middle of the circle.

You Can Succeed!!

RETOOL PROGRAM DETAILS/SETTING YOU UP FOR SUCCESS

1. *Follow the nutrition plan*
2. *Self-monitor or keep track*
3. *Engage in physical activity*
4. *Attend group meetings with lifestyle coach*
5. *Attend quarterly one-on-one visits and clinic visits with lifestyle coach and provider*

1. FOLLOW THE NUTRITION PLAN

Our dietary guidelines are designed to be nutritionally balanced with the right proportion of macronutrients including...

- 20-30% of calories from protein
- 50-55% of calories from carbohydrates
- 20-25% of calories from fat

For the first 6 weeks of RETOOL, you will follow the Jump Start plan. We ask that you commit to this plan to help start your weight loss. After the first 6 weeks, you will follow the Mix and Match plan (Session 6) weeks 7-12, followed by the Make and Measure plan (Session 11) for the remainder of the study. You can always go back to the Jump Start plan if you are experiencing weight regain or need to modify eating behaviors. The most important thing is that you track everything you eat and drink (discussed in detail in Session 2) and aim for 5 cups of fruits and vegetables per day.

The Jump Start Plan (Weeks 1-6)

2 Protein Shakes

- 100-140 calories, 10-25 grams of protein, *and less than 5 grams of fat per serving (We do not recommend using protein bars as they are usually high in calories, fat, and sugar)*
- Use whey protein with water or other calorie-free drinks to mix (not milk) or prepared canned or bottled shakes that meet the calorie goals above.

2 Prepackaged Meals

- Less than or equal to 350 calories per serving
- Can include frozen entrées, canned soup, or packaged fresh meals. *For example:* Michelina's Lean Gourmet, Healthy Choice, Smart Ones, Lean Cuisine, and Amy's
- If you eat at others' houses or at restaurants make sure your meals are less than 350 calories per serving

At least 5 Servings of Fruits and Vegetables

Any combination of fruits and vegetables works as long as it is five or more total servings per day. Benefits of eating 5 cups of fruits and vegetables per day:

- Increases fiber intake which helps regulate bowels and benefits heart health
- Increased fiber also helps you feel full for longer
- Increases the quality of your diet - more vitamins and minerals
- Increases the amount of food you can eat for fewer calories - "crowds out" higher calorie foods
- Increases overall health by reducing risk of heart disease, complications from diabetes, and hypertension

We will discuss fruits and vegetables often throughout the program. You will track your fruit and vegetable intake daily to see your progress and what you can improve. Examples of convenient fruits and vegetables to add to shakes and entrees:

Shakes

- 1 cup berries -fresh or frozen
- 1 medium banana - fresh or frozen
- 2 cups loosely packed spinach - fresh

Entrees

- 1 cup sliced bell peppers
- 1/2 cup cauliflower "rice"
- 1 cup steamed broccoli or green beans
- 1/2 cup black beans

Benefits of the Jump Start Meal Plan

1. Easy to Follow

- Spend less time preparing, planning meals
- Less effort to track already-prepared meals
- Less room for “guessing” (people tend to underestimate what they eat)
- Easy to track calories and stay on track

2. Structured Way to Practice Portion Control

- Do not need to measure pre-packaged meals
- Teaches adequate portion sizes

3. Easy to Add Variety

- Add vegetables and fruits to your meals
- Many types of entrees fit within the plan
- Prep shakes in a variety of ways

4. Improves Overall Quality of Diet By...

- Increasing your servings of fruits and vegetables
- Ensuring you are getting enough protein through whey protein shakes
- Keeping you from feeling hungry by using protein shakes and unlimited fruits and vegetables

5. Leads to Reliable Weight Loss

- In past studies using this diet, those who followed the diet more closely lost more weight
- Uses many of the same strategies as successful commercial weight loss programs (Jenny Craig, Weight Watchers, Nutrisystem, etc.) without the added cost







Prepackaged Entree Tips and Examples










Tips:

- Add vegetables or fruits as a side to your meal to make it more filling.
- Once you cook the meal, take it out of the original container and put it on a plate or bowl to make it look more like a home-cooked meal.
- Check the websites of the meal brands you buy for coupons.

Examples:

There are a wide variety of options available. Here are a few that fit within the guidelines:

Brand	Name		Add Flavor Using Fruits and Vegetables	Calories
Michelina's Lean Gourmet	Spaghetti & Meat Sauce		Steam or boil vegetables such as zucchini and squash and mix them in.	330
	Santa Fe Style Rice & Beans		Add sides that are delicious with Mexican-style meals such as corn, extra black or pinto beans, avocado and salsa.	300
*Tends to be lower in price	Creamy Rigatoni w/ Broccoli & Chicken		Not enough broccoli? Add more!	280
Amy's	Teriyaki Bowl		Add extra red pepper, mushrooms, or broccoli.	290
*All vegetarian. Tends to be higher in price but uses all natural ingredients.	Light & Lean: Black Bean & Cheese Enchilada		Add sides such as corn, extra black or pinto beans, avocado and salsa.	250
	Light & Lean: 3 Cheese Penne Bowl		Add tomatoes, zucchini, or yellow squash to this Italian-style dish.	270
Lean Cuisine	Canadian Bacon English Muffin		Add lettuce and tomato to the sandwich. Add breakfast-friendly sides such as grilled tomatoes or mushrooms.	180
	Spinach & Mushroom Pizza		A fresh salad is a great side for a pizza! Spices such as garlic powder, pepper flakes, and oregano also add flavor.	340
*Offers a many options, including breakfast foods	Chicken Enchilada Suiza		Add sides such as corn, extra black or pinto beans, avocado and salsa.	290

Brand	Name		Add Flavor Using Fruits & Vegetables	Calories	
Healthy Choice	Baked Entrée: Roasted Chicken and Potatoes		Add sides of vegetables such as green beans, peas, and carrots.	180	
	*Offers many options such as baked entrées, entrées that are steamed in the microwave, and entrées that include sides and small dessert	Café Steamer: Kung Pao Chicken		Add extra broccoli, mushrooms, and red bell peppers.	260
	Complete Meal: Chicken Fettuccine Alfredo		Not enough broccoli? Add more!	300	
Smart Ones	Egg, Sausage, and Cheese Smart Morning Wrap		Add breakfast-friendly sides such as grilled tomatoes and mushrooms.	240	
	*Offers many options including breakfast foods. Tends to be lower in price and goes on sale often.	Creamy Basil Chicken with Broccoli		Add a baked potato for a filling side.	180
	Homestyle Turkey Breast with Stuffing		Add a baked potato and steamed green beans for thanksgiving- themed sides.	280	
Garden Lites	Fiesta Bake		Add sides that are delicious with Mexican-style meals such as corn, extra black or pinto beans, avocado and salsa.	180	
	Italian Bake		Add extra tomatoes or baked eggplant to eat as a side. Add oregano or basil as a spice.	180	
	Pizza-flavored souffles		Enjoy a salad on the side. Add pizza toppings such as red pepper, garlic powder, or oregano.	200	

Other Options

Premade Soups

- Amy's Cream of Tomato – 110 calories per serving (2 servings per can)
- Progresso Light Chicken Noodle – 70 calories per serving (2 servings per can)
- Healthy Choice microwavable Chicken Tortilla soup – 140 cal.

Frozen Burritos / Wraps

- Amy's Bean & Cheese Burrito – 340 calories



There are many options available now for high protein pre-packaged entrees with quality ingredients. A few examples are listed in the table below.

Frozen Meal	Average Price	Protein Content per Serving	Where to Buy
	\$8.99 (2.5 servings)	23 grams	Target Walmart HyVee
	\$3.89	17 grams	Target Amazon Fresh
	\$3.83	10 grams	Target Amazon
	\$4.18	23 grams	Walmart Target HyVee
	\$4.13	26 grams	Walmart Target
	\$3.19	12 grams	Casey's Dillons HyVee Walmart Target

Shake Examples

Criteria:

- 100-140 calories per serving
- Any type of protein or mix of proteins
- 10-25 grams of protein per serving
- 0-5 grams of fat per serving
- 2 servings per day

Whey Protein:

- Comes from milk
- Easily digested
- If lactose intolerant, stick to “Whey Isolate,” which has no lactose.
- Low amount of fat and carbohydrates

Designer Whey Protein

Nutrition	Where To Find	Price	Price Per Shake
Calories: 110 Fat: 2 grams Protein: 20 grams Carbohydrates: 6 grams; 2 grams sugar	Designer Whey website (designerwhey.com)	\$52.99 for 4 lbs. -----> \$29.99 for 2 lbs. \$14.99 for 12 oz *Shipping – \$7.99 (free on orders over \$50)	\$0.90 \$1.02 \$1.32
	Walmart (online only)	\$13.36 for 12 oz *Shipping – about \$5	\$1.22

Optimum Nutrition 100 Whey Gold

Nutrition	Where To Find	Price	Price Per Shake
Calories: 120 Fat: 1 gram Protein: 24 grams Carbohydrates: 3 grams; 1 gram sugar	Costco	\$62.99 for 5.74 lbs ----->	\$0.79
	Vitamin Shoppe	\$74.99 for 5 lbs	\$1.02
	Optimum Nutrition Website (optimumnutrition.com)	\$74.99 for 5 lbs \$37.99 for 2 lbs \$15.99 for 1 lb *Shipping – \$7.00	\$1.02 \$1.31 \$1.00
	GNC	\$74.99 for 5lbs \$34.99 for 2 lbs	\$1.02 \$1.17
	Walmart (online only)	\$43.23 for 2 lbs *Shipping – about \$6	\$1.54

Integrated Whey Isolate Protein

Nutrition	Where To Find	Price	Price Per Shake
Calories: 100 Fat: 0 grams Protein: 22 grams Carbohydrates: 4 grams; 3 grams sugar	Walmart (online only)	\$29.99 for 1.8 lb -----> *Shipping – about \$6	\$1.07
	Amazon (online only)	\$26.99 for 28.6 oz *Shipping – free for Amazon Prime members	\$0.96

A close-up photograph of a glass filled with a vibrant pink smoothie. The smoothie is topped with a swirl of white cream and several fresh blackberries. The glass is set against a soft, out-of-focus background of more blackberries. A semi-transparent white circle with a blue border is overlaid on the center of the glass, containing the text.

Have a Healthy Shake!

Blender Bottle

This shaker is great for using on the go.

www.blenderbottle.com

Cost: \$11.99



Magic Bullet

The Magic Bullet can be used as a food processor, blender, and coffee grinder. It is simple to operate and isn't bulky like a standard blender. www.magicbullet.com

Cost: \$39.99 on amazon.com



Shake Mixing Directions

Blender Directions:

Although the shakes can be prepared in many ways, mixing them in a blender creates the most filling drink.

1. Add 8 to 10 oz. of cold water to an electric blender.
2. Pour in one level scoop of shake mix.
3. Blend for 10 seconds or so, then toss in a couple of ice cubes.
4. Blend until the ice is thoroughly mixed in and enjoy!

Shaker Directions:

1. Pour 8 to 10 ounces of cold water into the shaker.
2. Pour in one level scoop of shake mix.
3. Shake for 5-10 seconds until thoroughly mixed.

Spoon, Fork, or Whisk Directions:

1. Pour 8 to 10 ounces of cold water into the shaker.
2. Pour in one level scoop of shake mix.
3. Stir the powder until thoroughly blended. Try switching between clockwise and counterclockwise turns.

Hot Drink Directions:

1. Pour 8 ounces hot water into a blender
2. Pour in one level scoop of shake mix.
3. Mix on low speed until smooth (5-10 seconds)

TIP: To adjust the flavor and thickness of a shake, use different amounts of water. For a thicker shake, use 6-8 ounces. For a thinner consistency, use 10-12 ounces.

Other Helpful Hints:

On the go:

- Make your shake the night before (keep in the freezer rather than refrigerator or contents will separate)
- Take out of freezer first thing in the morning and thaw on countertop

For a thicker shake:

- Use frozen fruit
- Frozen bananas work with almost any flavor to make a shake thick and creamy

For the creamiest consistency and fewer ice crystals:

- Blend longer on the lowest speed
- Use very small ice cubes

For a less sweet shake:

- Increase ice or water
- Add 1/2 teaspoon granulated instant coffee (caffeinated or decaffeinated)

For a sweeter shake:

- Add one packet of a non-caloric sweetener
- Add a dash of vanilla extract

For a more filling shake:

- After the shake is smooth, continue blending on higher speed for 10 seconds
- When using frozen berries, it's not necessary to use ice. If using fresh berries, add 3 ice cubes to make it extra thick and filling

Typical Day on the Jump Start Plan

You can have your meals, shakes, and fruits and vegetables in whatever order you like.

TYPICAL DAY

Breakfast

- 1 protein shake
- 1 serving of fruit



Mid-Morning Snack

- 1 serving of a fruit or vegetable

Lunch

- 1 prepackaged meal
- side of vegetables



Mid-Afternoon Snack

- 1 serving of a fruit or vegetable

Dinner

- 1 prepackaged meal
- side of vegetables



Evening Snack

- 1 protein shake
- 1 serving of fruit

EXAMPLE:

Breakfast

- Vanilla protein shake mix
- 1 cup of frozen blueberries, blended with shake

Mid-Morning Snack

- 1 apple



Lunch

- Smart Ones meal: Thai Style Chicken & Rice Noodles
- 1 cup of pre-cooked chopped red bell peppers and broccoli florets, stirred in the meal

Mid-Afternoon Snack

- 3 cups of air-popped popcorn



Dinner

- Amy's meal: Brown Rice, Black-Eyed Peas & Veggies Bowl
- 1 medium baked potato on the side

Evening Snack

- Chocolate protein shake mix
- 1 medium frozen banana blended with shake



TOTAL: 2 shakes, 2 entrées, 3 fruits, 3 vegetables

GUIDELINES FOR FRUITS, VEGETABLES AND BEVERAGES

Fruits and Vegetables:

One serving of vegetable is:

- 1 cup of vegetables: fresh, frozen, or canned (low sodium; without added sauce)
- 1/2 cup beans (e.g., black, pinto, kidney, lentils, etc.)
- 3 cups salad greens (e.g., spinach, lettuce, etc.)
- 3 cups of plain popcorn
- 1 medium or 1 cup of potato
- 4 ounces of V8 vegetable juice

One serving of fruit is:

- 1 cup of sliced fruit: fresh, frozen, or canned (not in heavy syrup)
- 1 medium piece of fresh fruit
- Fruit to avoid because of sugar content includes:
 - Dried fruit (more calories, smaller serving sizes)
 - Fruit with added sugar or packed in syrup
 - Fruit juice (lacks fiber and is less filling often with added sugar)

TIP: Have at least 5 cups of fruits and vegetables per day. If you are still hungry, eat more fruits and vegetables. Snacks should be limited to fruits and vegetables.

Beverages:

- Drink enough water each day. The right amount varies from person to person.
- Pay attention to your urine color if it is light yellow or clear, you are drinking enough water.
- Beverages should be no or very low-calorie. This means no:
 - Alcohol
 - Non-diet soda
 - Milk or cream
 - High calorie coffee drinks (lattes, frappes)

GUIDELINES FOR EATING OUT AND CONDIMENTS

Eating Out

- Avoiding eating meals out, if possible, especially the first 6 weeks.
- It can be very difficult to track accurately and stay on plan while eating out because...
 - Portions at restaurants are usually too large.
 - It can be difficult to accurately measure how much you have eaten at a restaurant by “eye-balling” your food.
 - Foods at restaurants are often cooked with added fat. Many restaurants have limited healthy options.
- If you must eat out, stick within the 350 calories guideline for your main meal.
 - Fruits and vegetables do not count towards these guidelines but any fats, sweeteners, breading, or cheeses that were added or cooked with them do!
- Try to eat at establishments that list nutritional information on their menus or on their websites.
- Track everything!

Condiments

- Limit to those with 30 calories or less per tablespoon.
- Always measure (and track) your condiments.
- Fit into the 350 calories per meal limit
- Limit condiments with calories to 2 Tbsp. per meal. Examples: toppings, salad dressings, coffee creamers, syrups, and other flavorings.
- For condiments that fit within the plan, see page 24.

Condiment Examples	Calories Per Tbsp.
Salad Dressings	
Walden Farms (23 different varieties) https://www.waldenfarms.com/ <small>* Available at many supermarkets, Walmart, and can be ordered online.</small>	0
Wishbone	
· Fat Free Dressings – Ranch, Blue Cheese, Western, Italian	7.5 - 25
· Light Dressings – Thousand Island, French, Parmesan Peppercorn Ranch, Italian, Balsamic & Basil Vinaigrette	18 - 30
Kraft	
· Fat Free Dressings – Italian, Zesty Italian, Thousand Island, Catalina, French, Ranch	10
· Light Dressings – Italian, Zesty Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Parmesan Asiago Vinaigrette, Cesar, Catalina, Asian Toasted Sesame	12.5 - 30
Newman's Own	
· Light Dressings – Italian, Balsamic Vinaigrette, Lime Vinaigrette, Sesame Ginger, Red Wine Vinegar & Olive Oil	18 - 30
Mayonnaise Dressings	
Hellman's Low-Fat Mayonnaise	15
Miracle Whip	
· Light	20
· Fat Free	15
Coffee Creamers	
Coffee Mate	10 - 25
Ketchup	15 - 20
Mustard	
· Yellow	9
· Dijon	15
· Whole Grain	10
Barbecue Sauce	
· Regular	20 - 30
· Light (Kraft)	10
Teriyaki Sauce	16
Soy Sauce	10
Salsa (tomato - based)	4
Hot Sauce	0

Frequently Asked Questions About the Jump Start Meal Plan

Questions	Responses
1. Would I be eating too much processed food if I eat frozen meals and shakes every day?	By eating prepackages entrees, shakes, while adding fruits and vegetables, you will be replacing other less healthy, more processed foods at home and in restaurants. There are many options for frozen food meals with good quality and more natural organic ingredients.
2. Don't prepackaged meals have a lot of sodium?	Dietary guidelines recommend no more than 2,300 mg of sodium per day if you are under age 51 and no more than 1,500 mg per day if you are 51 or older, African American, or have other health problems (e.g., high blood pressure, diabetes, or chronic kidney disease.) Most prepackaged meals have about 400-600 mg of sodium. Since shakes, fruits, and vegetables are low sodium, you'll be well within guidelines and less likely eating less sodium than before.
3. Will the meals be too expensive?	These meals vary widely in price and are often on sale. Many entrée brands provide coupons online. Often, they end up being less expensive than meals bought at cafeterias or restaurants.
4. Are there limits on fats in the Jump Start meal plan?	There is no limit on the amount of total fat for your prepackaged meals. However, we recommend limiting saturated fats as much as possible. If using prepackages meals, check the label, and stick with meals that are 4 grams of saturates fat or less. If you are making your own meals or eating at restaurant, avoid meals with full fat cheese, fatty meats, butter, margarine, shortening, and lard.

2. SELF-MONITOR FOODS, BEVERAGES, PHYSICAL ACTIVITY, AND WEIGHT

In the RETOOL program, we will be using MyNetDiary, Fitbit, and Aria scale. You will track everything you eat and drink using MyNetDiary. If you are unable to use MyNetDiary, you will use a paper tracker. You will also track physical activity and steps using Fitbit Inspire 2, and your weight using the Aria scale. We will discuss self-monitoring and tracking in more detail in Session 2.

- If you are using MyNetDiary (strongly recommended), see pages 29-33 and **Session 2 Self-Monitoring**. If you are not able to use MyNetDiary, see page 27.

You will log everything you eat and drink to:

- Accurately track your calories
- Focus on diet quality
- Stay accountable and help manage your weight



You will also set goals to increase fruit and vegetable intake. Keeping track of food and beverages the first 6 weeks of the program will be simple on the Jump Start plan because you will not be eating homemade meals or meals out.

You may not be able to follow the Jump Start plan perfectly for the whole 6 weeks. Commit to doing your best and follow as closely as you can. If you track everything you eat and drink, you will be able to see your progress and what you can improve.



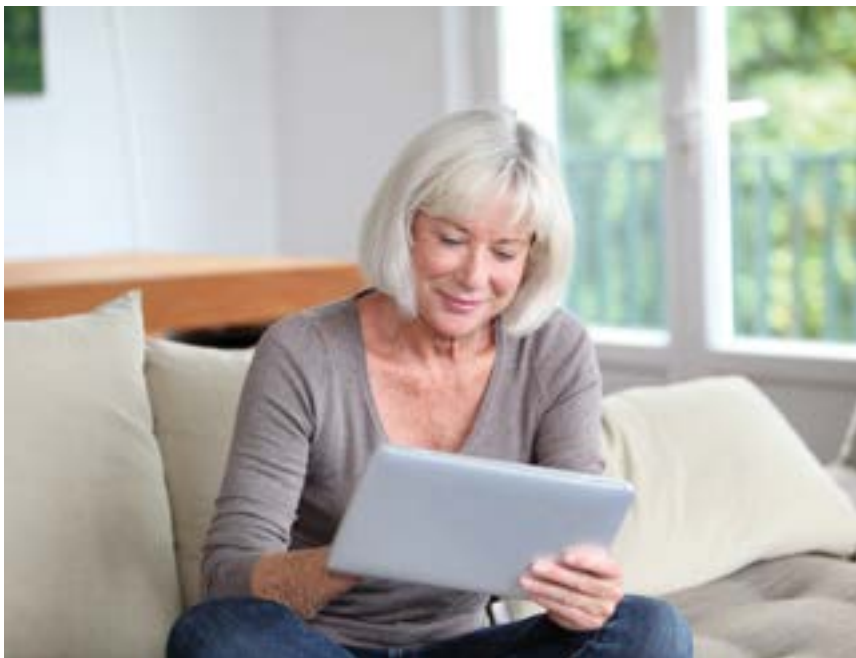
Track Foods and Beverages with MyNetDiary




MyNetDiary is an online diet, exercise, and weight tracker that you can access using your computer, smartphone, or tablet. We will discuss how to set it up using the app in this session, and if you want to see how to set it up on your computer, look ahead at Session 2.

- If you have not already, please download the **MyNetDiary app** or visit **MyNetDiary.com** and log in with your own username and password.
- You will use **MyNetDiary** to track the food and drinks you eat and drink every day.
- Your lifestyle coach will monitor your daily intake and give you feedback.

If you would like more general information about **MyNetDiary** visit their website: <https://www.mynetdiary.com/>. There are also videos you can watch in the app that give detailed instructions.



Instructions to Track Food with MyNetDiary

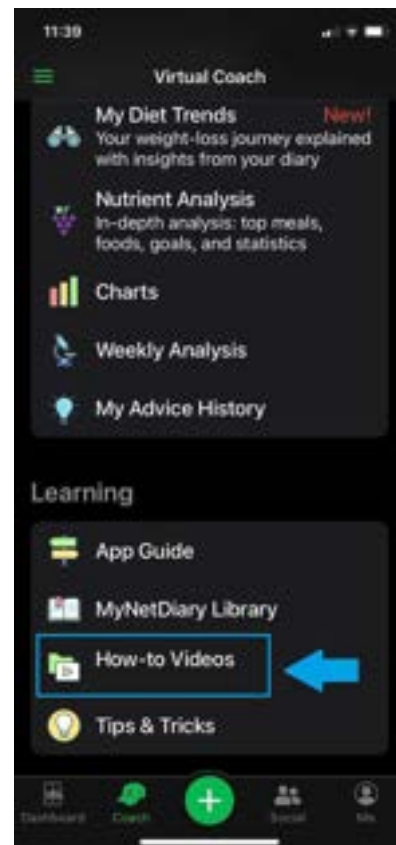
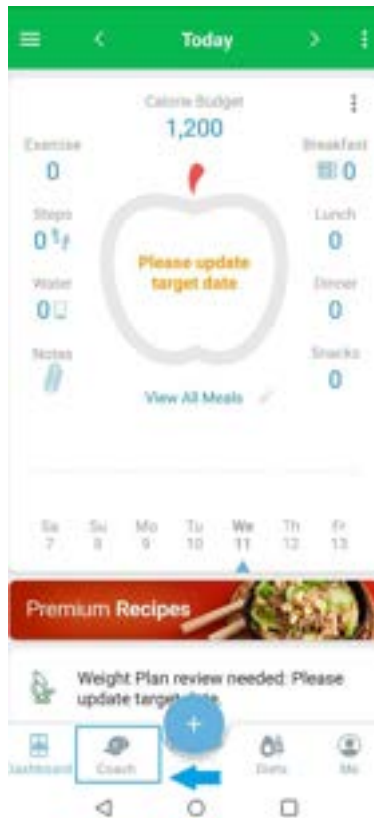
1. On the "Dashboard" front page, select  to access your food and activity log.
2. Add anything that you have had to eat or drink to the correct meal (detailed instructions in session 2)



You will customize your dashboard in MyNetDiary to keep track of fruits and vegetables, protein shakes, and prepackaged meals. This will help you monitor the quality of your overall diet. This is discussed in more detail in Session 2 - Self Monitoring. See page 54 on how to customize your trackers.

How to Access Tutorials and More on App

1. Click on the "Coach" button at the bottom of the screen.
2. Click on "How-to Videos".



There are also instructions for how to search for foods and track foods in the "MyNetDiary Library" above the How-to videos.



Track Foods and Beverages with Paper Logs

If you are unable to use MyNetDiary to log your foods and beverages, then you will use a paper log. For foods that do not have a nutrition label, you will need to look up the calorie info using Calorieking.com. You can always switch to using MyNetDiary in the future if you choose. Instructions for completing the paper log are as follows:

- Your name
- The week's start date (the day of the group session)
- The week's end date (the day before the next group session)
- Your start weight (on the start date)
- Your end weight (on the end date)
- Your calorie, self-monitoring, and physical activity goals
- The day's total fruit and vegetable servings
- The day's total prepackaged meals
- The day's total protein shakes



WEEKLY FOOD AND ACTIVITY LOG

Name: <u>John Doe</u>	Week #: <u>8</u>
Start Date: <u>11/16/22</u>	Start Weight: <u>213</u>
End Date: <u>11/22/22</u>	End Weight: <u>213</u>
Calorie Goal: <u>1500</u> <i>per day</i>	
Physical Activiey Goal: <u>35</u> <i>minutes per day,</i> <u>5</u> <i>days per week</i>	

1. Every day, track what you had to eat or drink, plus the amount of each food/beverage and its calories. You can search for calorie information here:
<https://www.calorieking.com/us/en/>



2. At the end of the day, add up all the calories and write them in the "Today's total calories" box. You can also mark the box on the bottom left to report whether you met your nutrition goal for the day.

Day 1 Date: _____

Time	Meal or Snack	Food or Beverage	Amount	Calories
7:30 AM	Breakfast	Coffee	12 oz	4
"		Original coffee mate creamer	1 tbs	30
"		Whey protein - vanilla w/ water	1 scoop	100
"		Sliced strawberries	1 cup	53
10:00 AM	Snack	Air-popped popcorn	3 cups	93
12:15	Lunch	Sweet potato w/ cinnamon	1 medium	105
		Spray butter	5 sprays	0
		Smart ones chicken fettuccini	1 serving	300
		Oriental blend vegetables	1 cup	33
		Water w/ Crystal Light Lemonade	8 oz	5
3:00 PM	Snack	Baby carrots	1 cup	52
		Chunky salsa	1/2 cup	32
5:00 PM	Dinner	Lean Cuisine deluxe pizza	1 serving	350
		Baby spinach	3 cups	30
		Chickpeas	1/2 cup	130
		Sliced cucumber (w/ peel)	1 cup	16
		Fat-free Italian dressing	2 tbs	20
8:00 PM	Snack	Whey protein - vanilla	1 scoop	100
		Frozen pineapple chunks	1/2 cup	41
		Water	4 oz	0

Met my nutrition goal today. Today's total calories → 1494
 Met my exercise goal today. Today's total aerobic activity minutes → 35
Today's total steps → 9300
 Physical activities completed: _____ Today's weight → 203
Today's total cups of fruits and vegetables → 8.5
Today's total protein shakes → 2
Today's total prepackaged meals → 2

3. You will also track your physical activity, including total minutes of planned aerobic activity, number of steps from Fitbit and the type of activities you did. You can also mark the box on the left to report whether you met your physical activity goal for the day.

4. Weigh every day on the Aria scale. Weighing yourself daily is encouraged but not required. Write down your weight in the box.

5. You will also count how many servings of fruit, vegetables, protein shakes and prepackaged entrees you had per day and write in the boxes provided.



Track Exercise and Steps with Fitbit

You will be tracking your exercise and steps using the Fitbit Inspire 2. You will link your Fitbit and log your exercise in MyNetDiary. We will discuss this in more detail in Sessions 2 and 3.

- Wear the Fitbit at all times when you are awake. You can also track your sleep if you wear at night.



Fitbit: Getting Started

We will discuss your Fitbit in more detail in session 3 - Get Moving for Better Health.

1. On your smartphone or tablet, download the app



App Store

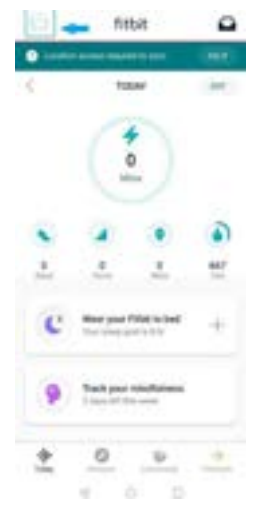
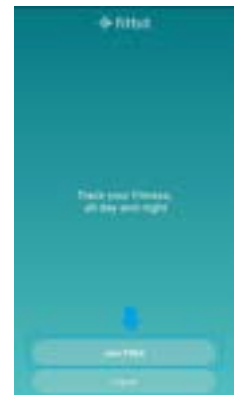


Google play

On iPhones/iPad On

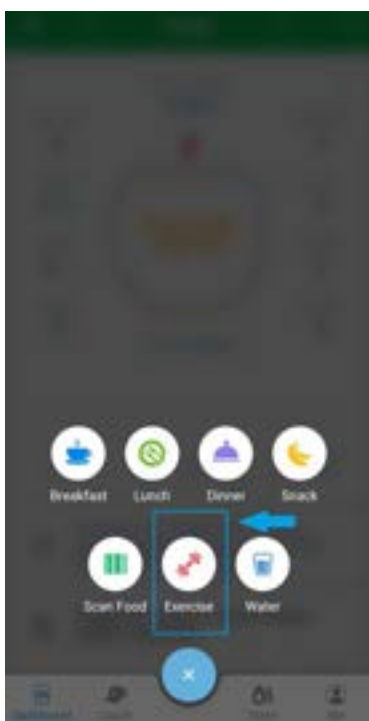
android

2. If you do not have one already, create an account with your email and a password by clicking, "Join Fitbit".
3. Your location will need to be turned on for Fitbit to sync and function correctly. To add your device, click on the profile on the top left corner.
4. Click on "set up a Device" and click on "Inspire 2" then "Set up" and follow instructions



Instructions to Track Exercise and Steps with MyNetDiary

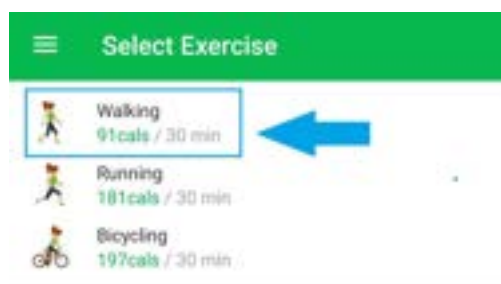
1. For tracking exercise in MyNetDiary, follow the first step on page 28. Instead of choosing a meal, choose exercise.



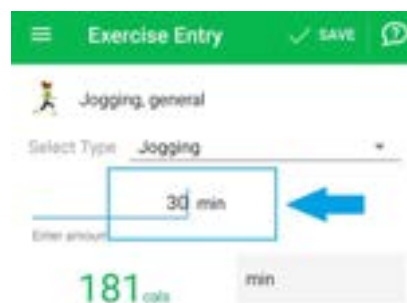
2. Do not count your exercise in your calorie budget. When you enter exercise, the app will ask you if you want to adjust your calorie budget. Click "Don't change budget." We will discuss this in more detail in session 3.



3. Pick from a long list of activities.

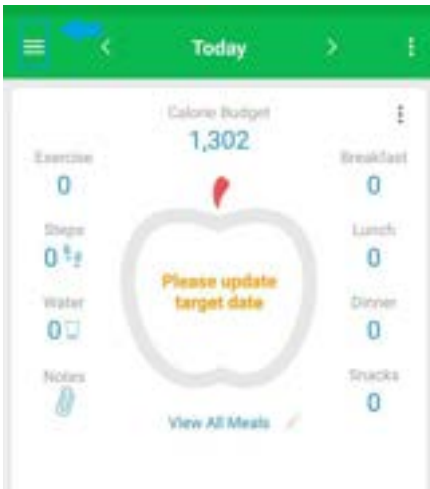


4. Specify the amount of time and the intensity of your exercise, then press add.



Sync *MyNetDiary* to Fitbit to Track Steps

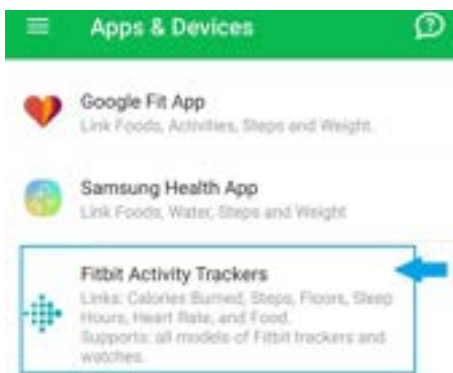
1. On any screen click on the Menu bar.



2. Click on "Apps and Devices"



3. Click on "Fitbit Activity Trackers" and log into your Fitbit account (following instructions on page 30.)



Track Weight with Aria Scale

Another important way to keep you accountable is by weighing yourself regularly. This helps you track your progress and keeps you accountable and aware. In the RETOOL program, you are asked to weigh yourself at least once a week at the same day and time each week. This will typically be the morning of your group call. For example, if your group call is on Tuesday evenings, weigh yourself every Tuesday morning at the same time. Your lifestyle coach will then be able to give you feedback based on your food log and your weight progress.



This scale works on Bluetooth. Link it with MyNetDiary following the same steps on page 33 for syncing your Fitbit. If you are not using MyNetDiary, report your weight to your lifestyle coach each week either by email or voicemail.



Follow same steps to link to Aria Scale as you did for Fitbit on page 32.

Withings Activity Trackers
Links: Daily Calories, Exercise, and Steps.
Supports: all models of Withings watches and trackers.

Withings Weight Scale
Links: Weight, Fat & Body Measurements.
Supports: Body, Body+, Body Cardio, Smart Body Analyzer, and prior Wireless models.

Fitbit Aria Weight Scale
Links: Weight, Fat & Body Measurements.
Supports: Aria Air, Aria 2, and Aria.

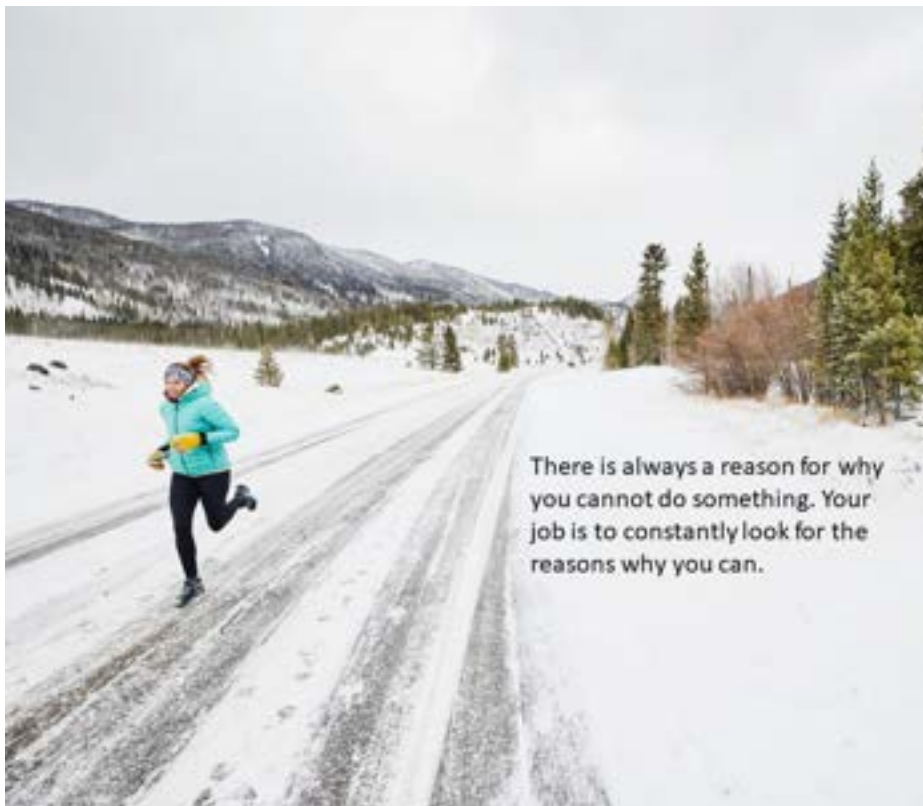
3. ENGAGE IN PHYSICAL ACTIVITY

Aerobic Activity: We will be working up to an exercise goal of 225 minutes of aerobic activity each week.

- To count towards your physical activity goal, the activity must be at least 10 minutes in length at a moderate or high intensity.
- Feel free to look ahead to Session 3 – Get Moving for Better Health for more information.

Steps: You will build up to a goal of taking at least 10,000 steps a day

- Wear a Fitbit everyday
- At the end of each day, notice the total number of steps that you took based on what your Fitbit shows in MyNetDiary
- Use your Fitbit throughout the entire study.




4. ATTEND GROUP MEETINGS (ZOOM)

1. Connecting to Zoom:

Arrive 5-10 minutes early to avoid interruptions. Log into the Zoom meeting using the log in information provided by your lifestyle coach. Do not share this with anyone else.

2. Check in:

 **CHECK IN:**

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet: _____
Did you meet this goal? yes/no _____
if not, what was the barrier for not meeting this goal? _____

Physical Activity	
Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity (steps): _____
Did you meet this goal? yes/no _____
if not, what was the barrier for not meeting this goal? _____

3. Lifestyle Coach Announcements

4 Session (according to the schedule of topics)

5 Check Out

- Set goals for the next week
- 'To do at home' activities



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 2

1. Follow the Jump Start plan (2 protein shakes, 2 prepackaged meals, and 5 cups or more of fruits and vegetables per day)

2. Engage in physical activity (15 minutes per day, 4 days per week)

<input type="checkbox"/> swim	<input type="checkbox"/> aerobics class/video
<input type="checkbox"/> bike	<input type="checkbox"/> hike
<input type="checkbox"/> walk briskly	<input type="checkbox"/> Other: _____

3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Any Other Goals for This Week:

1. _____

2. _____

5. ATTEND ONE-ON-ONE LIFESTYLE COACH MEETINGS AND QUARTERLY CLINIC VISITS

Quarterly One-on-One Lifestyle Coach Meetings

In addition to the RETOOL group meetings, nutrition, and physical activity guidelines, you will also be meeting with your lifestyle coach for one-on-one visits prior to your quarterly Team Care clinic visit with your doctor. Your goals for quarterly visits with your doctor will be discussed in detail in your one-on-one visit with your lifestyle coach. These visits will take place over Zoom.



Quarterly Clinic Visits with Your Doctor

You will go to the clinic for the Team Care visits with your doctor while your lifestyle coach will be on Zoom. If you have other concerns or conditions to speak with your primary care provider about during these visits, your lifestyle coach will end the Zoom meeting and let you finish your clinic visit privately.



Photo credit: Unsplash - National Cancer Institute

GENERAL GUIDELINES FOR SUCCESS

Attend Session Meetings and Quarterly Visits with Your Lifestyle Coach and Clinic

- Successful participants attend sessions and have the extra accountability of attending quarterly visits with the lifestyle coach and primary care provider. You are in charge of your health!

Monitor Your Food and Beverage Intake

- Self-monitoring makes you aware of your eating and exercise habits, keeps you accountable, and helps you learn from your successes and setbacks. The more often and accurately you self-monitor, the more successful you will be in this program.

Control Your Portions

- Oversized portions are everywhere, from restaurants to supermarkets to vending machines. One of the keys to maintaining a healthy weight is to control portion sizes which is another reason why following the Jump Start meal plan will help you.

Eat Fruits and Vegetables

- Fruits and vegetables are low in calories, help to fill you up fast, and are full of nutrients and antioxidants which can help you heal your body. They also crowd out higher calorie foods in your diet.

Be Physically Active

- Exercise is essential for long-term weight management. Get in the habit and work up to a minimum of 225 minutes each week. Reducing calories and increasing exercise will lead to more successful weight management than diet or exercise alone. In addition, exercise impacts your mood and reduces stress!

Discussion Question

What will you need to change to be successful in this program?



POSSIBLE SIDE EFFECTS



Gastrointestinal symptoms

As a result of increasing your fiber (from fruits and vegetables), you may experience gastrointestinal (GI) changes in the first few weeks of the program. Generally, a change in bowel routine is normal within the first 7- 10 days of a diet change. Gradually increasing your fruit and vegetable intake will help. To prevent sudden GI distress, avoid episodes of eating large quantities of high fat or high sugar foods while on the low-calorie diet.



Cardiac symptoms

Inform your doctor if you have any abnormal signs or symptoms before, during or after exercise. This includes chest pain, angina, labored breathing, dizziness, fainting, or extreme tiredness. Never exercise to the point of chest pain. If you develop chest pain during exercise, call 911 immediately.



If you have hypertension

- Avoid intense exercise such as competitive sports or heavy weightlifting if your blood pressure is not well controlled.
- If you are on diuretics, drink plenty of water during exercise to avoid dehydration.
- If you are on blood pressure medications, there is some risk of experiencing hypotension (blood pressure that is too low). Be sure to check with your doctor if this occurs.
- Inform your physician if you experience symptoms including dizziness or light headedness, fainting, lack of concentration, blurred vision, nausea, cold or clammy or pale skin, rapid and shallow breathing, fatigue, depression, or extreme thirst.



If you have diabetes

Exercise is very useful for managing diabetes; it helps your body control blood sugar levels and use insulin more effectively. However, if you experience complications from diabetes such as hypoglycemia or high ketone levels, exercise can worsen these problems.

- Inform your doctor if you have any symptoms of hypoglycemia including shaking, weakness, confusion, irritability, increased appetite, fatigue, excessive sweating, headache, fainting, or seizure.
- Ask your doctor if you should check your blood sugar levels before, during, and after exercise. In some cases, you may need to adjust your insulin dose, or have a snack before, after, or even during exercise.
- If you have type 1 (insulin-dependent) diabetes, ask your doctor if your ketone levels need to be checked.



Injury because of physical activity

Sore muscles are a normal part of increasing your exercise routine. However, if the soreness does not get better after 2-3 days or if the pain is sharp, you may be experiencing an injury and should see a doctor.

If you have not exercised recently, you are not alone! The safest way to start exercising and to avoid injury is to take a slow and gradual approach. We will talk more about this in Session 3 – Get Moving for Better Health.

BE AWARE OF YOUR SURROUNDINGS WHILE EXERCISING!

This may seem obvious, but people do fall and hurt themselves while exercising because they are not paying attention to their surroundings.



To stay safe:

- Do not walk or bike in unsafe areas – this includes uneven or slick surfaces.
- If walking on roads without sidewalks, stay on the side of the road that faces oncoming traffic, and stay as far to the side of the road as possible. If you must walk after dark, wear light colored clothing and a reflective vest.
- If bicycling, ride on the right side of the road (going in the same direction as automobile traffic).
- If exercising indoors, make sure the space where you are exercising does not have items you could easily trip over.
- If you have trouble with balance or are prone to falls, avoid activities that will challenge your balance (step aerobics, jumping exercises).



What to do in case of a medical event:

If you have a serious medical event such as an illness, injury, or other problems during this study, seek medical care. In the case of an emergency, call 911. It is also important for the study to keep track of when medical events occur.

If a medical event happens to you or if you go to the hospital to seek care, please contact your lifestyle coach as soon as you are able.

Your lifestyle coach or another member of the research team will follow-up with you about this event and decide what changes to the program (if any) are needed.



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 1

1. Follow the Jump Start meal (2 protein shakes, 2 prepackaged meals, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (15 minutes per day, 3 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION 02 SELF - MONITORING



SESSION OBJECTIVES

- Introduce the benefits of self-monitoring
- Explain calorie goal and why we use it
- Review using Mynetdiary for tracking food and beverage intake
- Discuss strategies for accurately tracking calories
- Review how to use Fitbit for tracking physical activity and Aria scale for tracking weight



CHECK IN:

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity

(steps): _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

SELF-MONITORING: THE BASICS

Why is self-monitoring so important?

- Makes you more aware of your eating and exercise habits.
- Allows you to see where you are succeeding or having problems.
- Keeps you accountable.

Research shows that nutrition and physical activity are the biggest predictors for successful weight management.

Some self-monitoring is better than none and the more you self-monitor, the better you do.

- How has self-monitoring helped you in the past?



WHAT YOU WILL SELF-MONITOR

In the RETOOL program, you will self-monitor:

1. Food, beverages, and calories with MyNetDiary or paper logs
2. Weight with Aria Scale and MyNetDiary
3. Scheduled aerobic activity and steps with Fitbit and MyNetDiary

CALORIE GOALS

The table below shows what your calorie goal is for the weight loss phase of the program based on your current weight. This goal is achievable without feeling deprived or hungry if you focus on diet quality. Aim for at least 5 cups of fruits and vegetables and decrease fat and sugar.

YOUR STARTING WEIGHT	CALORIE GOAL
250 Pounds or Less	1200-1500 Calories Per Day
More than 250 Pounds	1500-1800 Calories Per Day

If you stay within your calorie goal, you should lose approximately 1 lb. per week. *

****My goal is to eat _____ calories per day.****

To improve your diet quality, it is important to specifically track fruits and vegetables. If you are using MyNetDiary, you will need to customize your tracker to capture the amount of fruit and vegetable you eat every day. Directions for customizing MyNetDiary are on page 54.

HOW TO TRACK CALORIES

Record everything you eat and drink.

1. *Be Accurate*

Make sure what you track reflects what you eat.

- For prepackaged meals and shakes check the nutrition label to make sure it fits the program nutrition guidelines (refer to Session 1 - Getting Started if unsure). Some prepackaged meals contain two servings instead of one.
- Don't forget to track additions to your meals or shakes such as fruit, vegetables, or condiments.
- For all other foods, check the nutrition label to find calories per serving. Make sure the calories on your food log reflect the serving size you ate. We will discuss reading nutrition labels throughout the program.
- Make sure you track (and the calories reflect) how the food was prepared (baked, broiled, fried, etc.).
- It is important to measure your portions. Use measuring cups, measuring spoons, or a food scale.
 - Food scales are easy to use and available online and in stores such as Walmart. Most cost between \$8 and \$25.
 - Scales take out the guesswork of measuring food by weight. Simply put a container on the scale, press the “zero- out” button to set the scale back at 0, and add food to the container.

2. Be Complete

Include everything, even small bites, or tastes.

- Add to your food log right after you eat; you will be more likely to remember the details about what you ate.

3. Be Real

Record what you really ate.

- Nobody's perfect and everyone experiences slip-ups. Tracking everything including your slip-ups will make you aware of your behaviors and more likely able to modify them. You cannot change a behavior you are not aware of. It also helps you understand how much mindless eating can add up! TRACK EVERYTHING!!

When eating out, don't forget to track!

- Avoid eating out the first 6 weeks of the program. If you must eat out, choose restaurants that include nutrition information on the menu.
- If your restaurant does not include nutritional information, stick to simple foods that will be easier to track. These include items with only a few ingredients or without sauces or broths.
- Be sure to account for larger portion sizes and extra oil or butter as needed.

TRACK FOODS AND BEVERAGES WITH MYNETDIARY

By now you should have downloaded/accessed MyNetDiary on your smart phone, tablet, or computer to start tracking your food and calorie intake. Any of these methods of accessing MyNetDiary is fine - the important thing is that you are tracking everything.

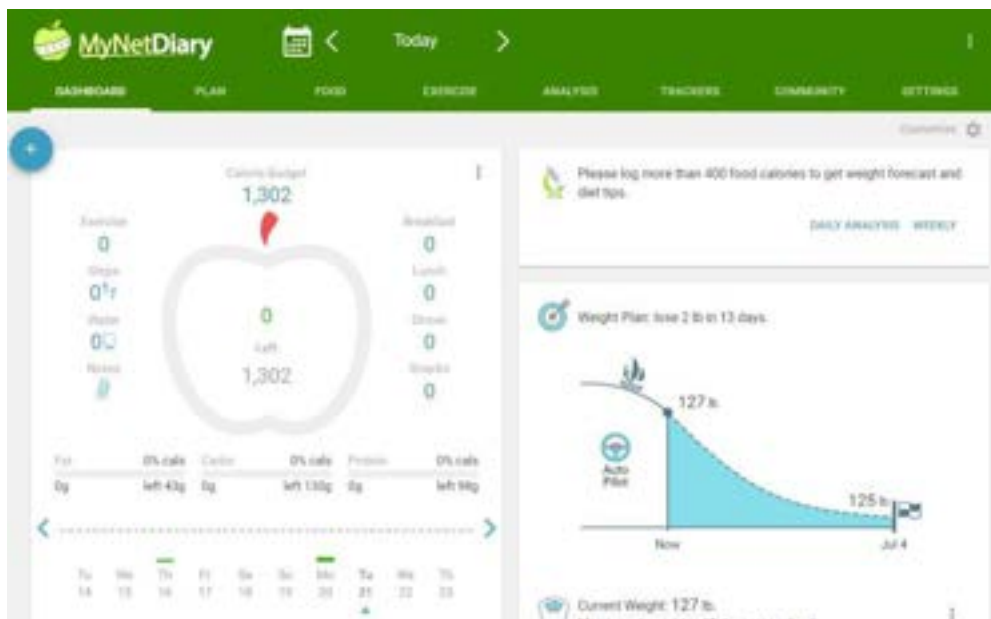
If you are having trouble accessing MyNetDiary, your lifestyle coach can help you individually.

Using MyNetDiary on your Computer

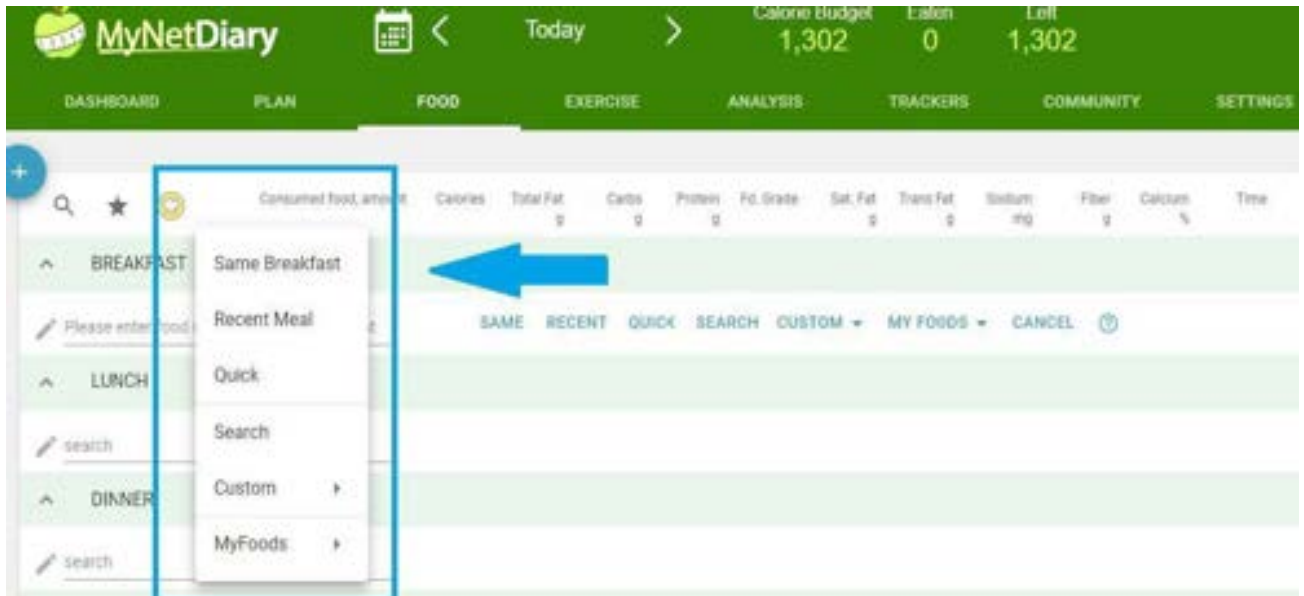
1. Go to <https://MyNetDiary.com/> Then enter your email address and password.



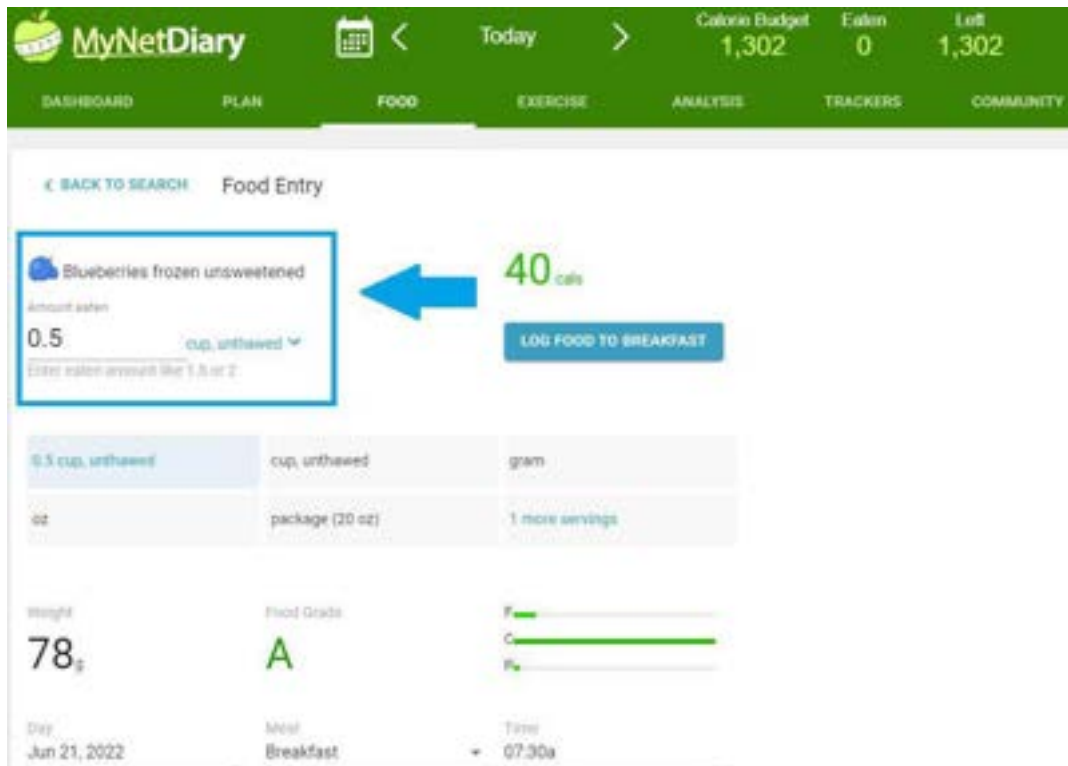
2. You will see your home screen immediately after you log in. You will click on "Food" tab on the top menu bar or the plus sign in the upper left corner and click the meal you plan to enter.



3. Choose from the following options: add the same meal, add an item from your recent food list, search for a new food, add or create a recipe, search for a supermarket food, or search for a restaurant food.



4. Enter the serving size of the food.

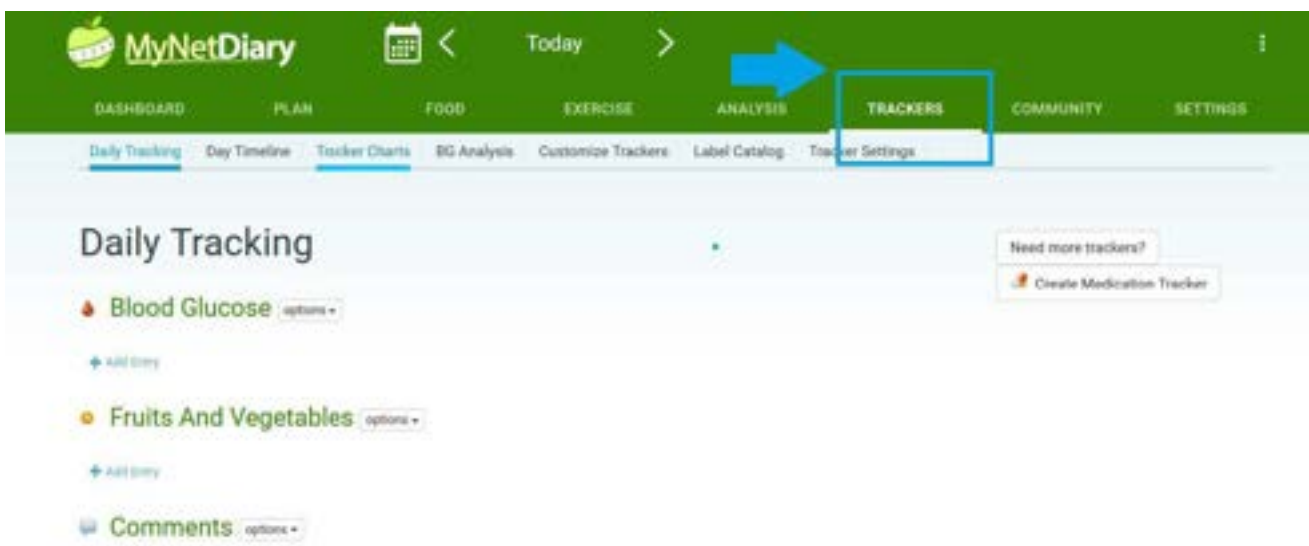


5. Repeat steps 2-4 until you have added your entire daily intake. The green (or red) apple will show you your total calorie intake for the day.

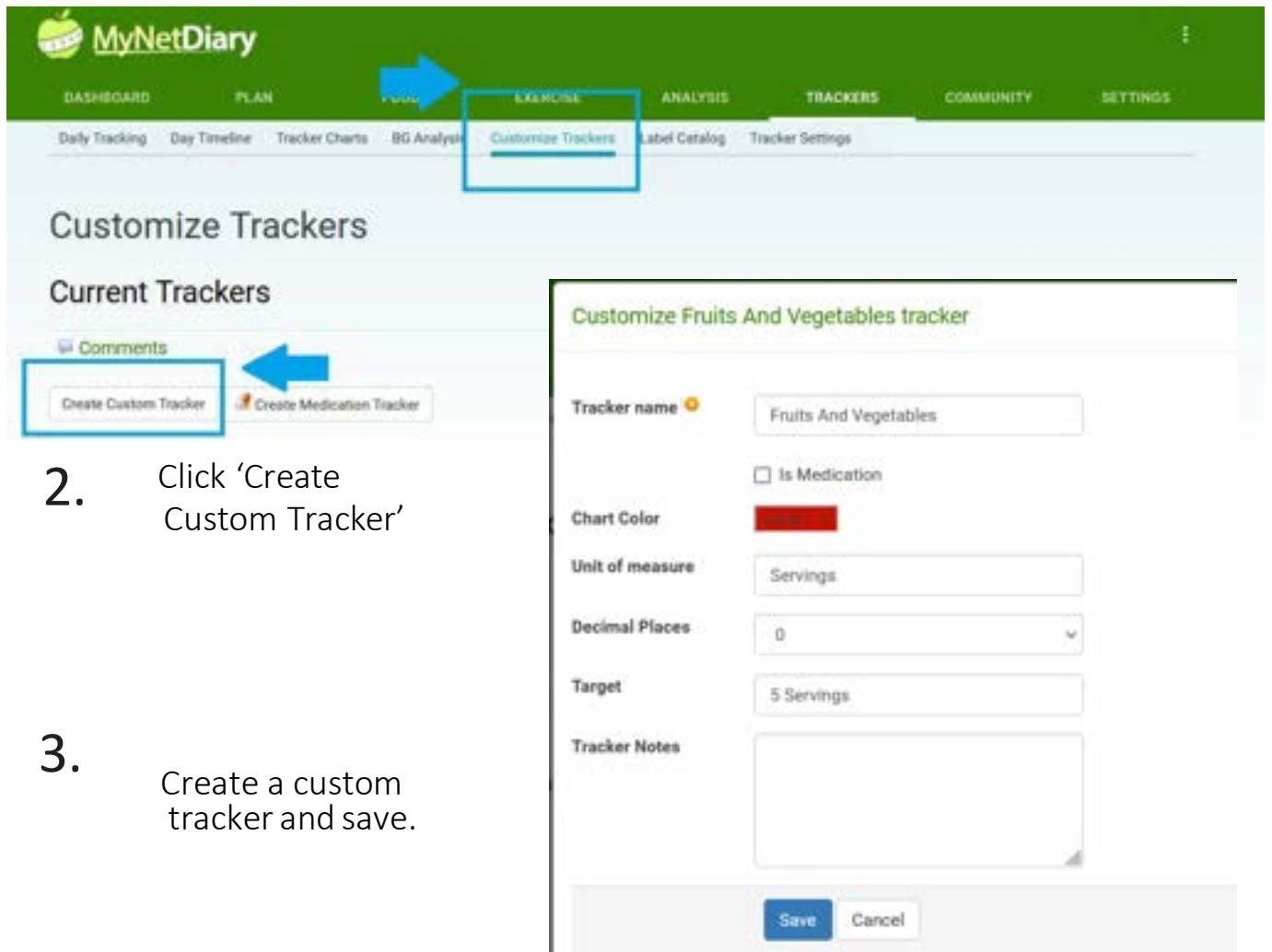


Customizing trackers on your computer

You can customize your screen to track your fruits and vegetables, protein shakes, and prepackaged entrees.



1. Click on the 'Trackers' tab, then 'Customize Trackers' menu





2. Click 'Create Custom Tracker'

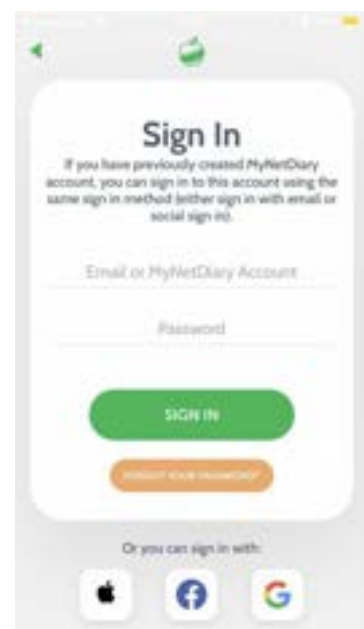
3. Create a custom tracker and save.

Using MyNetDiary on your smartphone or tablet

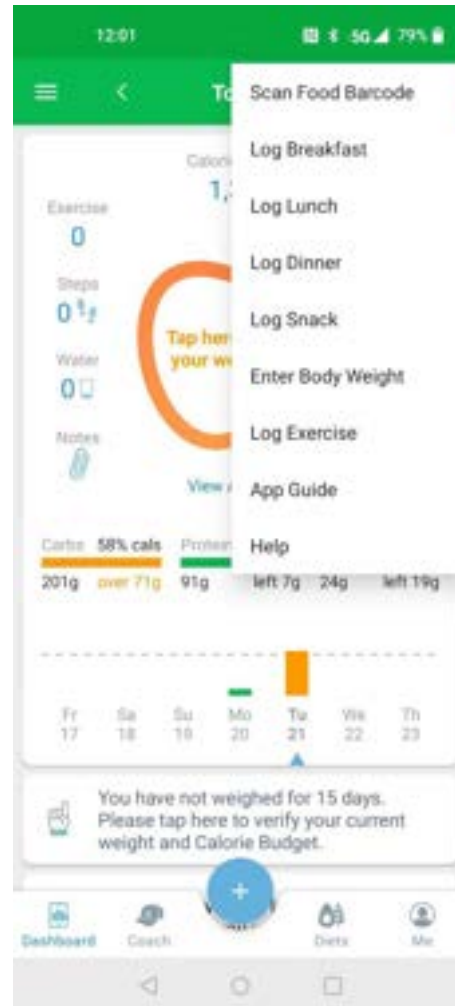
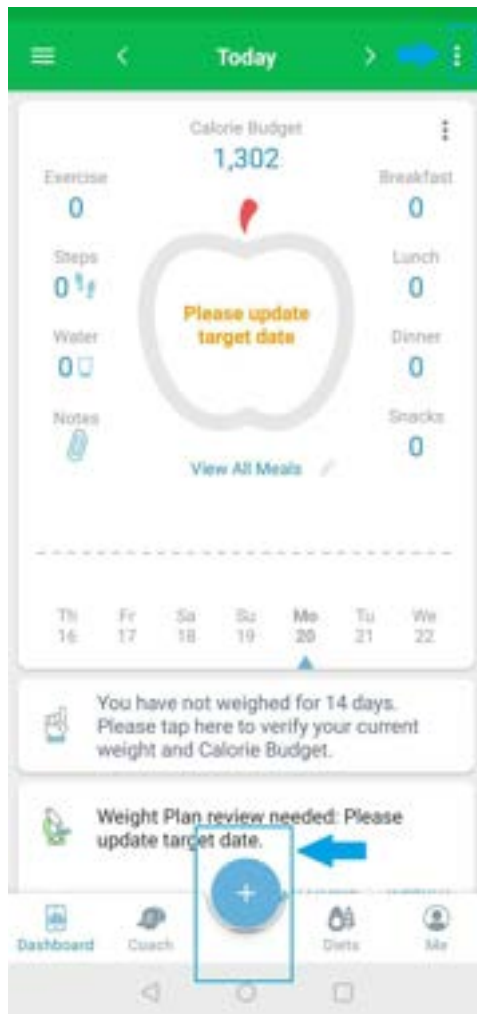
Download MyNetDiary using the:

1.  On iPhones/ iPads
App Store
 On Android
Google play

2. Log in using your email and create a password. To get the premium account, enter the discount code given to you by your Lifestyle coach. Go to "Me" then "manage subscriptions" and enter code.



3. Click the plus sign to add food. Choose the meal or snack category you wish to add food to.



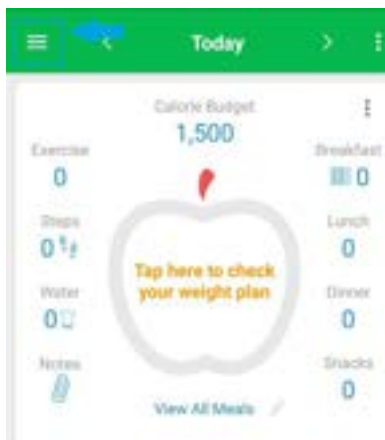
4. Adjust the amount to match the portion you ate and press the green check mark.



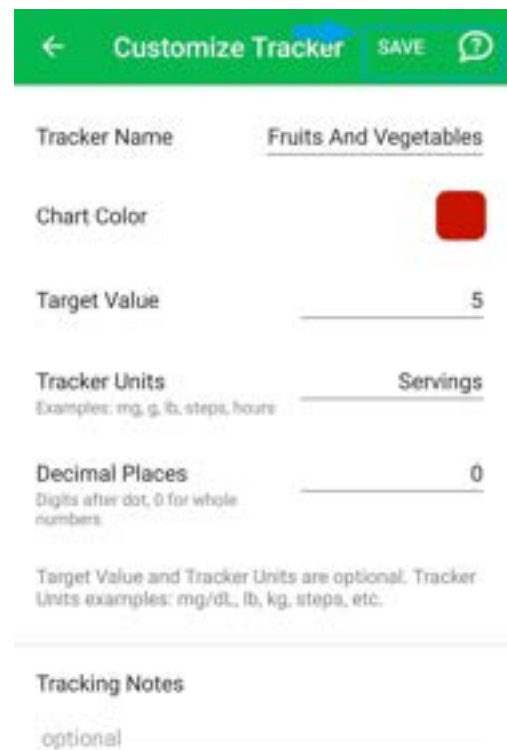
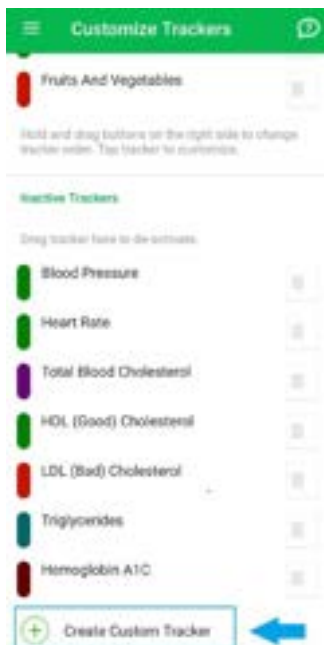
Customize trackers on your dashboard

In order to track your fruits and vegetables, protein shakes and prepackaged meals, you can customize the trackers and dashboard on MyNetDiary.

1. From the dashboard, click on the three horizontal lines in the top left.



2. Scroll down until you find the Trackers menu



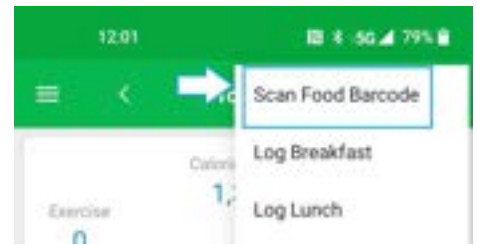
3. Scroll down to find the 'Create Custom Tracker' button at the bottom of the page.

4. Create your custom tracker and press save. Repeat steps for prepackaged entrees and again for protein shakes.

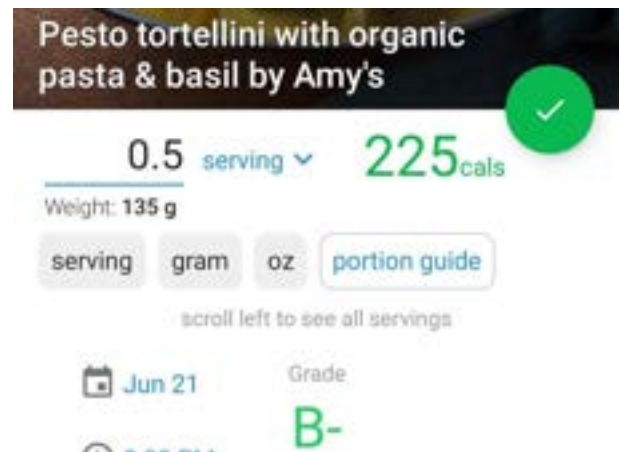
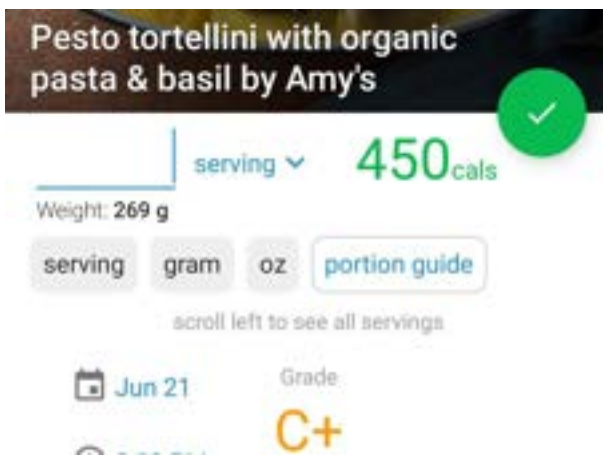
HOW TO TRACK ACCURATELY WITH MYNETDIARY

For Packaged Food:

1. Scan the barcode on the package to save time
If the barcode scanner doesn't work, use the search box.



2. Adjust in MyNetDiary if you ate more or less of the standard serving.



If The Food Item Does Not Have a Label:

1. Search in MyNetDiary
2. See what measurements (e.g., tbsp., oz., g.) MyNetDiary uses for the food.
3. Change the measure and amount to match what you ate and log the calories of this portion size.
4. If possible, choose an option that specifies how the food was prepared.



Tracking Example on MyNetDiary

Calorie Goal= 1200

Breakfast:

Vanilla shake

- Vanilla Whey Protein
- 1 cup frozen blueberries
- 8 oz. brewed coffee

= 1 shake, 1 fruit

Snack:

1 medium fresh banana

= 1 fruit

Lunch:

1 Lean Cuisine Spaghetti with Meat Sauce (310 calories, 4g fat) 1 cup green beans

= 1 entrée, 1 vegetable

Snack:

1 cup baby carrots

= 1 vegetable

Dinner:

1 Michelina's Lean Gourmet Red Beans and Rice (320 calories, 7g fat)

8 oz. Crystal Light

= 1 entrée, 1 fruit

Snack:

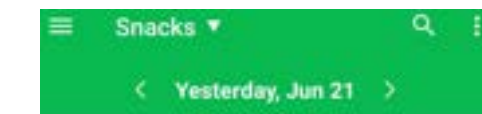
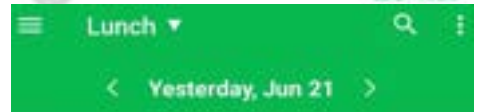
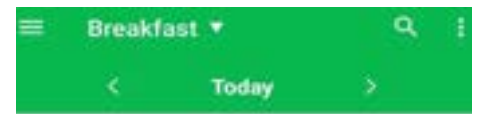
Chocolate shake

- Chocolate Whey Protein
- 1 cup frozen strawberries

= 1 shake, 1 fruit

Total:

- 2 shakes, 2 entrées, 3 fruits, 2 vegetables
- 1246 calories



Calorie Goal= 1500

Breakfast:

12 oz. brewed coffee

Vanilla shake

- Vanilla Whey Protein
- 1 cup strawberries

= 1 shake, 1 fruit

Snack:

1 medium banana

= 1 fruit

Lunch:

Smart Ones Chicken Fettuccini

(300 calories, 4g fat)

1 medium sweet potato

16 oz unsweetened iced tea

= 1 entrée, 1 vegetable

Snack:

3 cups air popped popcorn

= 1 vegetable

Dinner:

Lean Cuisine Supreme Pizza (340 calories, 8g fat) Salad

- 3 cups baby spinach
- 1/2 cup chickpeas
- 1 cup cucumber with peel
- 2 tbsp. calorie free balsamic vinaigrette

= 1 entrée, 3 vegetables

Snack:

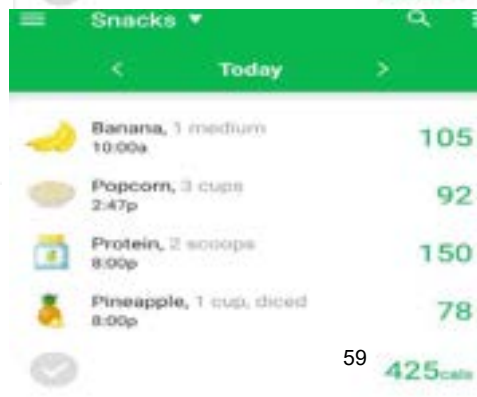
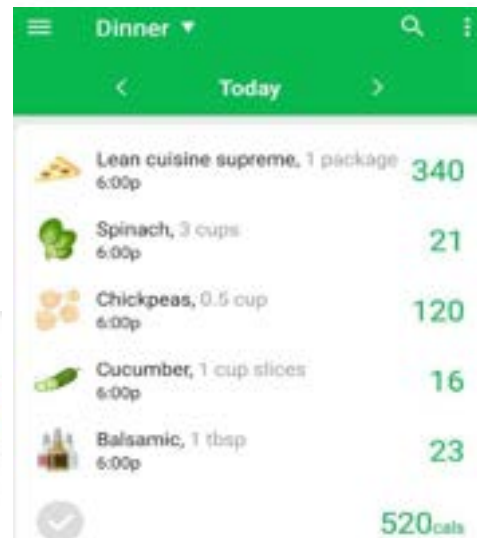
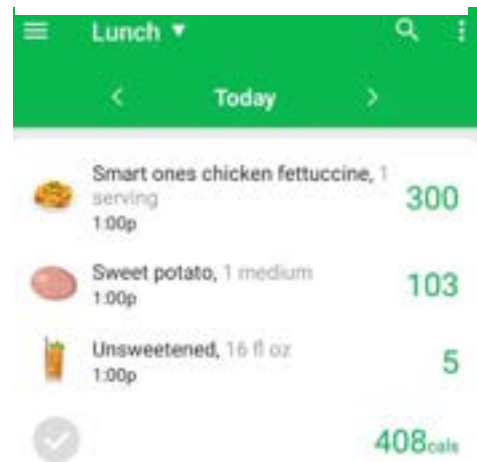
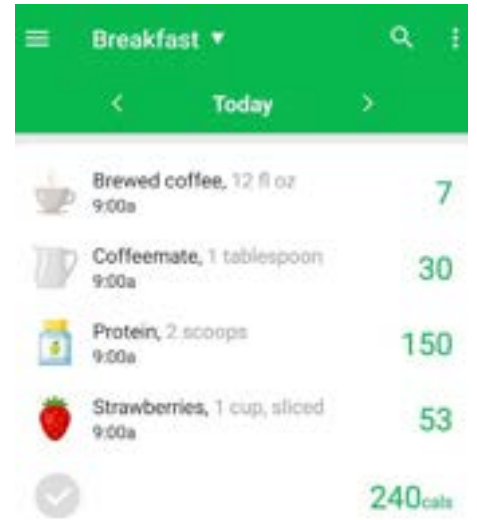
Vanilla shake

- Vanilla Whey Protein
- 1 cup pineapple chunks

= 1 shake, 1 fruit

Totals:

- 2 shakes, 2 entrées, 3 fruits,
- 5 vegetables
- 1593 calories



HOW TO TRACK ACCURATELY WITH PAPER LOGS

For Packaged Food:

1. Check the label. Look at the serving size and the calories per serving.
2. Compare how much you ate with the label's serving size. Adjust and track your calories to reflect what you ate.



If The Food Item Does Not Have a Label:

1. Search for the food using a calorie guidebook* or a nutrition website**.
2. If possible, choose an option that specifies how the food was prepared.
3. Look at how many calories the food has per serving.
4. Measure your portions and adjust your calories depending on how much you eat; if you eat more than the listed serving size, you add more calories.

*Recommended guidebooks:

The Calorie King Calorie, Fat, and Carbohydrate Counter, 2022 edition
The Complete Book of Food Counts, 9th Edition: The Book That Counts It All

**Recommended websites:

www.calorieking.com
www.caloriecount.com
www.MyPlate.gov

TRACK WEIGHT WITH ARIA SCALE

During RETOOL you will use an Aria scale for tracking your weight.

See Session 1 for details on how to link your scale to MyNetDiary. If you are having trouble with this, contact your lifestyle coach.

Although it may feel uncomfortable or discouraging for you to weigh yourself, doing so will help you know if you are making progress. We ask that you weigh one time per week, preferably at the same day and time each week. However, if you weigh yourself daily, you will get a better understanding of your weight fluctuations.

Benefits of tracking weight:

- Helps you see your trend and progress
- Keeps you accountable
- Makes you aware of improvements that need to be made
- Helps you maintain weight loss



TRACK PHYSICAL AND LIFESTYLE ACTIVITY WITH FITBIT INSPIRE 2

The Fitbit Inspire 2 that was provided to you will also help track your steps. Remember to wear this daily (even at night) to help see your trend over time.

SET A GOAL!

Increase by 500 steps per day each week until you reach 10,000 steps.



Less Than 5,000 Steps = Sedentary Lifestyle



5,000 - 7,500 Steps = Low Active Lifestyle



7,500 - 10,000 Steps = Somewhat Active Lifestyle



Greater Than 10,000 Steps = Highly Active Lifestyle

STAY ON TRACK WHILE TRAVELING



- Pack your fruits and vegetables in cup-sized portions to take with you on-the-go. Use portable containers, such as plastic bags or containers.
- Make sure that friends and family you are traveling with are aware of our program. Explain that you are in a special program that tracks nutrition and exercise.
- Bring shakes with you in a travel container.
- Look up the websites of restaurants that you might go to while traveling. Many restaurants have menus available online with nutrition facts. Plan what you will order ahead of time so that you can make healthy choices that fit in our meal plan.
- If you can, pack frozen entrees with you in a cooler. Gas stations and hotels will have microwaves that you can use to prepare them.



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 2

1. Follow the Jump Start plan (2 protein shakes, 2 prepackaged meals, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (15 minutes per day, 3 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION

03

GET MOVING TO BETTER HEALTH



SESSION OBJECTIVES

- Discuss the benefits of aerobic exercise
- Review physical activity goals and exercise intensity guidelines
- Discuss using Fitbits for tracking steps and aerobic activity
- Discuss strength training and go over examples of strength training exercises



CHECK IN:

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity

(steps): _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

AEROBIC EXERCISE

Discussion Question

What are some things you have done for exercise in the past? i.e. walking, aerobics class, swimming, etc.



Exercise is a key component to weight management and better health. When you lose weight, you lose fat mass and lean muscle mass. To preserve some of that lean muscle it is important to eat adequate calories and protein and be physically active.

Exercise alone will not help you manage your weight. It must be combined with choosing healthy foods and decreasing calories. Research has shown that exercise and decreased caloric intake is better at weight management than exercise alone OR caloric reduction alone. Exercise is also key element to long-term weight management.

"You cannot outrun a bad diet."
– Jane Mukami



The best type of exercise is one that you will do! Take a minute and think about the activities you enjoy - swimming, golf, walking, aerobics, dance, etc.

Which of these do you think you will be able to do regularly? Maybe it is all of them! Keep these activities in mind while you set your goals each week. We will continue to set goals each week for minutes of planned physical activity and number of steps per day.

BENEFITS OF AEROBIC EXERCISE

Heart Health

Improves heart health and can reduce the risk of heart disease. Lowers cholesterol and prevents or reduces high blood pressure.

Mental Health

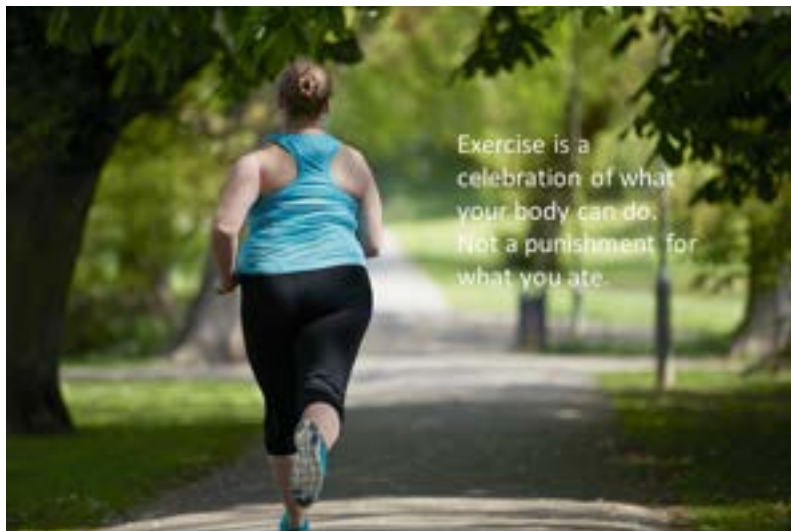
Lowers levels of stress-related hormones. Improves sleep, mood, creativity, memory, and concentration.

Other Benefits

Essential for long-term weight control. Exercise improves your body's ability to use oxygen, making everyday activities like climbing stairs easier. Weight bearing activities (such as walking, jogging, or jumping rope) strengthen your bones and lower the risk of osteoporosis (bone loss). Exercise also improves your immune system and lowers your risk of many cancers, including cancers of the colon, breast, kidney, pancreas, esophagus, and reproductive organs.

Discussion Question

What are some benefits you have experienced from being physically active?



BENEFITS OF INCREASING STEPS

The number of steps we take is important. ALL ACTIVITY COUNTS!

- Being sedentary (spending too much time sitting) is being recognized more as a serious risk to health, much like smoking was back in the 1960s-70s.
- Even if we are getting enough aerobic activity, sitting for long periods of time increases the risk of illnesses such as type 2 diabetes, heart disease, and cancer.
- The average American takes only about 5000 – 6000 steps a day when guidelines recommend 10,000 steps (the equivalent of walking roughly 5 miles).

Discussion Question

In what situations are you the most sedentary?



Steps Matter!

- To prevent against the health risks linked with being sedentary, RETOOL recommends increasing your overall movement in addition to your aerobic activity.
- Taking 10,000 steps has clear health benefits such as lowering blood pressure and blood sugar levels.

Suggestions for Increasing Your Steps

- Budget time to walk to activities such as work, church, or picking up kids/grandkids.
- If you need to drive, park farther from your destination to get some extra steps in while walking from your car. Take the stairs instead of the elevator.
- Take a walk within a store or mall before you start shopping. Get up at least 1-2 minutes every 30 minutes to limit how long you sit at one time. Use this time to take a short walk to get extra steps in.
- Use your Fitbit to set goals

RETOOL PHYSICAL ACTIVITY GUIDELINES



1. SET GOALS

Weekly Aerobic Activity Minute Goals.

By gradually increasing your aerobic activity, you can prevent injury and make the transition to a more active lifestyle easier.

If you already exercise regularly, start by exercising as much as you typically do and gradually increase each week until you reach 225 minutes or more. If you are just starting, use the table below as a guide on how much you should increase your exercise week-to-week.

Weekly Step Goals.

You will also be working towards increasing your overall activity with the goal of earning at least 10,000 steps per day.

Exercise Progression Table

Week of Program	Days of Week	Minutes Per Day	Total Minutes Per Week
2	3	15	45
3	4	15	60
4	4	20	80
5	4	25	100
6	4	30	120
7	5	30	150
8	5	30	150
9	5	35	175
10	5	35	175
11	5	40	200
12	5	40	200
13+	5	45	225

Remember: If you haven't exercised before, start at the first row of the table. It is very important to increase your exercise gradually to prevent injury. If you stop exercising during the program, it's never too late to start again!

2. Aerobic Counts for Planned Physical Activity Minutes

When does activity count towards the weekly aerobic activity goal?

Follow these three guidelines:

1. Engage in aerobic activity, also known as cardio activity.
 - Causes your heart to beat faster than normal
 - Examples: Brisk walking, running, swimming & jumping rope
2. Be active for at least 10 minutes at a moderate to high intensity level.
 - Example: Setting aside 10 minutes to walk during a break at work counts. Walking around while shopping would not (because it is not continuous and not intense enough).
3. While all activity counts towards goals, planned aerobic activity is different than steps. Aerobic exercise is that which raises your heartbeat.
 - You should be working harder during planned physical activity than during normal lifestyle activities.
 - Example: If you usually stroll to walk your dog and want to count this activity toward your planned aerobic activity goal, increase the pace to raise your heart rate.

Discussion Question

Look at the activities that you wrote down above. Which activities if any fall under the category of lifestyle activity? What are some other ways you can increase your steps in your daily routine?



Remember: ALL activity is beneficial to your health. The idea is to increase your normal daily activity overall. We encourage you to participate in any activity, whether your heart rate increases or not.

3. Be Safe

Top three guidelines for safe physical activity:

A. Monitor your exercise intensity closely.

- Remember that moderate to vigorous activity causes your heart to beat faster than normal. You can track your heart rate using methods listed on page 75.

B. Always keep your exercise comfortable. *If it is causing discomfort, slow down.*

C. Perform a gradual warm-up and cool-down of at least 10 minutes.

- WARM-UP: Helps your body switch from rest to exercise. Try doing a lower-intensity version of whatever activity you're going to be doing.
 - Example: If walking for exercise, walk slowly at first, and then increase your pace.
 - Note: Stretching does not have to be part of the warm-up. If it is, it should follow the movement portion of the warm-up. Do not stretch a cold muscle.
- COOL-DOWN: Helps you recover from exercise and get back to resting. Like the warm-up, do a lower-intensity version of what you were doing.

Remember: The warm-up and cool-down are an important part of your work-out. However, they do not count toward your aerobic activity minutes.

FREQUENCY AND DURATION OF EXERCISE MATTERS

How often should I exercise per week?

- Follow the [exercise progression table](#) on page 71 for guidelines on how often you should exercise during the first 7 weeks
- Once you reach week 7, try to exercise at least five times per week.

Does how often I exercise really matter?

- Exercising at least 5 times shows more health benefits compared to exercising fewer times per week, even if the overall time for the week is the same.
- The more frequently you exercise, the easier it is to maintain your motivation and the more likely that exercise will become a habit.

How long should each exercise session be?

- If you are starting at a low fitness level, try limiting yourself to 10 minutes of exercise at a time, two to three times per day.
- Gradually build up to 45 minutes at a time by week 10.

WHAT ARE THE OFFICIAL EXERCISE RECOMMENDATIONS FOR THE GENERAL PUBLIC?

* From the American College of Sports Medicine and Centers for Disease Control and Prevention, 2007

To improve health...

Moderately intense cardio 30 minutes a day, five days a week OR do vigorously intense cardio 20 minutes a day, 3 days a week AND at least two days per week of muscle strengthening activities.

To help weight loss or prevent weight regain...

60-90 minutes of moderate intensity activity five days a week is recommended.



EXERCISE AND CARDIAC ISSUES

Be aware of cardiac (heart) symptoms including...

- Chest pain or discomfort --- includes uncomfortable feelings of pressure, pain, squeezing, or heaviness in your chest (may spread to the shoulder(s), arm(s), neck, and back).
- Any other abnormal signs or symptoms --- includes shortness of breath, excessive sweating, lightheadedness, dizziness, extreme fatigue, fainting, or feeling sick to your stomach.

If you experience cardiac symptoms...

- Stop and sit or lie down. If symptoms don't go away after 2-4 minutes, immediately go to an emergency room or call 911.

Inform your doctor and lifestyle coach as soon as possible if you experience any of the above signs or symptoms before, during, or after exercise.

MONITORING EXERCISE INTENSITY

The Talk Test is the quickest and easiest way to pay attention to your body to see how hard you are working:

- You are working too hard if you cannot talk or catch your breath.
- You are not working hard enough if you can sing.
- You are working out at the right intensity if you can talk but still breathing harder than usual.

Calculate your heart rate for moderate intensity level with the Percentage of Maximum Heart Rate formulas. The following formulas give you a heart rate range to aim for:

- Low end of heart rate range = Beats per minute (BPM) $[220 - (\text{age in years})] \times 0.65$
Example: $[220-50] = 170 \times 0.65 = 111$ bpm
- High end of heart rate range = beats per minute (BPM) $[220 - (\text{age in years})] \times 0.85$
Example: $[220-50] = 170 \times 0.85 = 145$ BPM

HOW TO MEASURE YOUR HEART RATE WITH YOUR FITBIT

- Your Fitbit Inspire 2 automatically measures your heart rate 24 hours a day. You can see your current heart rate on the watch or log onto your Fitbit account or the Fitbit app to see your heart rate trend.
- Your Fitbit will display your exercise levels as light, moderate, or vigorous.

Your Fitbit Inspire 2 will also track your resting heart rate while you sleep. You can track your heart rate trends over time.



MUSCLE- STRENGTHENING EXERCISE

Benefits of Strength Training

- Builds muscle strength
- Slows the loss of lean body mass that can result from weight loss (and for women, menopause).
- Builds bone mass and is important for reducing risk for osteoporosis. Women have a high risk of bone loss after menopause.

The most common types of strength training include using hand weights (dumbbells), machine weights, resistance bands or exercising using your own body weight as resistance i.e. push-ups, sit-ups, squats, lunges

Discussion Question

What benefits have you heard or noticed from weight or strength training?



Repetition - one complete move from start to finish

Set - the number of repetitions performed with no rest in between

Frequency - how often you exercise

Intensity - the amount of weight & number of repetitions performed

Time - how long you exercise (duration)

Type - the different exercises you are performing



F.I.T.T.

FREQUENCY

INTENSITY

TIME

TYPE

F.I.T.T. PRINCIPLE FOR STRENGTH TRAINING

Frequency / Intensity / Time / Type

F. Frequency

- Each muscle group should be worked 2-3 times per week to gain strength and once per week for maintenance.
- You should only perform each muscle group exercise once every 48 hours to reduce the risk of straining your muscles. If you want to exercise more frequently, try alternating muscle groups.

I. Intensity

- The amount of weight you use should cause your muscle to feel fatigued.
- By the end of a set of 10 repetitions you should feel as if you cannot do any more repetitions in the proper form. If you are unable to accomplish the set in the proper form, switch to lighter weights.
- Do not increase the weight because you could put yourself at risk for injury. If your muscles do not feel fatigued by the end of the set, consider increasing to slightly heavier weights.
- You can also increase the amount of weight you use as your strength improves from week to week. If you can do 2 sets of each exercise using proper form over the course of a week, you may want to increase to slightly heavier weights.
 - You may need more time to advance in weight for certain exercises.

T. Time

- A good recommendation is to complete 2 sets of 10 repetitions for each exercise.
- Pause after each set and wait for about a minute before doing the next repetition to allow muscles to recover.

T. Type

- Complete a variety of exercises to work different muscle groups, including your back, chest, arms, and shoulders.

Listen to your body and take a gradual and cautious approach to strength training if you are just starting out. If possible, we recommend consulting a certified exercise professional for guidance if you wish to start a strength training program.

General Guidelines:

- Before you start, warm up by performing 5 minutes of slow aerobic activity, followed by stretching.
- Remember to breathe in as you are doing the first part of the exercise, then breathe out as you return to starting position.
- Remember to keep your head, neck, and shoulders in alignment. If at any time during your workout you begin to feel faintness, dizziness, or physical discomfort, you should stop immediately and consult a physician.
- Remember to focus more on increasing your aerobic exercise to 225 minutes per week.
- Strength training should be done in addition to aerobic activity.
- Strength training does not count towards your weekly aerobic activity minutes. We focus on aerobic activity because it is more beneficial for causing weight loss and improving overall health.





CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 3

1. Follow the Jump Start Plan (2 protein shakes, 2 prepackaged meals, and 5 or more cups of fruits and vegetables per day).
2. Engage in physical activity (15 minutes per day, 4 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

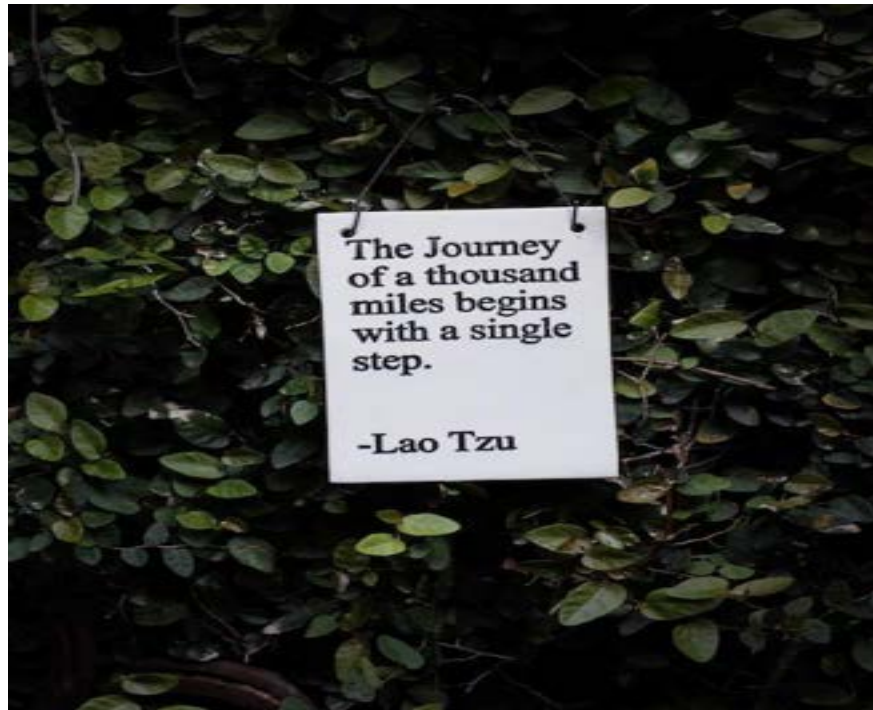
Other Goals for This Week:

- 1.
- 2.

SESSION

04

GOAL SETTING FOR SUCCESS



SESSION OBJECTIVES

- Discuss how to apply the SMART method to goal setting
- Complete the SMART goals activity as a group
- Discuss effective incentives for achieving SMART goals
- Use checkout to set SMART goals to accomplish over the next week



CHECK IN:

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity

(steps): _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

USE THE SMART GOALS METHOD

Starting in this session, you will set your own SMART goals based on the areas in which you want to improve. We will set one focused eating behavior, one focused on physical activity, and a third focused on another behavior that will help you manage your weight such as reducing screen time or tracking foods daily in MyNetDiary or on food logs.

Discussion Question

What has helped you achieve goals you have set in the past?



Smart goals are:

S. SPECIFIC

Goals are focused on a specific behavior and clearly define what you are going to do.

Answers questions such as: What? When? How Much?

Example:

- "I will get in shape" is a goal that is too general.
- "I will walk 30 minutes 3 days a week" is a goal that is specific.

M. Measurable

You can measure your progress as you work on your goals. Answers questions such as: How much? How many? When will the goal be reached?"

Example:

- If your goal is to eat 5 fruits and vegetables each day of the week, keep track of your servings of fruits and vegetables using the checkout page in your binder.
- Keep track every day until you've reached your goal!

A. Attainable

You should have the ability or skills to achieve your goals. The best goals require you to stretch yourself a bit but aren't so extreme that you give up.

Example:

- If you typically walk 5,000 steps a day, immediately setting a goal of 10,000 steps per day may be too extreme.
- Instead, set a goal of increasing your daily steps to 5,500 and achieve it by taking a 10-minute walk around your office at lunch time.

R. Realistic

Your goal is realistic if it can be achieved with the other priorities in your life. Ask: "Am I willing and able to achieve this right now?" Only you can decide whether a goal is realistic. This may change over time.

Example:

- A goal of never eating out is not realistic if you often need to eat out for business meetings.
- A more realistic goal would be to commit to looking up the menu of the restaurant and tracking what you will eat ahead of time.

T. Time-Bound

If you don't set a time to reach your goal, you will be tempted to postpone working on it. Set both short term (daily or weekly) and long term (monthly or yearly) goals.

Example:

- Not time-bound: "I am going to eat fewer sweets" and "I'm going to lose weight"
- Time-bound: "I am going to limit my sweets to twice a week starting tomorrow," and, "I'm going to lose at least 17 lbs. over the next 6 months"

ACTIVITY:

SMART GOALS

Look at the goals listed below. Which parts of the SMART strategy are missing? Rewrite them using the SMART method.

1. I want to increase my fruit and vegetable intake.

What's missing? _____

Make it SMART: _____

2. I'm going to decrease my sugar intake.

What's missing? _____

Make it SMART: _____

3. Each day this month, I'm going to exercise.

What's missing? _____

Make it SMART: _____

4. I'm going to work towards taking 10,000 steps per day.

What's missing? _____

Make it SMART: _____

5. I want to lose 10 pounds.

What's missing? _____

Make it SMART: _____

BEFORE CHECK-OUT

Smart Goal Examples:

During check-out, you will be setting your own SMART goals. You will set one to two SMART goals related to diet and one or two related to physical activity.

Make sure these goals are...

- Specific
- Measurable
- Attainable
- Realistic
- Time-Bound

Setting SMART goals related to the program:

Example 1. Marcia typically does not eat servings of 5 fruits or vegetables per day:

- *SMART goal:* “I will eat at least 5 servings of fruits or vegetables at least 5 days this week.”

It’s specific:	It contains a clearly defined behavior: eating 5 servings per day.
It’s measurable:	She can track her progress using “notes” in MyNetDiary
It’s attainable:	Marcia typically eats 3 servings per day so adding two more on at least 5 days is not too extreme for her.
It’s realistic:	Marcia believes that she can easily fir in the extra servings during weekdays but might have more trouble during the weekend.
It’s time-bound:	Marcia will start tomorrow and achieve it by next session

Example 2. Ed wants to increase his number of steps per day from 7,000 to 10,000 gradually

- *SMART goal:* “I will take 7,500 steps per day every day this week.”

It’s specific:	It contains a clearly defined behavior: taking 7,500 steps a day.
It’s measurable:	He can track his progress by checking his Fitbit and entering the number of steps he takes into MyNetDiary.
It’s attainable:	Before, Ed typically took about 7,000 steps per day. Immediately setting a goal of 10,000 steps per day might be too extreme for him.
It’s realistic:	Ed knows that he can fit in an extra walk during the day to reach his goal.
It’s time-bound:	Ed will start tomorrow and achieve it by next session.

Example 3. Jane usually tracks about half of her daily foods in MyNetDiary. She often forgets to track at work because she is so busy at her nursing job.

- *SMART goal:* “I will track everything I eat in MyNetDiary at least 5 days this week.”
 - Why is Jane’s goal specific, measurable, attainable, realistic, and time- bound?

Example 4. Kevin is increasing his exercise by following the RETOOL exercise goals.

- *SMART goal:* “I will go for a walk for 20 minutes, four days this week.”
 - Why is Kevin’s goal specific, measurable, attainable, realistic, and time-bound?

Read examples below for how to set SMART goals based on other guidelines in this program.

1. “I will bring a prepackaged meal to work for lunch every day this week”
2. “I will track my food and drink 5 days this week”
3. "I will aim for 5,000 steps or more at least 4 days this week."

CREATING INCENTIVES

Setting SMART goals is a great way to keep you accountable. Unfortunately, like most things, motivation for meeting these goals can wane over time. Rewards or incentives are a good way to help you stay motivated to meet your goals.

Discussion Question

In the past, what incentives helped you achieve goals?



Doing positive things for yourself will reinforce desired behaviors and increase positive mood, which in turn will increase your long-term motivation and success. Rewards should be unrelated to food.

Examples:

- Do something just for you. It should be something personal that you enjoy.
- Plan it. Make sure it happens.
- Make it immediate. Find small things you can do to reward yourself right after meeting a goal.
- Track your progress. Create rewards for short-term and long-term successes.

It may be difficult to not reward yourself with food or drink, but a "cheat" day or meal will not help keep you motivated for the long-term.

Ideas for rewards:

- Take a long relaxing bath
- Spend a quiet evening alone
- Read a new book
- Get a massage or pedicure
- Get a new haircut
- Go on a vacation
- Go on a date night
- Take a dance class
- Join a gym
- Buy new clothes

What other ways could you reward yourself for a short-term goal? What about a long-term goal?

Optional:

Although still optional, now that you have learned about SMART goals, we strongly encourage you to set at least one additional goal related to diet, tracking, or physical activity. Check to see if your goals are SMART by making sure you can mark each box below the goal.

S = Specific, M = Measurable, A = Attainable, R = Realistic, and T = Time-bound

Tips:

- Come up with goals that are both realistic and helpful.
- Focus on what you will do instead of what you will not do.

My SMART Goal:

1. _____

S **M** **A** **R** **T**

2. _____

S **M** **A** **R** **T**

3. _____

S **M** **A** **R** **T**

4. _____

S **M** **A** **R** **T**



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 4

1. Follow the Jump Start plan (2 protein shakes, 2 prepackaged meals, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (20 minutes per day, 4 days per week).

- swim
- bike
- walk briskly
- aerobics class/video
- hike
- Other:

3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

1.

2.

SESSION

05

DIET QUALITY



SESSION OBJECTIVES

- Discuss how food nourishes the body
- Review the benefits of fiber
- Define nutrient density
- Talk about improving diet quality
- Discuss foods to increase, decrease, and limit or avoid
- Discuss how to get started on making healthy meals



CHECK IN:

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity

(steps): _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

DIET QUALITY

Discussion Question

What do you think of when you hear the term "diet quality"? What does it mean to you if a food is 'nutrient dense'?



In addition to eating fruits and vegetables, improving the quality of your diet also means limiting foods that are high in fat and sugar.

Our Western diet has evolved to be high in processed foods and low in whole foods which contain the most vitamins and minerals. Missing out on these nutrients can increase the risk of disease. As you transition to the Mix and Match meal plan next week, we will spend more time working on improving the quality of food you eat.

How Food Nourishes and Protects Your Body

- Eating fruits and veggies lowers the risk of heart disease, high blood pressure, type 2 diabetes, and certain cancers.
- Some nutrients in fruits and vegetables act as antioxidants. Antioxidants protect our cells from free radicals.
 - Free radicals are substances that form naturally in our bodies as part of our normal metabolic processes.
 - They can cause damage to cells that may lead to heart disease, cancer, and weaker immune systems.
 - Antioxidants attach to free radicals and change them into substances that don't damage our cells.
- Fiber is essential to our health for proper digestion; it feeds beneficial bacteria in our gut. High fiber foods like fruits, vegetables, legumes, and whole grains protect against inflammation and diseases in the gut and heart, as well as boost immunity.

FIBER

What is fiber?

- Fiber is found in fruits, vegetables, whole grains, and legumes.
- Fiber is a type of carbohydrate that cannot be digested. Since it is not digested, it does not add calories to your diet.

What is the recommended intake for fiber?

- The Adequate Intake (AI) is 38 grams/day for adult males and 25 g/day for adult females.
- Men are given a higher recommendation because most men are larger and eat more calories overall.
- The more calories you eat, the higher your dietary fiber intake should be.
- You can view how much fiber you are eating in MyNetDiary if you click on “selected nutrients.”

Potential Health Benefits:

- Fiber appears to reduce the risk of several diseases, including heart disease, diabetes, colon cancer, diverticular disease, and constipation.

How might fiber-rich foods help with weight management?

Foods high in fiber tend to be low in calories.

- Fiber allows you to eat a larger amount of food for fewer calories.
- In Session 8, “Eating More for Less,” we’ll talk about how people tend to eat a consistent weight of food. Fiber gives you added “weight” without added calories.

Fiber increases chewing and causes you to eat slower.

- When you eat slower, your brain has more time to send the “stop eating, I’m satisfied” message. You feel fuller while eating less food.

Soluble fiber forms a gel-like substance when dissolved in water, causing things to swell and move slower through the intestines.

- The longer food stays in the intestines, the less hungry you feel. It also may lower the number of calories that are absorbed from the food you eat. This may impact weight control over time.

High-fiber foods also help to slow down the absorption of sugars into your bloodstream.

- A quick jump in blood sugar causes your body to produce a lot of insulin very quickly.
- This increase in insulin can cause blood sugars to go down suddenly, leading to a repeated cycle of hunger and cravings.
- High-fiber foods may help to reduce or prevent this cycle from occurring.



Discussion Question

What will you do this week to increase your fiber intake?

Summary:

High-fiber foods help with weight management because they are often lower in calories, take longer to eat, help to control blood sugar, and help you feel full longer.

For packaged foods, read the nutrition label to find the grams of fiber per serving. A food with 5 grams of fiber or more is considered a high-fiber food. Choose these foods often!

WHAT IS NURTIENT DENSITY?

Nutrient density means the amount of nutrients (vitamins and minerals) in a food per calorie. Nutrient density is different from energy density (which has to do with calories). We will discuss energy density in the Eating More for Less session.

Eating foods that are nutrient dense

- Can help prevent or treat chronic illnesses like diabetes and hypertension
- May lead to overall better health outcomes
- Help our bodies function properly

Nutrient dense foods give you “the biggest bang for the buck.”

Compared to low nutrient dense foods, nutrient dense foods tend to have

- more protein
- more fiber
- less sugar compared to low nutrient dense foods

They also keep you feeling fuller longer. Other foods that are nutrient dense besides fruits and vegetables include:

- eggs
- legumes (beans, peas, lentils)
- chia and flaxseeds
- lean meats such as chicken and turkey breast
- non-fat dairy products such as 0% unflavored Greek yogurt

Nutrient Dense

VS

Energy Dense



Broccoli (1 ounce)
10 calories
9 mg sodium
13 mg calcium
89 mg potassium



Potato chips (1 ounce)
150 calories
180 mg sodium
0 mg calcium
0 mg potassium

Think back to what you ate yesterday. What foods do you think were the most nutrient dense?

Tips for Choosing Nutrient Dense Foods

Choosing nutrient dense foods is easy when you know what to look for. While there is no “perfect food”, choosing a variety of fruits and vegetables and colorful foods will help increase overall nutrition. Choose foods that:

- Are naturally nutrient dense foods – fruits, vegetables, and whole grains
- Provide a variety of nutrients and phytochemicals –this can be achieved by choosing a wide variety of types and colors of fruits and vegetables
- Include fish and seafood in place of red meats
- Are prepared with a variety of seasonings

Look at the two foods below. Both are made from potatoes, but which one is more nutrient dense? How can you tell?



	French Fries (1 Small from fast food)	Sweet Potato (1 large)
Calories	229	200
Fat	11g	0.3 g
Carbohydrates	30.2 g	46 g
Fiber	2.8 g	7.3 g
Protein	2.4 g	4.5 g
Sodium	134 mg	80 mg
Calcium	13.5 mg	84.4 mg
Vitamin A	0 IU	42706 IU
Vitamin C	4 mg	43.6 mg
Iron	0.6 mg	1.5 mg
Potassium	423.2 mg	1055 mg

FOOD GRADING IN MYNETDIARY

One feature of MyNetDiary is the food grading system.

MyNetDiary calculates a food grade for each food based on the nutrients in the foods you eat. The food score is calculated with an equation and based on 12 required nutrients on the Nutrition Facts label: total fat, saturated fat, cholesterol, sodium, total carb, fiber, sugar, protein, vitamins A and C, calcium, and iron.

This food score makes it easy to compare which foods in a group are better options. For example, compare rolled oats to peaches and cream instant oatmeal: both are whole grains, but which is healthier? Rolled oats has a food grade "A" based on the higher protein, higher fiber content, and lower sugar than peaches and cream oatmeal which has a food grade of B.

Rolled oats ✓

1 cup **166** cals

Weight: 234 g

cup 0.75 cup oz gram tbsp fl oz

Jun 29 Grade **A**

8:12 AM

☆ Favorite

Food Macros

19% 67% cals 14%

Carbs 28g Protein 6g Fat 4g

Total Carbs 28g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Net Carbs 24g	

Peaches and cream instant oatmeal ✓

1 packet **130** cals

Weight: 35 g

1 packet packet gram oz portion guide

Jun 29 Grade **B+**

8:12 AM

☆ Favorite

Food Macros

16% 76% cals 8%

Carbs 27g Protein 3g Fat 2g

Total Carbs 27g	10%
Dietary Fiber 2g	7%
Total Sugars 12g	
Net Carbs 25g	

FOODS TO INCREASE, DECREASE, AND AVOID

Another way to help meal plan as you transition to Mix and Match is using the chart on the next page to figure out which foods to increase (GREEN), decrease (YELLOW), and limit or eliminate completely (RED).

The goal is to create the most amount of nutrition for the least amount of calories - a nutrient dense diet. Remember that the quality of your diet is a key component in lifelong health. You can use the green, yellow, red guide to help with meal planning as you transition away from the Jump Start meal plan.

- Remember if you add sugar or fat to fruits or vegetables or other foods, they are no longer in the Foods to Increase group.
- Red foods have >7 g fat and/or >12 g sugar PER SERVING.



Avoid



Decrease



Increase

Proteins

Proteins to Avoid

Hot Dogs
Fast food burgers
Bologna
Salami
Pork
BBQ
Canned tuna in oil
Chicken nuggets
Bacon
Sausage
Fried fish

Proteins to Limit

Peanut butter
Nuts
Eggs
Baked beans
90/10 ground meat
Low-fat refried beans
Turkey bacon
Turkey sausage
Regular canned beans
Chicken with skin
Rotisserie chicken

Proteins to Enjoy

Fish
Turkey
Skinless chicken
Baked chicken
Egg Whites
Venison
Tofu
Low fat ham/ turkey
93/7 ground meat
Canned tuna in water
Fat free refried beans

Dairy

Dairy to Avoid

Ice cream
Whole milk
Cheese spreads
(Pimiento, Cheez- Wiz)
Regular cheese
(Cheddar, American,
Monterey Jack,
Muenster, Colby)

Dairy to Limit

1% Chocolate Milk
2% Milk
Low-fat frozen Yogurt
Low-fat ice cream
Reduced fat Cheese
(2%)
(Mozzarella, ricotta,
feta, Provolone)
Low- fat pudding
Low-fat yogurt

Dairy to Enjoy

Skim milk
½-1% Milk
Fat-free Greek yogurt
Fat-free cheese
Low-fat cottage
cheese
Low-fat plant-based
Milk (soy, almond,
etc.)

Looking at these two food groups, choose 1 protein and 1 dairy for the green group that you would like for supper this week. Write them down.

Protein: _____

Dairy: _____

Grains

Grains to Avoid

Biscuit
Fried rice Doughnut/
baked goods
Muffin
Mac n' cheese
Flavored waffle/
pancake
Hard shell taco
Regular granola
Hushpuppies
Buttered popcorn
High sugar cereals

Grains to Limit

Pancakes
Low sugar granola
Noodles
Flavored rice
Corn/flour tortilla
Flavored oatmeal
Cereal w/dried fruit
White bread
White pasta
Baked corn bread

Grains to Enjoy

Plain popcorn
Whole wheat bread
Whole wheat pasta
Brown rice
Plain oatmeal
Whole- wheat crackers
Quinoa
Whole grain cereal
Whole wheat tortilla
Whole wheat pancakes
Low-sugar cereal

Vegetables

Vegetables to Avoid

French fries
Onion rings
Tater tots
Hash browns
Coleslaw
Potato salad
Fried okra
Loaded baked potato
Candied yam
Fried veggie chips
Salads with regular
dressing

Vegetables to Limit

Oven-baked fries
Sautéed vegetables
Vegetables with low-fat
cheese
Coleslaw with low-fat
mayo
Potato salad with low- fat
mayo

Vegetables to Enjoy

Broccoli	Green beans
Carrots	Potatoes
Sweet potato	Cabbage
Cauliflower	Lettuce
Celery	Corn
Cucumbers	Peas
Okra	Beans
Peppers	Tomato
Spinach	
Squash	

Fruits

Fruits to Avoid

Canned fruit in heavy syrup
Dried fruit
Fruit chips
Fruit cobbler
Fruit pies
Coconut
Fried plantains

Fruits to Limit

Canned fruit in light syrup
100% fruit juices
Frozen fruit bars
Sweetened applesauce

Fruits to Enjoy

Canned fruit in water/juice
Apples Kiwi
Bananas Pears
Oranges Grapes
Peaches Raspberries
Watermelon Honeydew
Strawberries Cantaloupe
Blueberries Mango
Pineapple Blackberries
Cantaloupe
Plums

Condiments

Condiments to Avoid

Regular mayo
Salad dressing
Vegetable oil
Fat back
Butter
Margarine
Sour cream
Chip/vegetable dip
Gravy
Whipped cream
Croutons
Bacon bits

Condiments to Limit

Low sugar- Pancake/
waffle Syrup
Jam
Jelly
Honey
Low-fat gravy
BBQ Sauce

Condiments to Enjoy

Fat-free: mayo, salad dressing, sour cream, whipped cream
Ketchup
Mustard
Cooking spray
Vinegar
Lemon juice
Salsa

Snacks & Sweets

Snacks/Sweets to

Avoid

Candy bars
Honey buns
Pop tarts/pastries
Pork rinds
Cookies
Cake
Butter crackers
Chips Cinnamon
rolls

Snacks/Sweets to Limit

Graham crackers
Vanilla wafers Beef
jerky
Regular Jell-O
Baked chips
Trail mix
Veggie straws
Flavored pretzels
Low- fat cookies
Low- fat crackers

Snacks/Sweets to Enjoy

Sugar free Jell-O
Low- fat popcorn
Plain pretzels
Whole grain crackers
All green light fruits/
veggies

Drinks

Beverages to Avoid

Regular soda
Fruit drinks/punch
Sweet tea
Slushies
Regular sports/energy
drinks
Sugary coffee drinks
Kool- aid
Sunny D
Hi C
V8 Fusion/Splash Capri
Sun/Hawaiian Punch

Beverages to Limit

100% fruit juice
'No sugar added' juice
Reduced sugar sports
drinks '
Skinny' coffee drinks
Diet V8 Splash
Diet soda

Beverages to Enjoy

Water
'Diet' juice
Unsweetened tea
Fruit flavored water
Zero calorie sports
drinks
Crystal light
Diet sparkling water
Vitamin Water Zero
Mio water flavorings

Take a minute to look in your pantry for any red foods from the Snacks and Sweets. Put them on a higher shelf out of your line of sight.

WHAT ABOUT FAT?

Fat is an important macronutrient in the diet and needed for many functions in the body. Some fat is even essential - meaning the body cannot produce it on its own and must come from food.

Saturated Fat (Lower quality)	Unsaturated Fat (Higher quality)
Solid at room temperature	Liquid at room temperature
May increase risk for heart disease	May decrease risk for heart disease and improve cognitive function and mental health
	Contains essential fats - omega-3's and omega-6's

Unsaturated Fat (high quality)



Food sources: olive oil, sunflower oil, corn oil, soybeans, tofu, avocados, nuts and seeds, nut butters, salmon and tuna

Saturated Fat (low quality)



Food sources: red meats, processed meats, cream, ice-cream, cheese, butter, some baked and fried foods

Trans Fat (Lowest quality)



Food sources: crackers, baked goods, shortening, refrigerated dough, frozen pizza, fried foods, margarine

HOW TO GET STARTED WITH PLANNING HEALTHY MEALS

Benefits of Home-Prepared Meal Planning:

- *Structure your day towards health and well-being!*
 - No more wasting time trying to decide what to have for dinner after a long day. The meal is already planned!
 - No more frantic searches for a missing ingredient.
- *Saves Money!*
 - By planning ahead, you take stock of the food you already have and buy only what you need, saving money on extra groceries.
- *Saves Calories!*
 - Prevent last minute splurges because you are too hungry to think of a healthy meal. When all your meals are planned, eating healthily is a lot easier.

What has meal planning, grocery shopping, and cooking been like for your family prior to this program?

Planning Healthy Meals Includes 3 Steps:

Step 1: Planning out the meals

Step 2: Shopping for the ingredients

Step 3: Prepping and cooking the ingredients

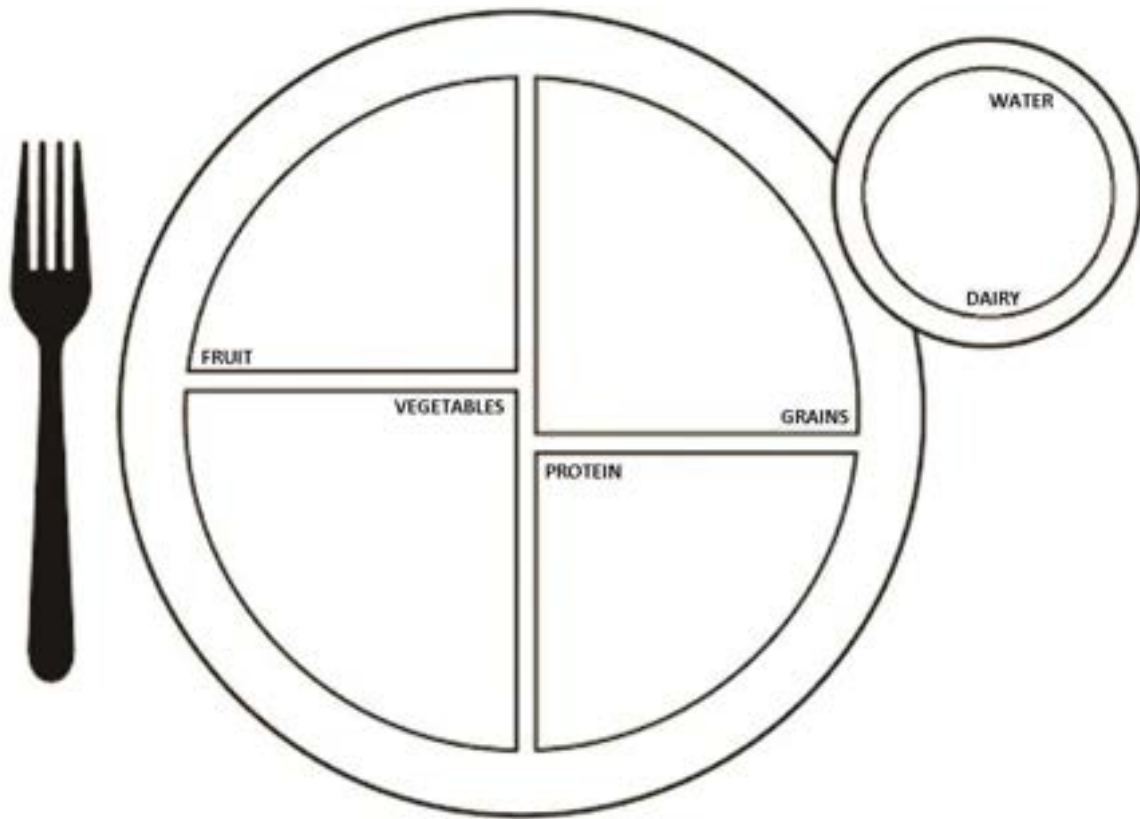
We will discuss planning healthy meals in more detail throughout the next few sessions, but you can also look ahead to Session 7 - Making Healthy Meals.

Discussion Question

What will you do this week to make you successful in planning healthy meals?



Using the information from this session, practice creating a meal by writing the foods on the plate below.



myplate





CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 5

1. Follow the Jump Start plan (2 protein shakes, 2 prepackaged meals, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (25 minutes per day, 4 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION

06

Mix and Match Plan



SESSION OBJECTIVES

- Explain what the Mix and Match plan entails and how to transition from Jump Start to Mix and Match
- Discuss guidelines for Mix and Match plan and show examples
- Review portion sizes and guidelines



CHECK IN:

Report the following information below:

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK - IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	

Any other personal goal related to diet _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

Any other personal goal related to physical or lifestyle activity (steps): _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

WHAT IS THE MIX AND MATCH PLAN?

The Mix and Match includes structured plan for breakfast and lunch, and a homemade supper. You will follow this plan for 6 weeks. The Mix and Match plan is described in the outline below. Add fruits and vegetables to each meal and as snacks to meet the goal of 5 cups per day.

MEAL	MEAL TYPE
BREAKFAST	1 protein shake + fruits and/or veggies
LUNCH	1 prepackaged meal + fruits and/or veggies
SUPPER	1 homemade meal + fruits and/or veggies
SNACKS	Fruits and veggies

FRUIT AND VEGETABLES

Remember that one serving of fruits and vegetables is equal to 1 cup or 1 medium size piece of fruit or vegetable. For example, 1 medium orange, pear, or apple counts as one fruit. One serving of raw leafy green vegetables is 3 cups.

Typical Day

Breakfast

- A protein shake
- 1 serving of fruit



Mid-Morning Snack

- 1 serving of a fruit or vegetable

Lunch

- 1 pre-packaged meal
- A side of vegetables



Mid-Afternoon Snack

- 1 serving of a fruit or vegetable

Dinner

- 1 self-prepared meal
- Side of vegetables



Evening Snack

- 1 serving of fruit or vegetable



Example

Breakfast

- Vanilla protein shake mix
- 1 medium frozen banana, blended with shake

Mid-Morning Snack

- 1 medium orange



Lunch

- Lean Cuisine Meal: Chicken with Almonds
- A mixed salad with salad greens (3 cups), tomato (1/2 cup), and cucumber (1/2 cup)

Mid-Afternoon Snack

- 1 cup of chopped red bell pepper with salsa



Dinner

- 3 ounces cooked chicken breast
- 2 cup brown rice
- 1.5 cups steamed asparagus and red bell pepper
- 2 cup grilled pineapple chunks

Evening Snack

- 1 cup of grapes

Total: 1 shake, 1 entrée, 3.5 fruits, 5 vegetables

Mix and Measure Plan-Guidelines for Supper Meal

1200 Calorie Goal		
Food Group	Serving Size	Total Calories for Supper Meal
Whole Grains	2 servings	400-500
Lean Protein	3 ounces cooked	
Low-fat/Non-fat dairy	0 servings	
Fruits and Vegetables	1 or more cups	
1500 Calorie Goal		
Food Group	Serving Size	Total Calories for Supper Meal
Whole Grains	2 servings	400-500
Lean Protein	3 ounces cooked	
Low-fat/Non-fat dairy	1 serving	
Fruits and Vegetables	1 or more cups	
1800 Calorie Goal		
Food Group	Serving Size	Total Calories for Supper Meal
Whole Grains	3 servings	500-600
Lean Protein	3 ounces cooked	
Low-fat/Non-fat dairy	1 serving	
Fruits and Vegetables	2 or more cups	

OUNCE EQUIVALENT OF GRAINS



1 cup cooked pasta = 2 oz. equivalents



5 whole wheat crackers = 1 oz. equivalent



1 large bagel = 4 oz equivalents



1 cup cooked rice = 2 oz. equivalents



1 slice of bread = 1 oz. equivalent



1/2 cup cooked or 1 packet instant oatmeal = 1 oz. equivalent

OUNCE EQUIVALENT OF PROTEIN



1 small chicken breast = 3 oz. equivalents



1/2 cup cooked beans = 2 oz. equivalents



1 small steak = 3.5-4 oz equivalents



2 tablespoons hummus = 1 oz equivalent



1 oz. nuts = 2 oz equivalents



1 egg = 1 oz equivalent



1 can tuna = 2-4 oz equivalent

1 CUP OF DAIRY



2 cups cottage cheese



1 cup milk



2 slices hard cheese



1 cup yogurt (1 container)



1 cup fortified soy milk



1/3 cup shredded cheese

Example Supper Meals on Mix and Match Plan

























Food Group	Example Meal #1 (1200 calories/day)	Example Meal #1 (1500 calories/day)	Example Meal #1 (1800 calories/day)
Whole Grains	1 cup brown rice	1 cup quinoa	1 cup cooked wild rice and 1 small dinner roll, whole wheat
Lean Protein	3 ounces grilled chicken breast	3 ounces turkey meatballs	3 ounces salmon, grilled
Dairy		1 cup skim milk	1 cup skim milk
Fruits and Vegetables	4 whole strawberries, 1 cup steamed broccoli	1 cup sliced cucumber, 1 cup chopped romaine lettuce, ½ cup chopped tomato,	1 cup chopped carrots and celery, 1 cup steamed brussels sprouts
Total calories for supper	431	510	629



Food Group	Example Meal #2 (1200 calories/day)	Example Meal #2 (1500 calories/day)	Example Meal #2 (1800 calories/day)
Whole Grains	1 cup cous cous	2 6-inch tortillas, whole wheat	1 cup cooked brown rice, 5 whole wheat crackers
Lean Protein	3 ounces grilled chicken breast	3 ounces ground beef, 90% lean	¼ cup black beans, ¼ cup black-eyed peas, ¼ cup chickpeas
Dairy		1/3 cup shredded low-fat cheese	1- ounce low-fat cheese
Fruits and Vegetables	10 medium asparagus spears, ½ cup chopped cherry tomatoes, 1 cup strawberries	½ cup chopped tomato, ½ cup shredded lettuce, ½ cup chopped bell pepper,	2 medium bell peppers, 0.5 cup chopped cherry tomatoes, 3 cups romaine lettuce, 2 tablespoons salsa
Total calories for supper	410	482	599

Serving-Size Chart

	FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, yogurt, cheese				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Carrots			One fist	1 cup
Kale			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Peaches			One fist	1 cup
Grains: Breads, Cereals, Pasta				
Cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of shredded wheat)			Handful	½ cup
Slice of whole wheat bread			Flat hand	1 slice
Protein: Meat, Poultry, Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

HOW TO TRACK MIXED DISHES

Keeping track of serving sizes for lean proteins, vegetables, and whole grains in a mixed dish can be done easily.

For example, if you are eating chili with lean ground beef, kidney beans, tomato sauce, onions, and other vegetables, follow these steps:

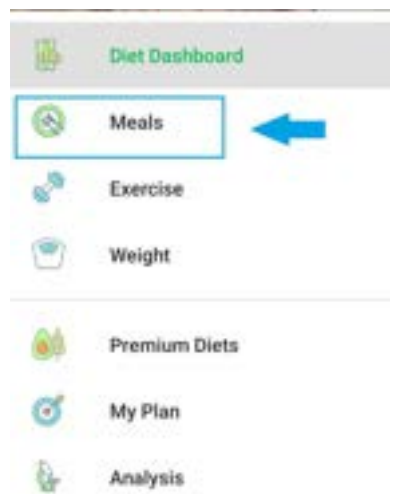
1. First determine how many serving sizes are in the batch prepared. This is usually found on the recipe. If not, determine how many total cups you have made, and use 1 cup as a serving size.
2. If you are using MyNetDiary, you can enter the recipe and amounts following the steps below, and enter how many servings total the recipe made, and how many servings you ate.
3. If you are not using MyNetDiary, add up all the calories for your entire recipe. For example, there are 798 calories for 1 pound of 90% lean ground beef raw.
4. Once you have all of the calories added up, you can divide the total servings by how many you ate. For example, if the recipe made 8 cups and you ate 1 cup, it would equal Total calories/8.

Food Amount in Mixed Dishes	Total Amount per Serving
Casserole, homemade 1 cup (8 oz)	2 ounces meat, 2 servings of grain
Chili with beans (commercial) 1 cup (8 ounces)	2 ounces meat, 2 servings of grains
Soups	
Bean 1 cup (8 oz) 1 lean meat, 1 starch, 1	1-ounce lean meat, 1 serving of grain
vegetable, Chunky, 10 3/4 ounce can	1 ounce meat, 1 serving of grain, 1 cup vegetables
Cream (made with water) 1 cup (8 oz)	1 serving of grain
Spaghetti and meatballs (canned) 1 cup (8 ounces)	1 ounce meat, 2 servings of grains
If beans are used as a meat substitute:	
*Dried beans, *peas, *lentils 1 cup (cooked) 1 lean meat, 2 starches	1 ounce meat, 2 servings of grains

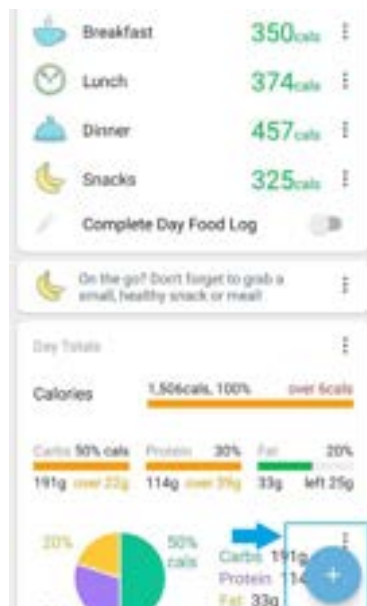
CREATING A CUSTOM RECIPE ON MYNETDIARY

MyNetDiary gives you the ability to create your own custom recipe, i.e. chili. This is a good feature to use for Mix and Match to get a more accurate estimate of calories from homemade meals.

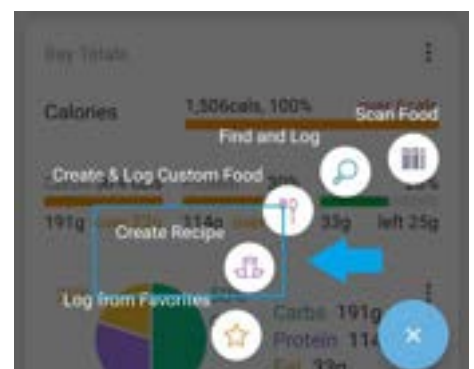
1. Click on "Meals" from dashboard.



2. Click on + on the bottom right corner.



3. Click on "Create Recipe" to add ingredients.



4. Click on "Add Ingredient" for each one in recipe. Search for the ingredients from drop down menu. If making a large batch, enter in the total servings and the total amount of each ingredient. Then you will enter how many servings you ate.



HOW CAN A HEALTHY EATING PLAN SAVE YOU MONEY?

- *Less Restaurant Eating*
 - Eating out can be a huge strain on any budget. Buying groceries and preparing food at home is healthier and saves money!
- *Fewer Unnecessary Purchases*
 - Save by purchasing fewer high-fat, high-sugar foods such as pre-packaged snacks, frozen fries, frozen pizzas, soft drinks, frozen corn dogs, potato chips, cookies, sugary cereal, and chocolate milk.
- *Passing on Beverages*
 - Avoid buying soda, juice drinks, sports drinks, and high calories coffee drinks (e.g., lattes, frappes). They add up in cost and have little nutritional value. Stick with water - from the tap. Invest in a water filter such as a Britta pitcher (\$10 - \$20) if you don't like the taste of your water. Skip the bottled water and instead purchase a reusable water bottle.
- *Planning Ahead*
 - If you plan ahead and cook a large amount of food at once to eat several times during the week, you save money by preventing unplanned meals out. You also save time and effort by having meals prepared or available ahead of time.
- *Long-term Savings on your Health*
 - When you figure in the hidden costs of eating an unhealthy diet and being at an unhealthy weight including fatigue, lower productivity, more sick days, doctors' visits, and medical treatments for long-term health problems, healthily is a bargain!



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 6

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade meal, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (30 minutes per day, 4 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION 07

MAKING HEALTHY MEALS



SESSION OBJECTIVES

- Explain how to get started planning healthy meals
- Show how to use menus and meal ideas in MyNetDiary
- Discuss strategies for shopping and prepping food for meal planning
- Introduce strategies on how to shop healthy on a budget
- Discuss ways to make traditional recipes healthier



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

MAKING HEALTHY MEALS - GETTING STARTED

Step 1: Planning out your meals

1. Find a time each week.

- Pick a day and time each week when you have a free hour. Having a consistent day/time each week will help create a habit and keep you accountable.
- Remember that the time you set aside each week will save you more time in the future.
- Make it a household affair! Get your spouse, kids, parents, or roommates involved from the beginning to get their input on the foods they'd like to see on the menu. Or if you are not the meal planner, get involved so you have more control over making healthy choices.

2. Ask yourself questions such as...

- When is the best time to shop for groceries?
- When can I prepare meals ahead of time?
- What foods/ingredients do I already have at home?
- Which nights call for a fast and easy dinner?
- Which nights do we have evening activities?
- Which nights can we eat as a family?
- Where can I fit in prepackaged meals and/or shakes?
- How can I fit in five servings of fruits and vegetables each day?
- What kind of fruit and vegetable snacks can I have with me when I am on-the-go?



Discussion Question

What other questions can you think of to help you or another member of your household plan out meals for the week?

3. *Use your meal planning time to write down your meals for the week.*

- Use a calendar, computer spreadsheet, bulletin board, app, or other method to plan out your meals for the week. You can find free ones online:

- <https://www.tasteofhome.com/article/your-weekly-meal-planner/>
- Recycle your meal plans to use each month



4. *Make your grocery list at the same time you are making your meal plan.*

5. *Find ideas for family-friendly low-calorie recipes on websites or in cookbooks.*



- Websites: hungrygirl.com, skinnytaste.com, and cookinglight.com
- Cookbooks: *The Skinnytaste Cookbook* and *Betty Crocker: The 300 Calorie Cookbook*.



- You can also check out a list of cookbooks from MyPlate
<https://www.myplate.gov/myplate-kitchen/recipe-resources/usda-cookbooks>



6. *Make larger batches of food so that you have ready-made leftovers for multiple meals during the week. Using a slow cooker is an easy way to do this.*

- Check out www.cookinglight.com/food/top-rated-recipes/slow-cooker-favorites for some delicious low calorie slow cooker recipes.



7. *Put your meals into action!*

8. *Create your menu and stick with it!*

We will discuss meal planning throughout the next few sessions. Plan out a time this week to try meal planning and decide when you will be able to go to the grocery store.

Discussion Question

What has been your experience with meal planning? Where are your favorite places to look for healthy recipes?

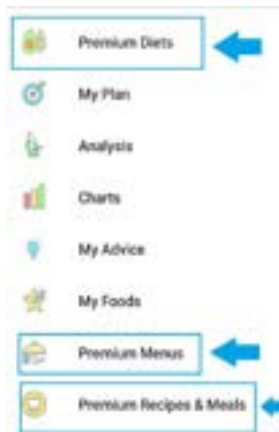


MENUS AND MEAL IDEAS

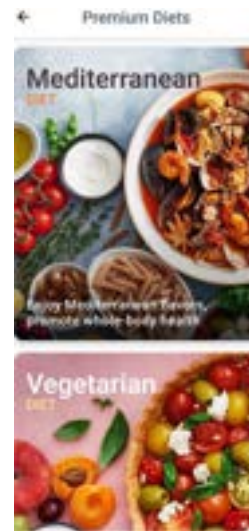
MyNetDiary meals and recipes

Premium features of MyNetDiary include menus, recipes, and diet plans. It is easy to find something that you enjoy that meets your nutrition goals.

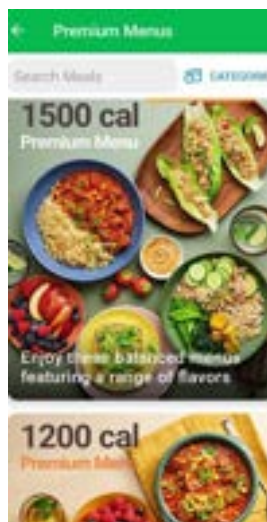
1. Click on the "Menu" icon (3 lines) in the upper left corner. Then choose "Premium Diets" "Premium Menus" or "Premium Recipes and Meals."



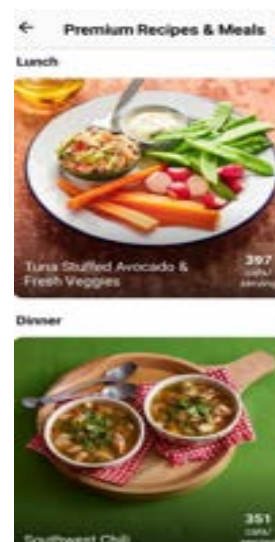
Premium Diets will give you menu and recipe ideas based on specific diets. You can try them all but remember to focus on calorie goals.



Premium Menus will give you ideas to fit your calorie needs.



Or you can customize your own plan with specific recipes that contain calorie information.



Apps for Healthy Meal Making

There are a few apps you can use if you are not sure where to begin with making healthy meals. Most contain recipes for specific diets - you can try them but remember to focus on the calorie goal rather than the diet.

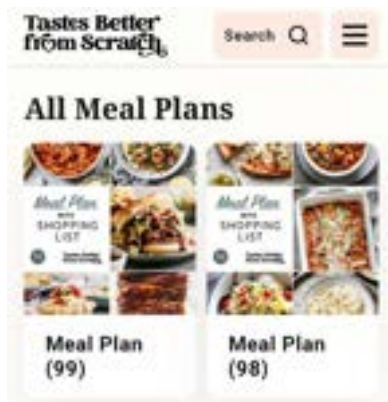
- **Mealime** - this app allows you to choose recipes following a specific calorie goal (premium version) or diet. You choose the recipes you want to use for the week, and it will create and organize your grocery list.
- **Paprika** - you can upload your own favorite recipes and share recipes with friends. You can also browse recipes from other sites and save them in the app. This app also creates a grocery list and includes a calendar to help you plan meals. This app does not include nutrition info unless you import it.
- **Yummlly** - this app includes weekly meal plans with a subscription. You can enter ingredients you have on hand, and it will provide a recipe for you based on those ingredients.



Websites for Healthy Meal Making

There are also a few websites you can check out for healthy meal making.

- www.skinnytaste.com - This website contains many recipes and include meals made in under 30 minutes, specific ingredients, or specific calorie levels. There are also free weekly menus included.



- <https://tastesbetterfromscratch.com/category/meal-plan/>
This website also includes free weekly meal plans but does not account for specific calorie goals. Make sure you track everything when using meal plans online.



Discussion Question

How many of you grow your own food? If so, what do you grow? What do you do with the food that you grow?



Growing your own food is not only good for the environment, but also for your health and your budget. Growing your own food can:

- Save money
- Help you eat more fresh produce
- Cut back on waste
- Enjoy produce at peak freshness

You can freeze or can the extra food after growing season.

Step 2: Shopping for the Ingredients

1. Only get the items on your list.
2. Buy pantry staples in bulk if possible so you always have them on hand.
3. Start with the fruits and vegetables. If you are not sure you will use all of them before they go bad, buy frozen produce.
4. Go shopping when you have time to read labels. When buying whole grains, look for labels that say 100% whole wheat and list whole grains as the first ingredient on the food label.
5. Don't shop when you are hungry!
6. Avoid going down aisles with food not on your grocery list.
7. If you are able, leave the kids at home. Grocery shopping with kids can be more challenging.

Weekly Meal Planner

Monday

Tuesday

Wednesday

Thursday

Friday

1. Check refrigerator, freezer, and cupboard for items that need to be used. Fill in menu using these items.
2. Review grocery adds for specials that you can use this week in your menu plans and grocery list.

On Hand

Supper

How did I do?

- Grain
- Vegetable
- Fruit
- Dairy
- Protein

- Grain
- Vegetable
- Fruit
- Dairy
- Protein

- Grain
- Vegetable
- Fruit
- Dairy
- Protein

- Grain
- Vegetable
- Fruit
- Dairy
- Protein

- Grain
- Vegetable
- Fruit
- Dairy
- Protein

HOW TO SHOP ON A BUDGET

For some, saving money on groceries is useful and for others, it's a financial necessity. The following pages contain tips that you can use to help save money and shop in a way that fits your budget, while also allowing you to choose healthy options.



Discussion Question

Who does the grocery shopping in your household? How many of you know what you spend on groceries each month?

General Tips:

Buy generic:

- Generic brands are often labeled as the store's brand.
- Generic brand foods are usually lower in price and have the same nutritional value as name brand foods.

Buy in bulk:



- Shop at warehouse stores such as Costco and Sam's Club. Buying in bulk is great for grains, legumes, tea, coffee, frozen fruits and veggies, and healthy food items that can be easily frozen such as lean meats and fresh produce.
- If you need to drive long distances to a warehouse store, use a cooler to store frozen and refrigerated goods.
- Do not go overboard with bulk foods. If you are not going to eat the food, that's money you could have spent elsewhere.

Avoid single servings:



- There are many single-serving snack packs available from chips to cookies to cereals. Many are 100-calorie portions.
- While portion control is important, you don't need to pay for it. Buy some snack-size re-sealable plastic bags and make your own single-serving packs.
- Processed snack foods are often expensive and provide little nutrition. Snack on fruits and vegetables instead.

Try alternatives to fresh produce:



- Frozen or canned (in water) fruits and vegetables are often lower in cost than fresh fruits and vegetables. This is especially true during the winter months. Avoid canned or frozen fruits with extra sugar and syrup.
- Canned vegetables are often packed with added sodium. Stick with canned vegetables with "low in sodium" on the label.

Tips by Type of Food:

Proteins:

- Legumes such as beans and peas are good sources of protein that almost always cost less than meat.
- For lower meat costs, buy the family-sized or value packs at grocery stores or meat lockers and freeze what you don't use. Seafood doesn't have to be expensive. Try buying canned tuna, salmon, or sardines – they store well and are a low-cost option. Just make sure the seafood is packed in water, not oil!
- Don't forget about eggs! They're a great low-cost protein option and easy to prepare. Egg yolks can be separated from the whites to help lower saturated fat.



Grains:

- Rice and pasta are budget-friendly grain options. Try using whole grain pastas and brown rice, as they contain more fiber. If you have never tried these before, start by mixing the whole-grain options with their regular versions to get used to the taste.

Produce:

- Winter is challenging because many fruits and vegetables become more expensive. However, bananas, apples, and pears are all good choices for produce that are lower in price all year.
- For other produce, use frozen and canned options. Also, try freezing fresh fruits, such as berries, during the summer when prices are low.

For more tips, visit <https://www.myplate.gov/eat-healthy/healthy-eating-budget>





PLAN
AHEAD
BEFORE YOU
SHOP

STEP 3: Prepping the Food

Pick a day of the week that you have time to shop for groceries and prep a few things when you get home.



1	2	3	4	5	6
<ul style="list-style-type: none">• Pick 1-2 times during the week when you can set aside an hour to prep for meals for the week• This is best done when you get home from the grocery store, when the food is fresh and you're getting ready for the week• Stick to a prep schedule and try to keep same day/time each week to make it a routine	<ul style="list-style-type: none">• Unload groceries• Wash, dry produce 	<ul style="list-style-type: none">• Take out glass containers, cutting board, and knife• Chop produce, pre-portion in containers or baggies	<ul style="list-style-type: none">• Add hummus or fat-free salad dressings to little containers to add to fresh vegetables for an easy on-the-go snack	<ul style="list-style-type: none">• If you're using your slow cooker for a recipe, you can prep early and store in a large baggie. Once you're ready, you just need to pour out the ingredients into the slow cooker.• Once some meals are cooked, you can pre-portion them in containers to grab for lunch as you go out the door. 	<ul style="list-style-type: none">• Get family or roommates involved and do an assembly line for efficiency and to make it more enjoyable.

- Cook a whole chicken in a crockpot, or poach chicken breasts on stove, and shred to use in recipes for the week.
- Cook lean ground beef and store in containers to use for different meals for the week.
- Scramble a few eggs and add veggies such as spinach, bell pepper, and onion. Wrap in whole wheat tortillas. When cooled, wrap in Saran wrap, and freeze for the week. Unwrap and microwave in the morning for an easy on-the-go breakfast.
- Put together salads and leave off ingredients that will get soggy until you're ready to eat. Add salad dressings right before serving.
- Use a muffin tin and make egg cup omelets. Once baked and cooled, you can put into an airtight container or baggie and put in freezer for another quick on-the-go breakfast. Just heat in microwave.



CALORIE FRIENDLY COUNTRY COOKING

DISCUSSION QUESTION



What changes, if any, have you made to your favorite recipes while on the RETOOL program to decrease calories, sugar, and/or fat?

Today's country-style dishes including casseroles, pasta salads, stews, chilies, and pies often use ingredients with high calorie, fat, and sugar content, making these dishes less healthy. Here are some tips for calorie-saving changes to some of your favorite recipes, that won't compromise their traditional flavor!

Some general tips to trim off calories include...

1. Cut the fat you cook with:

- Use nonstick cooking spray for sautéing or pan-frying.
- Baste meat with juice, wine, or broth instead of fat.
- Reduce the amount of butter, oil, or margarine by 1/3 to 1/2.
- Try faux-frying – coat veggies and meat with whipped eggs, then dip in cornmeal, flour, or panko breadcrumbs and bake.
- Try air-frying

2. Trim extra fat out of your ingredients:

- Cook soups and stews in advance so you can refrigerate and skim the fat off the top before reheating.
- Use pureed vegetables to thicken casseroles instead of making rich cream sauces. Cauliflower works well as it has a similar color to many cheese or cream sauces
- Remove poultry skin before eating.
- Use a small amount of lean ham instead of bacon or fat to season beans and veggies. Or season with spices and a little olive oil.

3. Make healthy substitutions

- Use more vegetables, beans and grains, and less meat.
- Use skim milk, low fat milk or evaporated skim milk when making “cream” sauces, soups, or puddings. To thicken soups, use mashed potato flakes, or pureed carrots, potatoes, or tofu instead of cream.
- Try lemon juice, herbs, or spices to season food instead of salt, butter, or margarine.
- Use less pasta and more veggies – The ideal dish should have 1/2 cup cooked pasta, 1 cup veggies, and 3 ounces of lean protein.



A GLOSSARY OF HEALTHY SUBSTITUTES

Instead of This:	Try This...
Bacon	Paprika - Gives food a smoke-infused taste without any calories!
Noodles / Pasta	Spaghetti Squash - Named for the strands inside of it, spaghetti squash is easy to bake or microwave. It's very mild and it tastes like whatever it's cooked with! Zucchini "pasta" - Use a potato peeler to make thin strips of zucchini. No need to boil, simply sauté for a few minutes until soft.

Rice	Grated steamed cauliflower - Cut both calories and carbs with this simple switch. The texture and taste match up well.
Mashed Potatoes	Mashed cauliflower - Mashed cauliflower is a very close substitute for mashed potatoes. Got picky eaters at the table? Try mixing half potato, half cauliflower. Mashed Turnips - Turnips are also a great potato substitute because they are low calorie (51 per cup) and don't need extra milk or butter to have a creamy consistency.
Bread crumbs	Rolled oats – Although similar in calories, rolled oats are a whole grain with much less sodium and much more fiber. Crushed flax or fiber cereal – Crushing a fiber-rich cereal and mixing it with some herbs makes an easy lower-sodium substitution.
Flour tortilla wraps	Lettuce leaves –Forgoing the carbs for fresh lettuce is a fun and easy way to cut back on calories for a wrap or taco dish. Corn tortillas – Have half the fat and calories of flour tortillas.
Couscous	Quinoa – While couscous is made from processed wheat flour, quinoa is a whole-grain superfood, packed with protein and nutrients, with almost the exact same texture.
Ground Beef	Extra-Lean or lean ground beef, ground chicken breast or turkey breast – For ground chicken or turkey breast, make sure no poultry skin has been added to the product.
Whole eggs	2 egg whites or 1/4 cup egg substitute
Deviled egg/ egg yolks	Cauliflower puree - Try replacing half the yolks in the deviled egg filling with cauliflower puree. The taste and texture remain the same, but without the extra cholesterol.
Potato Chips	Kale Chips - When lightly tossed in olive oil and baked with some seasoning (salt and pepper, paprika, or chili powder works well), these greens turn into a delicious crunchy low calorie snack.
Iceberg lettuce	Romaine, spinach, or kale – Although there is little difference in calories, darker leafy greens have more nutrition and fiber than iceberg lettuce.

Condiments, toppings, and seasonings:

Instead of This:	Try This...
Sour cream	Greek yogurt – Choose an all-natural, plain Greek yogurt. Add some lemon juice to give an extra sour taste.
Mayonnaise	Mashed avocado – Half a mashed avocado is a great substitute for mayo on any sandwich. Both give some moisture, but avocado is a great source of vitamin E and monounsaturated (healthy) fat.
Cheese	Nutritional yeast – Don't let the name fool you - nutritional yeast, which is not the same as baking yeast, is a delicious condiment with a savory nutty and cheesy flavor. It's great on popcorn and in mashed potatoes, eggs, soups, beans, and pasta. Some grocery stores have it in the health food section but you'll be more likely to find it online.
Salt	Other seasonings – Try using citrus juices (lemon, lime, orange), rice vinegar, garlic, or spices instead of salt.
Salad dressing	Lower calorie versions OR reduce dressing – If you do not like the taste of lower calorie dressings, simply try reducing the amount of the regular dressing in your recipe by 1/3.

Sweet Foods

Instead of This:	Try This...
Sugar	<p>Unsweetened applesauce – Gives the necessary sweetness without the extra calories. You can sub applesauce for sugar in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup. Works great with oatmeal cookies!</p> <p>Vanilla – Substituting some sugar with vanilla can give just as much flavor for far fewer calories. Try cutting sugar in half and adding a teaspoon of vanilla instead or cut 2 tablespoons of sugar for an extra teaspoon of vanilla. Nutmeg and cinnamon are also good choices for adding sweetness when you reduce the sugar.</p> <p>Stevia – Although higher in price, this natural sweetener stevia is lower in calories and up to 300 times sweeter than sugar. Since a little goes a long way, swap with caution: A recipe calling for 1 cup of sugar should be swapped for 1 tsp liquid stevia or 2 tbsp. stevia powder.</p>

Sweet Foods Continued

Flour	<p>Whole Wheat Flour – Substitute whole wheat flour for recipes that call for all-purpose flour to add more nutrition and fiber to your baked goods.</p> <p>Black beans – Simply swap one 15 oz. can of black beans (rinsed, drained, and puréed) for 1 cup of flour. This trick cuts up to 200 calories and adds protein to a sweet treat, especially chocolate cakes and brownies.</p>
Frosting	<p>Marshmallow Fluff – Fluff has a similar consistency to frosting with fewer calories.</p>
Fats (Butter, margarine, shortening or oil) for baking	<p>Mashed bananas – If you have been adding bananas to shakes, you know that pureed (ripe) bananas are creamy and thickening. One cup of mashed banana works perfectly in place of 1 cup of butter or oil!</p> <p>Unsweetened applesauce – Try swapping out only half the fat your first few times. Once you get used to it, you can go for the full substitution.</p> <p>Pureed prunes – In brownies and other dark baked goods, prune puree makes for a perfect butter substitute while cutting more than half the calories and fat. Combine 3/4 cup prunes with 1/4 cup boiling water, and puree to combine. Sub in equal amounts in most dark baked good recipes!</p>
Cream	<p>Fat-free evaporated milk or fat free half-and-half – Both are lower in calories and an even swap.</p>
Baking Chocolate	<p>Cocoa powder plus canola oil – Use 3 tablespoons of natural, unsweetened cocoa plus 1 tablespoon of canola oil to replace 1 ounce of unsweetened baking chocolate.</p>
Cookie Crust	<p>Graham cracker crust – Refrain from the traditional sugar or Oreo cookie crust and grab the graham crackers. Reduced-fat graham crackers offer the same consistency and flavor with about half the calories of the conventional options.</p>
Ice Cream	<p>Pureed Bananas – Take your overripe bananas, chop them into small pieces and freeze. When pureed, frozen bananas' consistency is very close to ice cream.</p>



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 7

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade meal, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (30 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

1

2

SESSION

08

EAT MORE FOR LESS



SESSION OBJECTIVES

- Introduce the idea that healthy eating does not have to mean eating less
- Define energy density and how to calculate it
- Describe how to use energy density to eat more food for fewer calories



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

HEALTHY EATING DOES NOT ALWAYS MEAN EATING LESS

You may think that eating to lose weight means giving up certain things such as larger portions, fat, carbs, desserts, sodium...and the list goes on!

While giving up some of these foods DOES help you to eat fewer calories, it may not be sustainable for long-term weight loss. If all you do is eat less of everything, you will eventually end up feeling hungry, deprived, and dissatisfied.

Instead, you may be able to eat MORE with fewer calories and still feel full and satisfied if you eat the right foods.

Discussion Question

What strategies have you used to eat more food while also saving calories?



This example shows how much your food choices can affect how much food you can eat:



These two plates have the same number of calories. By replacing the high-fat chips with fresh vegetables, and the high-fat dip with low-fat dip/hummus or salsa, you can eat more food for fewer calories. Plus, you get all the vitamins and minerals too.

People tend to eat and be satisfied by the same volume of food every day, no matter how many calories are in the food. You can stay satisfied by lowering the number of calories in each meal that you eat, while keeping the amount or volume of food the same.

ENERGY DENSITY

What is energy density?

Energy density describes the number of calories in a certain volume of food.

- A high-energy-density food has a high number of calories for a small volume of food
- A low-energy-density food has fewer calories for the same volume of food

Choose low-energy-dense foods more frequently!

Choose foods and prepare meals that are high in volume, but low in calories. By lowering the number of calories in each portion of food that you eat, you lower the energy density of the food.

For example

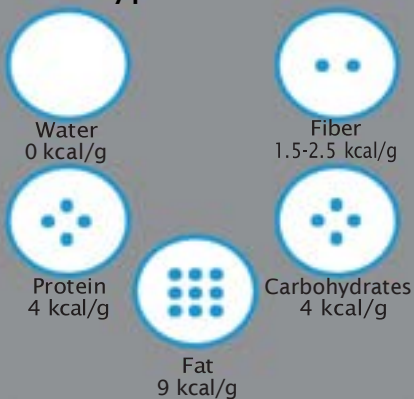
1 cup of grapes = 100 calories vs. 1 cup of raisins = 440 calories

6 oz. serving of vegetable enchilada casserole* = 250 calories vs. 6 oz. serving of beef enchilada casserole* = 600 calories

*with onion, zucchini, corn, black beans, tomatoes, corn tortillas, and reduced fat cheese vs. *with 80% lean ground beef, cream of chicken soup, corn tortillas, cheese, refried beans, and butter

DID YOU KNOW...

The number of calories per gram in each type of nutrient



What will increase the amount of food without greatly increasing calories?

- Water. Think about grapes vs. raisins. The main difference between them is that grapes are full of water.
- Fiber. Fiber adds almost no additional calories to foods.
- Air. You can eat 5 cups of 94% fat-free popcorn for only 100 calories, because it's full of air!

What will increase calories without greatly increasing the amount of food?

Fat: Fat has twice as many calories per gram, compared to carbohydrates and protein.

Alcohol: Alcohol has 7 calories per gram, which compares closely to fat. High amount of alcohol = high amount of calories.

In general, foods with lower-energy density tend to be foods that are...

- high in water
 - high in fiber
 - low in fat
- Can you think of some foods that fit this description?

Energy density determines how many calories are in a given weight of food. Nutrition labels don't offer this information, but you can calculate it yourself.

- A simple measure of energy density is "calories per gram"

Here's how to calculate it:

$$\frac{\text{Calories}}{\text{Grams}} = \text{Energy Density}$$

For example: If a label says a serving of frozen yogurt is 98 grams with 160 calories. Divide 160 by 98 to get 1.6 for the Energy Density.

You try: 1 large apple: 80 calories, 200 grams

Tip: If you would like to calculate energy density for a food listed in oz., multiply the number of oz. by 28.

6 oz serving yogurt; 80 calories: $80 / (6 \times 28) = 80 / 170 = .47$

Foods with a lower energy density are better choices:

- A food with an energy density of 2.0 will have twice as many calories as a food with an energy density of 1.0.
- As the energy density decreases, the number of calories decreases.

TIPS ON USING ENERGY DENSITY TO EAT MORE FOR LESS

1. Add low energy density ingredients to foods you frequently eat:

- Add vegetables (chopped spinach, shredded carrots, diced green pepper, shredded zucchini, broccoli, mushrooms, etc.) to mixed dishes such as omelets, lasagna, pizza, chili, soups, casseroles, and other dishes.
- Add fruit to cereals and yogurts. If a recipe calls for fruits or vegetables, add more than what is listed in the recipe.
- Add water, broth, or vegetable juice to casseroles and other dishes to make a soupier meal.
- Use whole grains to add more fiber.
- Other tips?

2. Prepare foods without extra fat and sugar:

- Fat can be lowered by using low-fat meat and cheese or using less of the high-fat ingredients.
- Use less butter, oil, or sugar than the recipe calls for. If baking, substitute unsweetened applesauce for the oil or butter, and replace half the sugar with sucralose (Splenda).
- Avoid adding sugar or syrups to fruits, or butters and oils to vegetables.



Discussion Question

Think of a recipe that you frequently prepare.

- What ways can you change the recipe to decrease the amount of fat and sugar?
- What ways can you change the recipe to increase the volume but not the calories?

3. Choose low-energy-dense options to replace your most common unhealthier options.

- For example, compared to a fried chicken sandwich, a grilled chicken salad with veggies and low-fat dressing is a great alternative with more vegetables, less fat, and fewer calories.



Discussion Question

Think of a food that is your biggest weakness:

- What is a good alternative to that food and why?
- If you're not sure, ask for suggestions from the group!

Soup and salad work!

Research has shown that people who eat a salad (with low-energy-dense ingredients) or a broth-based soup before a meal will eat less during the meal, and they will feel just as satisfied.

What about beverages?

Do not drink your calories! Except for high protein beverages such as your protein shakes, caloric beverages such as juices, soda, special coffee drinks, and alcohol add calories but do not help you feel full. Stick to no or low-calories beverages!





CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 8

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade meal, and 5 cups or more of fruits and vegetables per day).
2. Engage in physical activity (30 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION : **TAKING CHARGE
OF WHATS
AROUND YOU**

09



SESSION OBJECTIVES

- Discuss problem triggers and how they can turn into harmful habits
- Strategize how to change negative habits by changing your triggers and making different choices
- Practice using the “Breaking the Chain” handout with examples



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

WHAT “TRIGGERS” YOU?

Certain situations may tempt you to do things that are not consistent with your nutrition and physical activity goals.

Discussion Question

What feelings, thoughts, places, or social situations “trigger” you to eat off-plan?



Eating triggers may include...

- Emotions (depression, stress, anxiety, boredom, excitement, etc.)
- Pressure from family or friends
- The sight and smell of certain foods
- Activities, like watching TV, going to parties
- Passing by fast food restaurants or vending machines
- Certain times of the day
- Wanting to reward yourself for accomplishments



Why is it so easy to be triggered to eat?

A reinforcer is anything that increases the chance that someone will repeat a certain behavior. Two types of reinforcers are primary and secondary.

A primary reinforcer is biological and includes anything that we are born to find rewarding and satisfying. Food is a primary reinforcer.

A secondary reinforcer is learned. For example, we learn over time that losing weight feels good and is rewarding. However, because it is not automatically learned, and is not an immediate reward, it is easy for a primary reinforcer like food to override a secondary reinforcer such as engaging in behaviors that improve your health and well-being.

- From the time we are babies, food is paired with other pleasurable activities or is given as a reward for good behavior. As a result, food is sometimes the first thing we think of to automatically satisfy our needs and make us feel good.



Discussion Question

What feelings, thoughts, places, or social situations “trigger” you to be sedentary?

Examples of sedentary time triggers include ...

- Fatigue (physical or mental)
- Time of day
- Screen time
- Long work hours
- Your family/friends being inactive
- Your exercise partner canceling
- Overeating
- The weather - too hot, too cold, rainy, etc.

What triggers exist...

- In your living room?
- In your kitchen?
- At the table?
- At or on the way to work?
- At restaurants?
- At the grocery store?
- In other places?



What "triggers" you?

How habits form:	Example – Mary’s drive home:
1. Your environment, or where you spend your time, can play a big role in how you create habits.	1. Mary starts volunteering at her church twice a week. After her shift, she decides to reward herself with a milkshake from a fast-food drive-thru that is on her way home.
2. If your environment does not change you are more likely to respond to the same trigger in the same way.	2. Mary uses the same route each time she drives home from church.
3. If you respond to the same trigger repeatedly, the trigger begins to automatically lead to behaviors such as eating in the absence of hunger. In other words, you build a habit.	3. Because each shift is tiring, and because she takes the same route home, Mary begins to buy a milkshake to reward herself almost every time she drives home from church.
4. Often these habits lead to overeating, lack of physical activity, and weight gain over time.	4. Mary is not physically hungry when she buys the milkshake after her shifts. Mary soon realizes that she relies on the milkshake to comfort herself after a long day.

Are these habits about a lack of will power?

- Because habits are often automatic, they are very difficult to stop.
- In other words, habits don’t reflect a lack of “willpower,” they are the result of a learned behavior.

Will power is overrated! Use skill power instead!

- Very few people have enough willpower to override ingrained habits.
- What works best against negative habits is to use skills such as changing your environment and substituting the habit for other healthy behaviors.

How Can You Change Problem Triggers and Habits?

1. *Becoming more aware of your triggers*

- The first step to changing any behavior is to notice what is triggering the behavior.

2. *Reducing your exposure to triggers*

- The easiest way to do this is to remove a trigger from your environment altogether (e.g., stop keeping sweets in your home, stop driving past your favorite fast-food restaurant, etc.).

3. *By changing your response to triggers, you will replace unhealthy habits with new, healthier habits*

- You cannot remove or avoid your trigger for example if stress triggers overeating, you cannot guarantee that you will never feel stressed again, but you can learn healthy ways to manage it like going for a walk or talking to a friend.

Be patient!

It takes time to break an old habit and build a new one.

The old habit must be broken ever and over again for it to become 'unlearned'.

To build healthy eating habits...

1. Add positive food triggers

Make sure you have healthy snacks that are easy to reach, ready to eat, and in sight.

2. Limit negative food triggers

Avoid purchasing your “trigger foods” or foods that you have trouble limiting. If you must have them for others, keep them out of sight.

3. Limit eating to one area, like the dining room or kitchen. Don't eat in your car, living room, or at your desk.

4. When you eat, focus on your meal, and limit other activities like watching TV or reading.

To build healthy physical activity habits...

1. Add positive triggers

- Keep exercise equipment, exercise DVDs, and exercise clothes and shoes in sight. Lay them out the night before to work out in the morning.
- Utilize social support –
 - Schedule an “activity date” with a friend or family member.
 - Use a friend or family member as an accountability buddy – tell him/her your intent to exercise and ask him/her to call or text you for encouragement.
- Work out at the same time every day so it becomes a habit
- Pair exercise with a pleasurable activity such as watching TV or listening to music, podcasts, or audiobooks
 - e.g., commit to listening to a gripping audiobook, or your favorite TV show only when you are exercising.

2. Avoid negative physical activity triggers

- Limit TV watching in general or be active while you watch TV.

3. If possible, walk to your activities such as work or church.

4. If driving, park farther away from your destination. Take the stairs instead of elevators.

Breaking the Chain

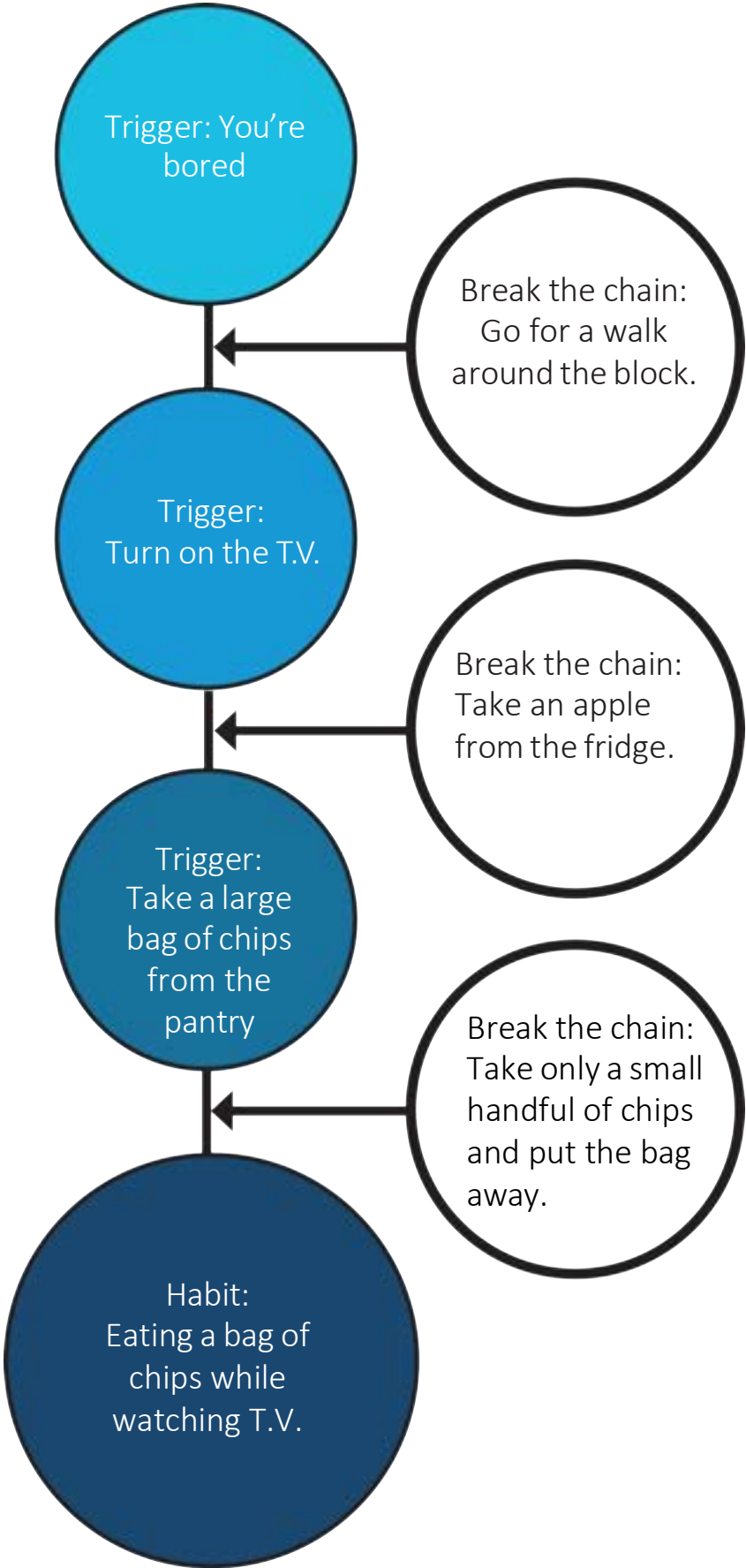
In this activity you will learn how to change triggers/habits

1. Fill in the chain of triggers that leads to an unhealthy habit for you.

2. Determine when you will break the chain that leads to your problem habit. Write down what you can do to prevent each trigger and habit in the chain and how to break the chain at each step.

3. On the next page is an example of a chain to a problem eating habit (eat a bag of chips while watching TV) and three ways to break it.

THE TRIGGER PROCESS

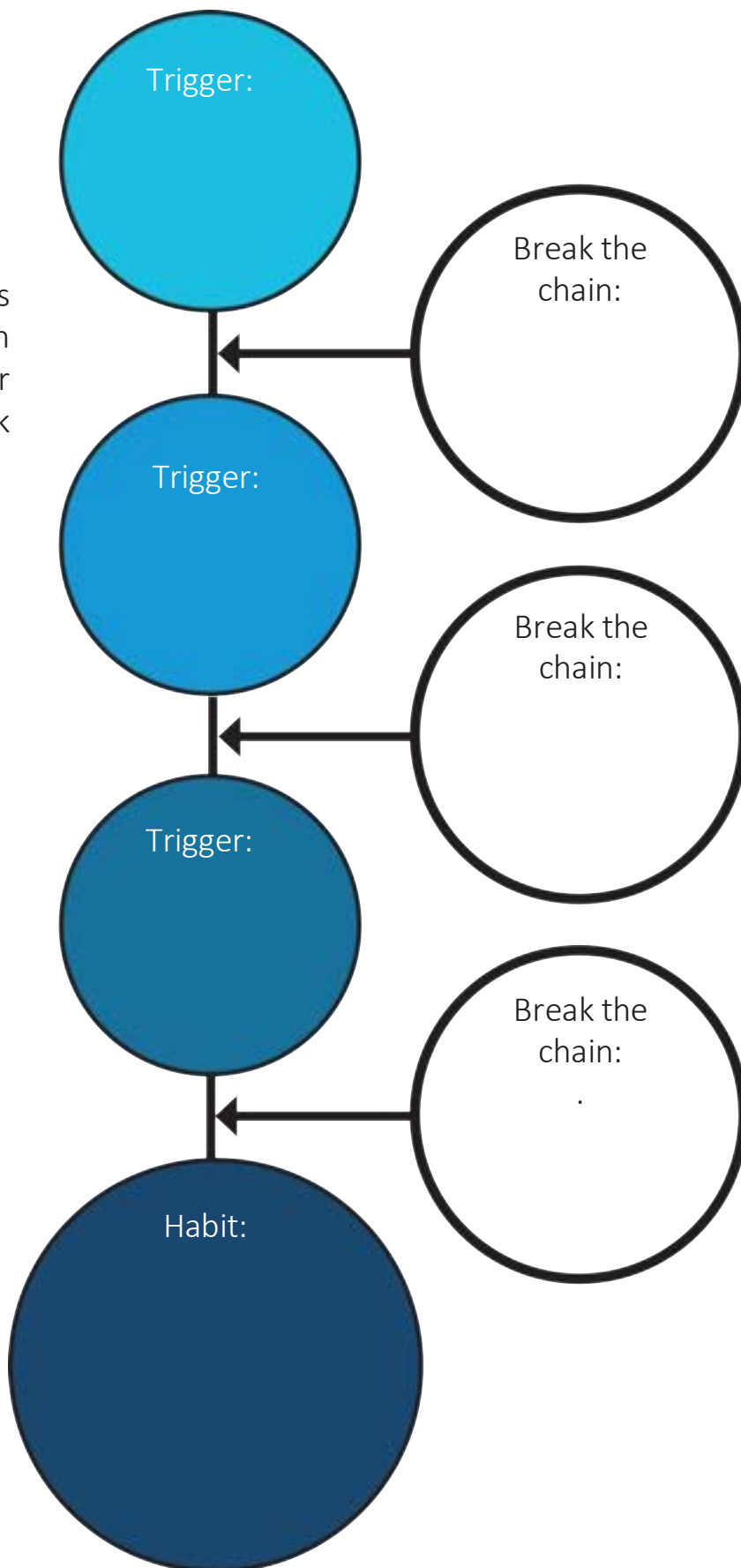


Now you try!

Write down a habit you wish to change related to diet or physical activity in the bottom shape.

Think about what triggers this habit and see if you can change your environment or use another behavior to break the chain.

Fill in the trigger side first by describing what happens at each step that leads to the habit. Then write a solution to implement at each step.





BUILD
HEALTHY
HABITS



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 9

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade meal, and 5 cups of fruits and vegetables per day).
2. Engage in physical activity (35 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:

3. Keep track every day by using MyNetDiary or paper log and Fitbit.


Other Goals for This Week:

- 1.
- 2.

SESSION

10

TAKING CONTROL OF YOUR HEALTH



"Our task in life consists precisely in a form of letting go of fear and expectations, an attempt to purely give oneself to the impact of the present."

-Michael Pollen

SESSION OBJECTIVES

- Review your personal motivation for making healthy lifestyle changes
- Explore the challenges of talking about weight with healthcare providers
- Develop communication strategies to use with healthcare providers to get your needs addressed.



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

LEARNING TO DRIVE: TAKING CONTROL OF YOUR HEALTHCARE JOURNEY

Be your own advocate

Remember that weight challenges are complex and not a matter of personal choice. While some people can manage to lose weight by exercising and improving their nutrition, others need more support and even medical treatment to improve this aspect of their health.

In the case of your own weight loss journey, you are the expert! By understanding your weight patterns, previous weight loss experiences, and medical/medication history, you are able to be your own best advocate in seeking support and guidance that will work best for you.

The first step is not always easy. Talking about weight in the healthcare setting can be uncomfortable but avoiding weight conversations may result in a delay of necessary medical care. Both patients and providers can be hesitant in bringing up weight concerns due to:

- negative feelings from prior interactions
- feeling pressured for time
- not wanting to step on the scale
- feelings of judgement
- feelings of failure/fault
- not feeling heard

But, when weight goes unaddressed, health problems can arise or worsen leading to a cycle of continued frustration and poor health outcomes.



Discussion Question

What are some positive experiences that you have had in your healthcare setting?



Taking Charge and Making Change

Before undertaking any weight loss strategies, it is important to identify your own personal reason(s) for making change. Think about what you value and what motivated you to join this program and write down your answer.

What, if anything, do you need from your medical provider to help you achieve your goals?

What would you say to a friend who was struggling with weight and wanted to ask a healthcare provider for help, but was hesitant to do so? (Feel free to share your answer)

Time to Take the Wheel

The following ideas may help to ensure your needs around weight management needs are being addressed with your healthcare provider:

Before You Meet

- Write down specific reasons you want to lose weight - pick the 2 most important and share with your provider
- Write down a list of topics you want to cover in your session (including medical issues and weight management questions)
- Follow up from previous visits

After You Meet

- Make use of medical provider electronic portals for questions that come up after your visit

Discussion Question

What are some other things you can do to make your next healthcare visit more productive?



List 3 take-aways from this session and make at least one of them something you can act on right away. For example, scheduling your next appointment.

1. _____

2. _____

3. _____



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 10

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade supper meal, and 5 or more cups of fruits and vegetables per day).
2. Engage in physical activity (35 minutes, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

1.

2.

SESSION

11

MAKE AND MEASURE



SESSION OBJECTIVES

- Introduce the Make and Measure Plan and how to transition from the Mix and Match to Make and Measure
- Explain guidelines to follow to meet your calorie goal
- Discuss examples of meals for each calorie goal



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

MAKE AND MEASURE PLAN

Now that you have followed Jump Start and Mix and Match, it may be time to transition to the Make and Measure plan. If you want to lose more weight, or having difficulty maintaining your weight, stay on the Jump Start or Mix and Match plan for added structure. Make and Measure allows for more flexibility and homemade meals with focus on balancing each meal with whole grains, lean protein, and fruits and vegetables.

Tips:

- Balance each meal with protein or dairy to help with satiety and glucose control
- Track everything you eat and drink to help you stay within your calorie goal
- Follow the guidelines below to stay within your calorie goal

HOW TO USE THESE MENUS AND GUIDES

The Make and Measure plan is more flexible and designed to help your sustainable habits. The guidelines on the following pages show you how to balance each meal with each food group within a calorie goal, however, the food groups can be swapped between meals. Important things to remember with this plan:

- Balance each meal with a protein or low-fat dairy and add a fruit or vegetable
- Aim for at least 1 cup of vegetables with lunch and supper (instead of eating only fruits throughout the day)
- The foods listed are the leanest and most nutritious. If you choose to have another food not on the list, be sure to track it to help keep you within your calorie goal.
 - For example, if you choose to have 80% lean beef instead of 90% lean beef, it will be higher in fat and calories, so you will need to reduce your portion of protein or calories elsewhere throughout the day.
- If you eat more or less of a food group listed at each time point, you can make up for it at the next meal or snack



1200 calorie Goal					
Food Type	Breakfast	Snack	Lunch	Snack	Supper
Whole Grains	1 serving		1 serving		2 servings
Lean Protein			1 ounce		3 ounces
Dairy	1 serving		1 serving		
Fruits and Vegetables	1 or more cups	1 or more cups	1 or more cups	1 or more cups	1 or more cups

EXAMPLE BREAKFAST MEALS -1200 CALORIES/ DAY GOAL

Meal 1:

Whole grains: ½ cup cooked oatmeal

Dairy: 1 cup skim or low-fat milk

Fruit: ½ cup sliced strawberries, ½ cup blueberries



Meal 2:

Whole grains: ½ English muffin, whole wheat

Dairy: 1 cup non-fat Greek yogurt

Fruit: 1 cup raspberries, ¼ avocado (for muffin)



Meal 3:

Whole grains: 1 slice toast, whole wheat

Dairy: 2 cups part-skim cottage cheese

Fruit: 1 fresh peach



EXAMPLE LUNCH MEALS

-1200 CALORIES/DAY GOAL

Meal 1:

Whole grains: ½ English muffin, whole wheat

Lean protein: 1 soft-boiled egg

Dairy: 1 ounce mozzarella cheese

Vegetables: 1 cup steamed spinach, 1 slice tomato, ¼ avocado



Meal 2:

Whole grains: 5 whole wheat crackers

Lean protein: 1 slice Canadian bacon

Dairy: 1-ounce crumbled feta cheese

Vegetables: 1.5 cups romaine lettuce, 1.5 cups spinach leaves, ½ cup cherry tomatoes, ½ cup sliced cucumber, 1.4 cup chopped onion, ¼ cup chopped bell pepper,

Extra: Fat-free ranch dressing



Meal 3:

Whole grains: ½ cup cooked wild rice

Lean protein: ¼ cup black beans

Dairy: 1 cup non-fat plain yogurt

Vegetables: ½ cup corn, ½ cup chopped tomatoes, ½ cup sliced bell pepper, 1/8 cup chopped onion, cilantro



BREAKFAST

Choose 1 grain

- 1/2 English muffin
- 3/4 cup unsweetened cereal
- 1/2 cup cooked oatmeal or cream of wheat
- 1 slice whole wheat toast

Choose 1 protein
OR 1 dairy

- 1/4 cup cottage cheese
- 1 egg
- 1 slice Canadian bacon
- 1 slice cheese
- 1 cup 2% or skim milk
- 3/4 cup no-sugar added, low-fat yogurt

Choose 1 or more fruits

- 1 banana, apple, peach, pear or orange
- 3/4 cup fresh or frozen berries
- 1/2 grapefruit
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon



LUNCH

Choose 1 grain

- 2 6-inch flour tortillas, whole wheat
- 2 slices bread, whole wheat
- 1 6-inch pita, whole wheat
- 1 hamburger bun, whole wheat
- 1 cup cooked pasta

Choose 1 protein

- 2 ounces of lean beef, trimmed & drained of fat
- 2 ounces of lean pork (ham, Canadian bacon, tenderloin, center loin chop)
- 2 ounces lean deli sandwich meat

Choose 1 additional protein or 1 dairy

- 2 Slices of cheese
- 1 cup 2% or skim milk
- 3/4 cup low-fat, no-added sugar yogurt
- 1-ounce lean beef
- 1-ounce lean pork
- 1-ounce deli meat

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)



Total calories = 1200-1300 per day.

SUPPER

Choose 2 grains

- 1 6-inch flour tortillas, whole wheat
- 1 slice bread, whole wheat
- 1/2 6-inch pita, whole wheat

Choose 1 protein

- 1/2 cup cooked pasta, whole wheat
- 1/2 cup cooked brown rice
- 3 ounces of beef, trimmed and drained of fat
- 3 ounces of pork (top loin, chop, Boston butt, cutlet)
- 3 ounces of poultry
- 3 ounces lamb (rib, roast, ground)
- 3 eggs
- 3 ounces lean deli sandwich meat

Choose 1 or more fruits

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

OR

CASSEROLE SUPPER

Choose 1 casserole

Casseroles made

with mostly meat and added fats

Examples:

- 1/2 cup tuna/chicken salad

Non-creamy casseroles made with pasta, rice, beans, and veggies and/or meat or cheese

Examples:

- 1 cup tuna noodle, lasagna, spaghetti with meatballs, or chili with beans

Choose 1 or more fruits

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

SNACKS

Snack on as many fruits and veggies as you would like

CONDIMENTS & BEVERAGES

Remember to keep condiments to 30 calories or less per tablespoon. Aim for:

- Fat-free salad dressings, mayo, cream cheese, sour cream
- Low-sugar jams, jellies
- Sugar-free gelatin and syrup
- Ketchup
- Mustard

Avoid alcohol or limit for special occasions only. Aim for calorie-free beverages such as:

- Water, sparkling water, or calorie-free flavored water
- Unsweetened tea
- Black coffee



1500 calorie Goal

Food Type	Breakfast	Snack	Lunch	Snack	Supper
Whole Grains	1 serving		2 servings		2 servings
Lean Protein			2 ounces		3 ounces
Dairy	1 serving		1 serving		1 serving
Fruits and Vegetables	1 or more cups	1 or more cups	1 or more cups	1 or more cups	1 or more cups

EXAMPLE BREAKFAST MEALS - 1500 CALORIES/ DAY GOAL

Meal 1:

Whole grains: 1 cup whole grain cereal

Dairy: 1 cup skim milk

Fruits: 1 medium banana, 1 cup sliced strawberries



Meal 2:

Whole grains: 1 slice toast, whole wheat

Dairy: 2 cups part-skim cottage cheese

Fruits: 1/2 cup watermelon chunks, 1 small kiwi



Meal 3:

Whole grains: 6-inch tortilla, whole wheat

Dairy: 1-ounce low-fat cheese

Vegetables: 1 cup steamed spinach, 1/2 cup chopped pepper, 1/8 cup chopped onion



EXAMPLE LUNCH MEALS - 1500 CALORIES/DAY GOAL

Meal 1:

Whole grains: 1 cup pasta, whole wheat

Lean protein: ¼ cup chickpeas, ¼ cup soybeans

Dairy: 1-ounce low-fat cheese

Vegetables: ½ cup sliced cucumber, ½ cup cherry tomatoes, ¼ avocado



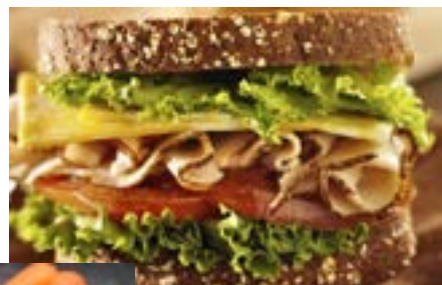
Meal 2:

Whole grains: 2 slices of bread, whole wheat

Lean protein: 2 slices deli turkey

Dairy: 1 slice low-fat cheese

Fruits and vegetables: 2 slices tomato, bib lettuce, 1 medium apple, 1 cup baby carrots



Meal 3:

Whole grains: 1 English muffin, whole wheat

Lean protein: 2 scrambled eggs

Dairy: 1 cup skim milk

Vegetables: ¼ cup chopped tomato, 1 cup carrots, 1 cup sliced bell pepper

Extra: 2 tablespoons fat-free ranch dressing



BREAKFAST

Choose 1 grain

- 1 English muffin
- 1.5 cups unsweetened cereal
- 1 cup cooked oatmeal or cream of wheat
- 2 slices whole wheat toast

Choose 1 protein
OR 1 dairy

- 1/2 cup cottage cheese
- 2 eggs
- 2 slices Canadian bacon
- 2 slices cheese
- 1 cup 2% or skim milk
- 1.5 cups no-sugar added, low-fat yogurt

Choose 1 or
more fruits

- 1 banana, apple, peach, pear or orange
- 3/4 cup fresh or frozen berries
- 1/2 grapefruit
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon



LUNCH

Choose 1 grain

- 2 6-inch flour tortillas
- 2 slices whole wheat bread
- 1 6-inch pita, whole wheat
- 1 hamburger bun, whole wheat
- 1 cup cooked pasta, whole wheat

Choose 1 protein

- 2 ounces of lean beef, trimmed & drained of fat
- 2 ounces of lean pork (ham, Canadian bacon, tenderloin, center loin chop)
- 2 ounces lean deli sandwich meat

Choose 1
additional
protein or 1
dairy

- 2 Slices of cheese
- 1 cup 2% or skim milk
- 3/4 cup low-fat, no-added sugar yogurt
- 1 ounce lean beef
- 1 ounce lean pork
- 1 ounce deli meat

Choose 1 or
more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)



Total calories = 1500-1600 per day.

SUPPER

Choose 2 grains

- 1 6-inch flour tortillas
- 1 slice whole wheat bread
- 1/2 6-inch pita, whole wheat

Choose 1 protein

- 1/2 cup cooked pasta, whole wheat
- 1/2 cup cooked rice
- 3 ounces of beef, trimmed and drained of fat
- 3 ounces of pork (top loin, chop, Boston butt, cutlet)
- 3 ounces of poultry
- 3 ounces lamb (rib, roast, ground)
- 3 eggs
- 3 ounces lean deli sandwich meat

Choose 1 or more fruits

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

OR

CASSEROLE SUPPER

Choose 1 casserole

Casseroles made

with mostly meat and added fats

Non-creamy casseroles made with pasta, rice, beans, and veggies and/or meat or cheese

Choose 1 or more fruits

Choose 1 or more vegetables

Examples:

- 1/2 cup Tuna/chicken salad

Examples:

- 1 cup tuna noodle, lasagna, spaghetti with meatballs, or chili with beans

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

SNACKS

Snack on as many fruits and veggies as you would like

CONDIMENTS & BEVERAGES

Remember to keep condiments to 30 calories or less per tablespoon. Aim for:

- Fat-free salad dressings, mayo, cream cheese, sour cream
- Low-sugar jams, jellies
- Sugar-free gelatin and syrup
- Ketchup
- Mustard

Avoid alcohol or limit for special occasions only. Aim for calorie-free beverages such as:

- Water, sparkling water, or calorie-free flavored water
- Unsweetened tea
- Black coffee



1800 calorie Goal

Food Type	Breakfast	Snack	Lunch	Snack	Supper
Whole Grains	2 servings		2 servings		3 servings
Lean Protein	2 ounces		3 ounces		3 ounces
Dairy	1 serving		1 serving		1 serving
Fruits and Vegetables	1 or more cups	1 or more cups	1 or more cups	2 or more cups	1 or more cups

EXAMPLE BREAKFAST MEALS - 1800 CALORIES/DAY GOAL

Meal 1:

Whole grains: 2 slices toast, whole wheat

Lean protein: 2 scrambled eggs

Dairy: 1 cup non-fat yogurt

Fruits: 1 cup sliced strawberries



Meal 2:

Whole grains: 1 English muffin, whole wheat

Lean protein: 1 slice Canadian bacon, 1 egg

Dairy: 1-ounce low-fat cheese

Fruits: 1 cup blueberries



Meal 3:

Whole grains: 2 mini-whole wheat muffins, made w/ zucchini and carrots

Lean protein: 2 hard-boiled eggs

Dairy: 1 cup skim milk

Fruits: 1 cup raspberries



EXAMPLE LUNCH MEALS - 1800 CALORIES/DAY GOAL

Meal 1:

Whole grains: 5 crackers, whole wheat

Lean protein: $\frac{3}{4}$ cup cooked shredded chicken

Dairy: 1 cup skim milk

Fruits and vegetables: 1 medium baked sweet potato, 1 cup steamed broccoli



Meal 2:

Whole grains: 2 6-inch tortillas, whole wheat

Lean protein: 3 ounces cooked ground beef, 90% lean

Dairy: $\frac{1}{3}$ cup low-fat shredded cheese

Fruits and vegetables: $\frac{1}{2}$ cup corn, $\frac{1}{2}$ cup sliced tomatoes, 1 cup shredded lettuce, 2 cutie oranges



Meal 3:

Whole grains: 2 slices toast, whole wheat

Lean protein: 3 ounces canned tuna, packed in water

Dairy: 1 cup skim milk

Fruits and vegetables: $\frac{1}{2}$ cup chickpeas, 1 cup sliced cucumber, 1 cup spinach leaves, $\frac{1}{4}$ avocado

Extra: 2 teaspoons mustard



BREAKFAST

Choose 2 grains

- 1 English muffin
- 1.5 cups unsweetened cereal
- 1 cup cooked oatmeal or cream of wheat
- 2 slices whole wheat toast

Choose 1 protein
AND 1 dairy

- 1/2 cup cottage cheese
- 2 eggs
- 2 slices Canadian bacon
- 1 slice cheese (or 1.5 oz)
- 1 cup 2% or skim milk
- 1 cup no-sugar added, low-fat yogurt

Choose 1 or
more fruits

- 1 banana, apple, peach, pear or orange
- 3/4 cup fresh or frozen berries
- 1/2 grapefruit
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon



LUNCH

Choose 2 grains

- 2 6-inch flour tortillas
- 2 slices whole wheat bread
- 1 6-inch pita, whole wheat
- 1 hamburger bun, whole wheat
- 1 cup cooked pasta, whole wheat

Choose 1 protein

- 3 ounces of lean beef, trimmed & drained of fat
- 3 ounces of lean pork (ham, Canadian bacon, tenderloin, center loin chop)
- 3 ounces lean deli sandwich meat

Choose 1
additional
protein or 1
dairy

- 1 Slice of cheese
- 1 cup skim milk

Choose 1 or
more vegetables

- 1 cup low-fat, no-added sugar yogurt
- 1 ounce lean beef
- 1 ounce lean pork
- 1 ounce deli meat
- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)



Total calories = 1800-1900 per day.

SUPPER

Choose 3 grains

- 1 6-inch flour tortillas
- 1 slice whole wheat bread
- 1/2 6-inch pita, whole wheat

- 1/2 cup cooked pasta, whole wheat
- 1/2 cup cooked brown rice

Choose 1 protein

- 3 ounces of beef, trimmed and drained of fat
- 3 ounces of pork (top loin, chop, Boston butt, cutlet)
- 3 ounces of poultry
- 3 ounces lamb (rib, roast, ground)
- 3 eggs
- 3 ounces lean deli sandwich meat

Choose 1 or more fruits

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

OR

CASSEROLE SUPPER

Choose 1 casserole

Casseroles made with mostly meat and added fats

Examples:

- 1/2 cup Tuna/chicken salad

Non-creamy casseroles made with pasta, rice, beans, and veggies and/or meat or cheese

Examples:

- 1 cup tuna noodle, lasagna, spaghetti with meatballs, or chili with beans

Choose 1 or more fruits

- 1 banana, apple, peach, pear, or orange
- 3/4 cup fresh or frozen berries
- 1/2 cup canned fruit (not in syrup)
- 17 grapes
- 1 cup cubed melon, watermelon

Choose 1 or more vegetables

- 1 cup any fresh, frozen, or canned vegetables
- 3 cups of leafy green veggies (romaine lettuce, spinach leaves, mixed greens)

SNACKS

Snack on as many fruits and veggies as you would like

CONDIMENTS & BEVERAGES

Remember to keep condiments to 30 calories or less per tablespoon. Aim for:

- Fat-free salad dressings, mayo, cream cheese, sour cream
- Low-sugar jams, jellies
- Sugar-free gelatin and syrup
- Ketchup
- Mustard

Avoid alcohol or limit for special occasions only. Aim for calorie-free beverages such as:

- Water, sparkling water, or calorie-free flavored water
- Unsweetened tea
- Black coffee



Weekly Meal Planner

1. Check refrigerator, freezer, and cupboard for items that need to be used. Fill in menu using these items.
2. Review grocery adds for specials that you can use this week in your menu plans and grocery list.

Monday

Tuesday

Wednesday

Thursday

Friday

On Hand

Breakfast

Lunch

Supper

How did I do?

<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein	<input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 11

1. Follow the Mix and Match plan (1 protein shake, 1 prepackaged meal, 1 homemade meal, and 5 or more cups of fruits and vegetables per day).
2. Engage in physical activity (40 minutes, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

1.

2.

SESSION
12 : **BE WISE: FOOD LABELING AND MARKETING**



SESSION OBJECTIVES

- Discuss the importance of reading food labels for making healthy meals
- Explain how to read food labels and what various terminology means
- Emphasize importance of portion sizes for weight management



CHECK IN:

What went well for you this past week?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Protein Shakes	
Prepackaged Entrees	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

BE WISE: FOOD LABELING AND MARKETING

- Serving larger portions at slightly higher prices = higher profit. For example, on average, it costs an Italian restaurant less than 60 cents a plate to double a serving of pasta. However, because of the larger portion, the restaurant charges \$2-\$3 more.
- Restaurants and food companies compete by “value sizing” or providing more food for the dollar. They are seen as a better deal even though they cost more.
- Large portions have become so common that people have come to expect them. If the portion sizes of the foods at your favorite restaurant were cut in half, would you believe you were getting a bad deal?

Food labels and weight management:

- The most important information to look at for weight management is the total calories per serving and the serving size. Using this information, you will be able to determine the number of calories you are eating.

Food labels and overall health:

- Use the food label and MyNetDiary to make sure you are getting enough important nutrients such as fiber and calcium and are limiting your amounts of less healthy nutrients such as fat, sodium and added sugars.

Don't be fooled, read the label!

- Just because a food claims to have a certain health benefit, does not mean it's a healthy option overall.
- Reading the label and deciding for yourself is the best way to ensure you are making the best choices.

Discussion Question

How has reading food labels helped you manage your weight so far on the program? How can reading food labels help you manage your overall health?



NUTRITION LABELS

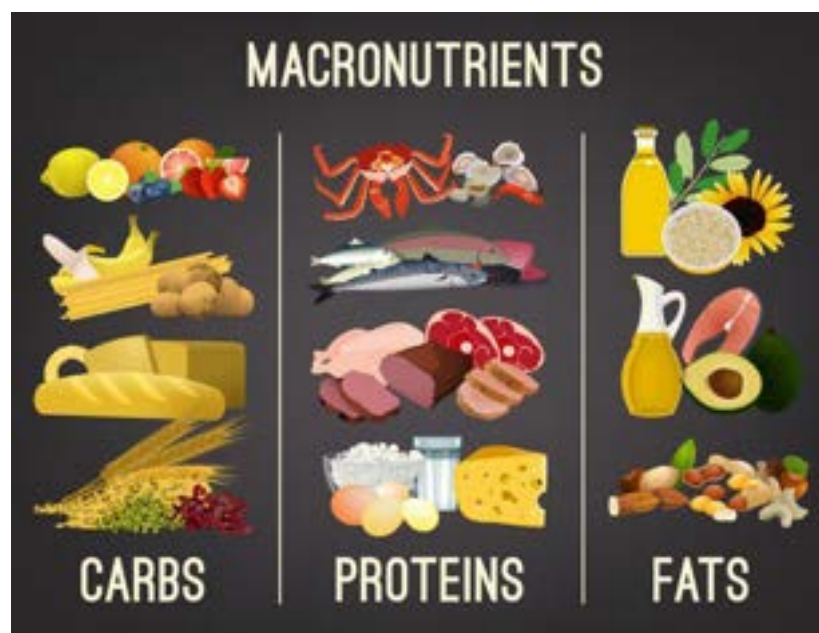
Knowing how to read nutrition labels can also help you manage a chronic illness such as hypertension.

The Macronutrients: Total Fat, Total Carbohydrate, and Protein

General info and tips:

Fat, Carbohydrates, and Protein are macronutrients, or nutrients that our bodies need in larger amounts to be healthy.

- In addition to total fat, nutrition labels are required to list the amount of saturated fat and trans-fat. These types of fats are linked with health problems such as heart disease. Some food labels also list their amounts of monounsaturated and polyunsaturated fats (the healthy fats), but they are not required to.
- Limit added sugars (sugars added during manufacturing and processing), which add calories but no other nutrients. There isn't a Recommended Daily Value for sugar, but you can compare the sugar content in grams between different foods.
- Many processed foods usually have added sugars and are high in fat and calories.



Picture credit: VectorStock

Sodium

General info and tips:

- The body needs a small amount of sodium in order to function, but many foods have too much added sodium.
 - The percent daily value (DV) of sodium is based on 2400 mg of sodium.
 - Foods over 20% DV are high in sodium

The Micronutrients: Vitamin D, Calcium, Iron, and Potassium.

General info and tips:

These nutrients are listed because they were found to be lacking in many Americans' diets.

- The RDA for vitamin D is 600 IU/day. It can be difficult to get enough vitamin D through food alone, but our body can create it from sunlight absorbed into our skin. In winter, when our skin is not as exposed and the sun is not as strong, make sure you are eating foods such as whole eggs, salmon, and tuna.
- The RDA for calcium is 1000 mg each day. This is adequate for most adult consumers, but not for post-menopausal women or men older than 70. These individuals need higher amounts of at least 1200 mg each day.
- Add a zero to the percent value to find the amount of calcium in milligrams.
- Iron is important for red blood cell functioning and decreasing the risk of anemia.
- Potassium is important to offset high levels of sodium, which can help decrease risk for hypertension. Potassium is found in fruits, vegetables, and dairy products.

Ingredients on nutrition labels are listed in order from highest to lowest quantity, according to their weight. The first two to three ingredients matter the most. For example, if a product claims to be a good source of whole grain, make sure the word "whole" appears in the first two ingredients.

Let's Practice:

Look at the Nutrition Facts on a food you eat frequently. Share whether the food is a good option for health and for weight management.

Why or why not?

Tip: Use the instructions next to the pictured macaroni & cheese label as a guide while looking at your own food. (Nutrition labels may not list calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, or sugars on their nutrition label if the amount of these nutrients equals zero.)

1 Start here →

2 Check calories

3 Limit these nutrients

4 Get enough of these nutrients

5 Footnote

6 Quick guide to % DV

- 5% or less is low
- 20% or more is high

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily value*	
Total Fat 8g	10%
Trans Fat 0g	
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235	6%

*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.

Many of you may already have some knowledge about reading food labels. In this section, we present less commonly known information to help you understand your food label.

Serving Size and Servings Per Container

General info and tips:

- All the nutrition information on the label is based on the serving size. Many packages contain more than one serving.

Delving deeper:

- Don't be fooled by foods and drinks that are sold to be consumed in one sitting!
- Different brands of similar foods may have different serving sizes. Keep this in mind when you're comparing calories and nutrients between brands.



This single can of iced tea has 70 calories per serving... but 3 servings per can!

Discussion Question

Have you ever been surprised by a food's listed serving size or the number of servings per container?



% Daily Value

General info and tips:

- % Daily Value is a guide to the nutrients in your foods. It is based on nutritional recommendations for a 2,000-calorie diet.
- Depending on your calorie goal, you may need more or less of certain nutrients, but the % DV is still a helpful way to judge whether a food is high or low in a nutrient (5% or less is low, 20% or more is high).

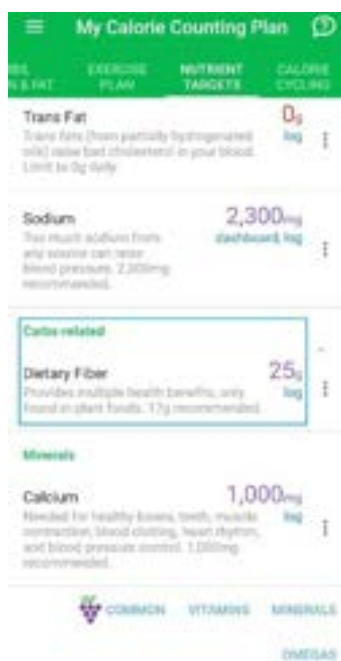
Delving deeper:

- You can use the % DV to make dietary trade-offs with other foods throughout the day. If you eat one food that has a high % DV for fat, make choices that are lower in fat the rest of the day. You can also use these values to compare similar foods with similar serving sizes. All of this is calculated in MyNetDiary, so you can set specific nutrient goals for yourself (i.e., fiber, calcium, sodium, etc.)

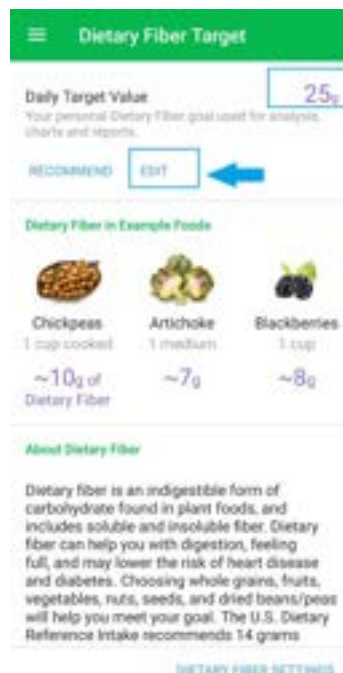
1.To set goals for specific nutrients in MyNetDiary, click on "My Plan" from the menu bar.



2.Click on the nutrient to set a goal.



3.Click on "Edit" and set your goal amount. Typical goal for fiber for women is 25 grams per day and for men is 35 grams per day.



LABEL TERMINOLOGY:

Remember: The information on a food label represents a single serving of that food item. Just because a food has one health benefit does not mean that it is a good choice overall. Read the label!

Calories

“Calorie free”	Less than 5 calories per serving
“Low calorie”	40 calories or less per serving
“Reduced” or “fewer calories”	At least 25% fewer calories than the regular product
“Light” or “Lite”	1/3 fewer calories or 50% less fat than the regular product
“Low calorie meals”	120 calories or less per 100 grams
“Light meal”	“low fat” or “low calorie” meal

Fats & Cholesterol

“Fat free”	Less than 0.5 gram fat per serving
“Low fat”	3 grams fat or less per serving
“Reduced fat”	At least 25% less than the regular product
“Light”	1/3 fewer calories or 50% less fat per serving than the regular product
“100% fat free”	Food meets the definition of “low fat” or “fat free” if stated as 100% fat free
“Low-fat meal”	3 grams or less fat per 100 grams, and 30% or less calories from fat
“Saturated fat free”	Less than 0.5 gram saturated fat and less than 0.5 gram trans fat per serving
“Low saturated fat”	1 gram or less saturated fat per serving and no more than 15% of calories from saturated fat
“Cholesterol free”	Less than 2 mg cholesterol and 2 grams or less saturated fat per serving
“Low cholesterol”	20 mg or less cholesterol and 2 grams or less saturated fat per serving
“Lean”	Less than 10 grams total fat, 4.5 grams or less saturated fat, and 95 mg cholesterol per 3-oz serving and 100 grams
“Extra lean”	Less than 5 grams total fat, 2 grams saturated fat, and 95 mg cholesterol per 3-oz serving and 100 grams

Sugar

“Sugarless” or “Sugar Free”	The food has no table sugar. It may contain corn syrup, sorbitol, fructose, honey, or other sweeteners. If these are present, they must be listed on the label.
“No Sugar Added”	No table sugar has been added to sweeten the food. The food may have sugar in it naturally. It may have calories from fat or other carbohydrate sources.

Other Items

“High”	An amount that’s 20% or more of the Daily Value for a nutrient (e.g. “high in Vitamin C”)
“Good source”	An amount that’s 10-19% of the Daily Value for a nutrient (e.g. “good source of fiber”)
“More”	An amount that’s 10% or more of the Daily Value when compared with the regular product (e.g. “more iron”) Other terms: enriched, fortified
“Healthy”	A food that’s low in fat and saturated fat, 480 milligrams or less sodium per serving, and at least 10% Daily Value of vitamin A, C, calcium, iron, protein and fiber.
“Natural”	This usually means the food has no artificial color or flavors, no chemical preservatives, and no other man-made ingredients.

Remember: Fat-free or sugar-free does not mean calorie-free. In fact, some low-fat, fat-free, or sugar-free products are still high in calories. Always read the label!

For example, look at the foods below:

		Calories	Fat in grams
Sugar-free ice cream	(1/2 cup)	90	3
Non-fat frozen yogurt	(1/2 cup)	100	0
Regular ice cream (10-12% fat)	(1/2 cup)	143	7

FACTS ABOUT PORTION SIZES

Our ancestors were wired to want to eat whenever they could. This was handy when food was scarce, but in today's world when food is plentiful, this drive no longer serves us well.

1. Portion size affects how much people eat in one sitting:

Studies have found that the more food people are served the more they eat, with no difference in how full they feel after eating.

2. Most people do not accurately judge the amount of food they have eaten:

Even though there is information available about appropriate serving sizes, people often think that they are eating less than they are (by as much as 25%!) Most people also underestimate how many calories they consume each day.

3. Ballooning portion sizes go unnoticed:

Studies reveal that many Americans do not notice when portion sizes become larger. Most Americans also do not know recommended serving sizes and do not realize when they are eating too much.



4. Controlling portion size limits caloric intake:

Controlling portion sizes helps with weight management by limiting calorie intake, especially with high-calorie foods. The best way to do this is to measure your portions and eating fresh food - food that is not processed!

Discussion Question

Has tracking your food changed your opinion on typical portion sizes? How?



STRATEGIES FOR BALANCING CALORIES AND MANAGING PORTION SIZE:

Portion control when eating out:

- Avoid the "endless fries, bread sticks, chips" and the all-you-can-eat buffets.
- Order appetizers as the main course.
- Split an entrée with a friend.
- Put half of your meal in a to-go box before you start eating.

Portion control when eating in:

- Serve portions on individual plates instead of putting serving dishes on the table.
- Keep excess food out of reach.
- Eat small bites slowly.
- REMEMBER – you don't have to eat everything on your plate.



Portion control in front of the TV:

- Avoid eating in front of the TV as much as possible or eat only fruits and vegetables. It is easy to overeat when distracted and you are less likely to feel satisfied by what you are eating.
- If you decide to eat in front of the TV, measure out and track the correct portion size into a small bowl or container and put the rest of the package away. Remember, the more food that is in front of you, the more you are likely to eat.

PRACTICE PORTION MANAGEMENT BY CHANGING YOUR ENVIRONMENT

Out of sight, out of mind:

- Place especially tempting foods (such as cookies, chips, or ice cream) out of sight, such as on a high shelf or at the back of the freezer.
- Place healthy foods within easy reach. Replace candy bowls with fruit bowls!
- When buying in bulk, store excess in a place that is not convenient to get to, such as in the basement or garage.

Portion size versus serving size... there IS a difference!!

PORTION SIZE: the amount of food portioned out to consume.

SERVING SIZE: serve as a standardized measurement for nutrition information for both consumers and food manufacturers.

USING EVERYDAY ITEMS TO SIZE UP YOUR PORTIONS



1 Light Bulb
1/2 cup vegetable
1/2 cup berries, grapes



1 Golf Ball
2 Tbs peanut butter
1/4 cup dried fruit



1 Tennis Ball
1 medium fruit 1 cup ice cream
1 cup green salad 1 cup cooked pasta



1 Deck of Cards
3 oz meat/ poultry/ fish



4 Dice
1 oz cheese



1 Computer Mouse
1 baked potato



Small Cup of Hand
1 oz nuts, candy, trail mix



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 12

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day).
2. Engage in physical activity (40 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit.

Other Goals for This Week:

- 1.
- 2.

SESSION

13

SUCCESSFUL SOCIAL SUPPORT



SESSION OBJECTIVES

- Define helpful vs. problem social cues
- Discuss strategies for coping with problem social cues
- Discuss strategies for increasing helpful social cues and improving social support
- Talk about ways you can provide social support to others



CHECK IN:

Thinking back since our last meeting, what went well for you?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____; Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

WHAT ARE SOCIAL CUES

Discussion Question

Share an example of when you received support from others in your weight loss goals this week?



“Social cues” are things that people say or do that impact your behavior. Social cues can be either helpful or harmful when it comes to weight loss. Paying more attention to helpful social cues will increase your success with this program.

Helpful Social Cues

- Seeing others eating healthy foods or being active.
- Being offered healthy foods or invited to do something active.
- Being praised, complimented, or recognized for your efforts.

Problem Social Cues

- Seeing other people eating high calorie foods or being inactive. Being offered (or pressured) to eat problem foods or being persuaded to be inactive.
- Being criticized, hearing complaints, or not feeling supported in your efforts.

Discussion Question: What are some specific PROBLEM SOCIAL CUES that you have experienced?

The Social Cue Cycle

When you respond to a social cue in the same way repeatedly, you build a habit. The other person giving the cue also learns a habit. In turn, you and the other person cue each other, and these habits become routine and hard to change.

*For example – Mary and her husband Joe both often grab a bowl of ice cream before watching a movie. Both Mary and Joe have developed the habit of eating ice cream every night after dinner. It has become their routine, and they both cue the other to continue their habit.

Coping with Problem Social Cues

Although problem social cues are challenging, don't fret! There are many ways you can cope. Take a look at the tips below and see how they be used at social events, which are often full of problem social cues.

Method

Examples of Social Events

1. Check out your assumptions

Some cues exist because of what we assume others want us to do, but some assumptions can be wrong. Instead of assuming, ask what others really think and feel.

You may assume the host of an event would be insulted if you didn't eat a dessert she prepared. Instead of assuming, talk with the host about your goals. You may find that she's not insulted and actually proud of your weight loss efforts.

2. Stay away from the cue

Keep the problem cue out of sight; it will be easier to resist the temptation to go off-plan. Enjoy socializing without focusing on food.

Stand away from the food table or keep your hands busy with a low calorie beverage. Focus on catching up with friends or family; encourage party games that involve movement or a social activity of walking instead of eating.

3. Plan Ahead

Think ahead of time about ways that you can stay on track during social situations.

Eat a light meal before the event.

Budget your calories in advance.

4. Take charge of your social environment

Discuss problem cues with others; don't be afraid to ask for help. Talk openly about your goals with others. Add helpful cues.

Tell others in advance that you'll be staying away from the dessert table.

Serve or bring healthy foods to share. Share a new, low-calorie recipe or low-calorie product.

5. Practice responding in a healthy way

Say "No" to food offers. Show others you know they mean well. Offer to help.

Practice a polite but firm, "No, thank you."

Worksheet:

PLANNING FOR SOCIAL CUES

PROBLEM Social Cues

- Write down one social cue that is a problem for you.
- Make a positive action plan for changing this problem social cue.

A problem social cue for me:

Next time this happens I will handle it by:

POSITIVE Social Cues

- Write down a positive social cue that you would like to add to your life.
- Make a positive action plan for adding this cue.

Your positive social cue:

One way I can create a positive social cue is:

ASSERTIVE COMMUNICATION

Managing problem social cues may require assertive communication. Assertive communication means believing that your needs are just as important as others' needs.

Use assertive communication to share your thoughts, feelings, needs, and wants.

1. When speaking, use "I" statements that are specific and respectful.

- Using "I" statements lets others know what you're thinking without sounding accusing.
- Instead of, "you need to stop keeping cookies out on the counter," say, "When I see cookies on the counter, I get tempted. Please keep them in the cupboard."

2. Be sincere and firm in your tone of voice and facial expression.

- Communication isn't just verbal. You may not always feel confident, but it is possible to act it by keeping your posture upright, making eye contact, and maintaining a neutral or positive expression.
- Practice "role playing" assertive nonverbal communication in front of a mirror or with someone you trust.

3. State your wishes clearly without being overly apologetic.

- Being indirect or overly apologetic can cause people to take what you say less seriously. Remember, you do not need to apologize for what you need!
- Plan out and rehearse what you will say ahead of time, especially for difficult conversations.
- Instead of, "I'm sorry to bring this up but I'm thinking that at this restaurant there might not be enough healthy options..." try "I looked at the menu and they don't serve anything that fits within my plan. I would like to go to a different restaurant." (Then provide a couple of suitable options to choose from.)

4. Compliment your host and let them know you are enjoying yourself.

- Instead of, "I'm going to need to avoid that cake and champagne you're serving," say, "I love how you decorated for the party." or "I'm so happy to catch up with everyone!"

5. Provide or Ask for an alternative.

- People prefer to be given direct instructions on how to help. If you are hosting a party, make sure to provide healthy food options. When someone asks what they can bring, suggest fruit or vegetable snacks. If you are at a barbecue, bring a Frisbee and suggest playing catch instead of playing cards.

INCREASING HELPFUL SOCIAL CUES AND BUILDING SOCIAL SUPPORT

People can be supportive of you in different ways. You can create a supportive environment by setting a good example.

- Offer encouragement to people to make positive changes.
- Offer emotional support -sometimes people just need someone to listen.
- Ask how you can help problem solve. Brainstorm ideas to overcome barriers.
- Negotiate daily duties so everyone can get their needs met.

If you don't have much social support now, you can create it!

1. Ask for it. Don't assume that others know what you need. Ask for support.

*For example, your spouse keeps leaving desserts on the counter because she doesn't realize that you prefer that they're kept hidden in the cupboard.

2. Be specific. Know what you want or need and ask for it specifically.

*For example, instead of asking for help with the housework, specify that you would like help with the dishes.

3. Use common sense. Talk about other options if what you ask for isn't accepted.

*For example, if a friend does not want to join a gym with you, suggest a weekly walk with her instead.

4. Other ways you can build social support?

Discussion Question

1. Who could give you support for healthy eating? What will you ask them to do?
2. Who could give you support for being less sedentary? What will you ask them to do?



EXAMPLES OF HOW YOU CAN HELP OTHERS AND HOW THEY CAN HELP YOU



To Eat Healthy

- Serve low-fat/low-calorie foods.
- Eat low-fat/low-calorie foods when you are together.
- Don't tempt each other with problem foods as a reward or gift.
- Clear the table and put food away as soon as the meal is over.
- Ask for (or offer) help with cooking, shopping, or cleaning up after meals.
- Don't offer second helpings.
- Try new foods and recipes together.



To Be More Active

- Go for a walk.
- Plan social events around being active.
- Compromise when being active conflicts with schedules. Brainstorm solutions.
- Find a fitness partner. Praise each other for sticking to scheduled activities.
- Trade babysitting with a friend so you can have time to exercise.
- Set up a "date" with friends to be active – "walk & talk."
- Hold a partner accountable and encourage each other when one person is not feeling up to it.
- Try to achieve fitness goals with friends and family.

FOR WHOM CAN YOU PROVIDE SUPPORT?

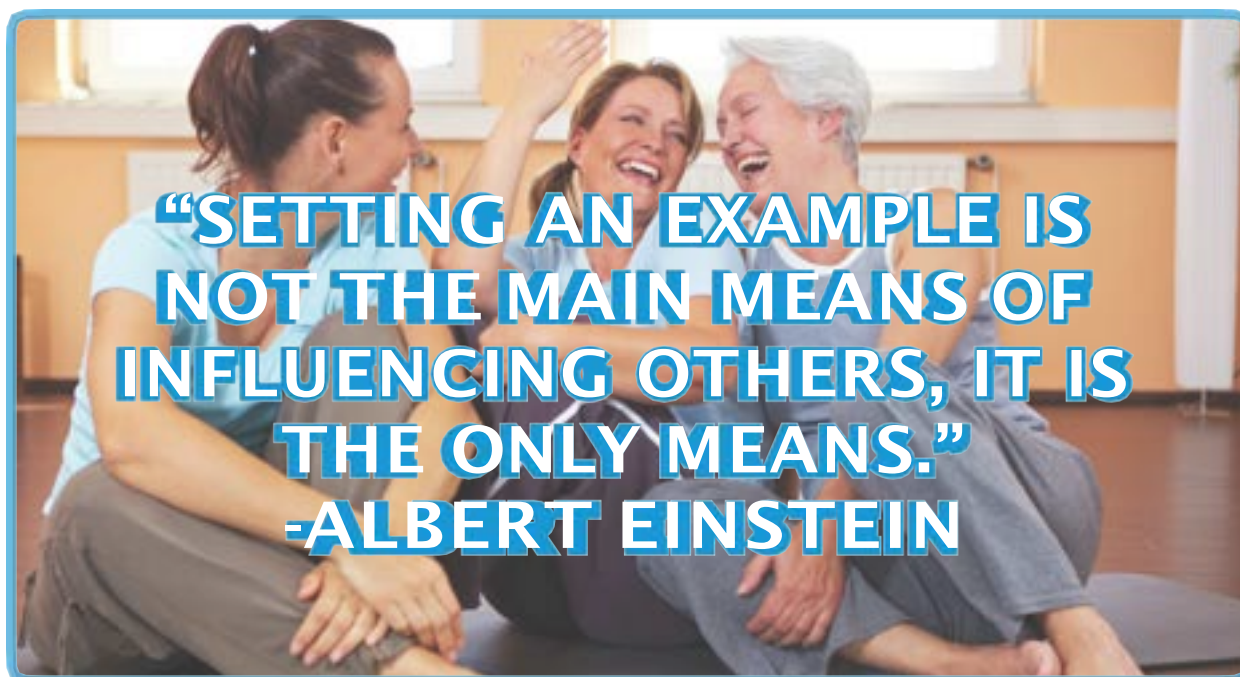
From this program, you are gaining a wealth of knowledge about dietary habits, nutrition, physical activity, and how to live a healthier lifestyle. As you grow throughout this journey, providing support to others will help you (and them!) to stay on track.

A great place to start being a supportive, healthy influence is within your own family. Children learn best through modeling. If you're modeling eating healthy foods and exercising, chances are that they will want to join you.



Discussion Question

Who in your family could you be a role model of health for? How?



Activity:

HOW WOULD YOU RESPOND ASSERTIVELY?

Look at the scenarios below. How would you respond to this situation using assertive communication skills?

1. You're at a holiday dinner and your sister notices that you only took fruit for dessert. She hands you a slice of the chocolate cake that she baked.
2. You're taking a road trip with your family and your son wants to stop at the McDonalds at the next exit. You want to find another option, but everyone is hungry and is eager to eat and get back on the road as soon as possible.
3. A friend from church had been your walking buddy for several weeks but has recently started cancelling at the last minute. This is very disappointing for you as having someone to walk with had been very motivating.
4. Other scenarios?



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 13

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day). Focus on whole grains, lean proteins, and limit sugar and fat. Avoid caloric beverages.
2. Engage in physical activity (45 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:

3. Keep track every day by using MyNetDiary or paper log and Fitbit. Stay within your calorie goal.

Other Goals for This Week:

1

2.

SESSION

14

MANAGING STRESS



SESSION OBJECTIVES

- Discuss situations that trigger stress
- Highlight common symptoms of stress
- Introduce tips for reducing everyday stress and coping with stress in the moment
- Discuss stressors related to the RETOOL program and strategies for coping with these stressors



CHECK IN:

Thinking back since our last meeting, what went well for you?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

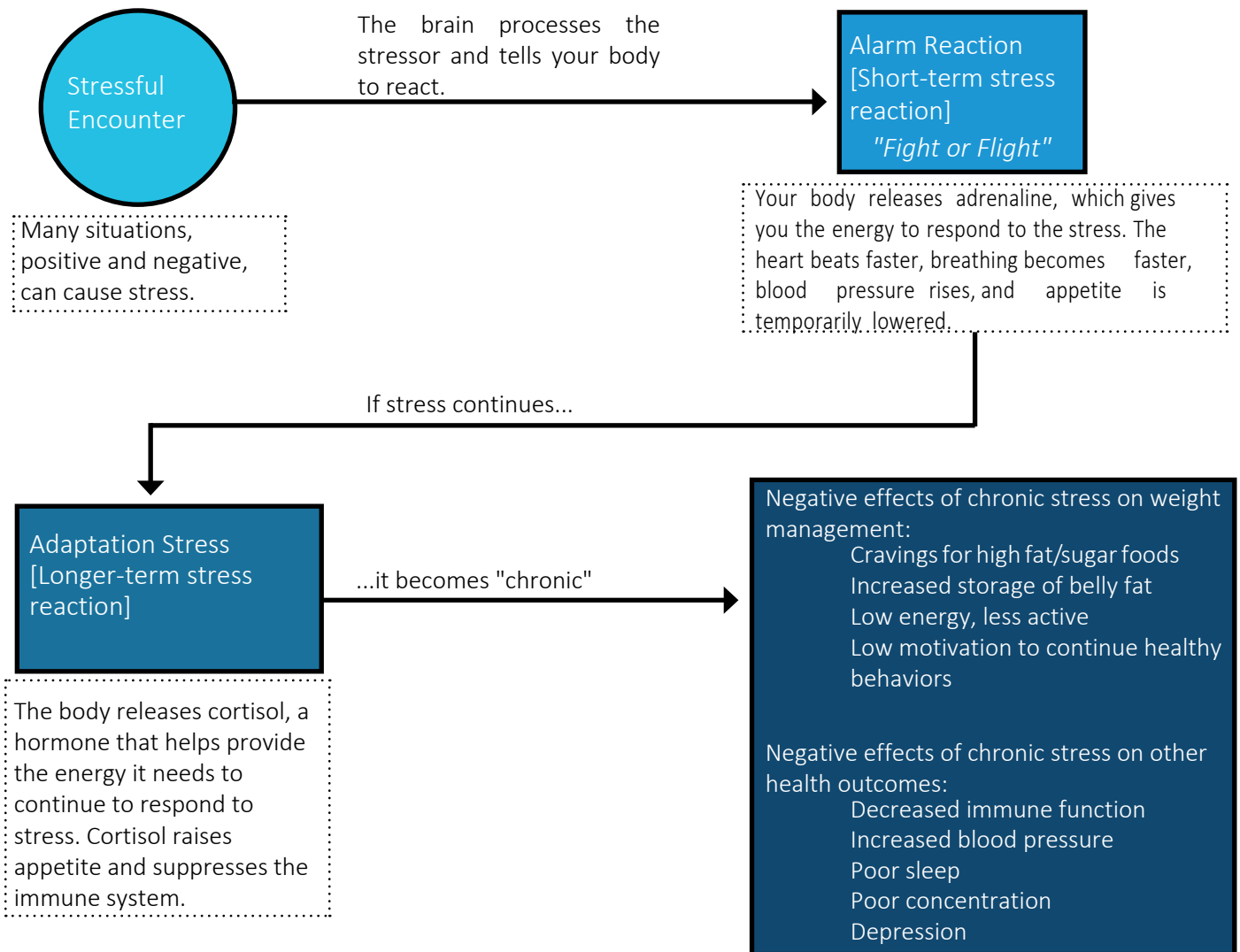
My other physical activity goal was _____; Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

WHAT IS STRESS?

Stress is the experience of mental or emotional strain or tension due to difficult or demanding life situations. The body responds to stress in a wide variety of ways, many of which influence weight management.



Discussion Question

What have you noticed about how stress influences your eating choices or activity habits while on this program?



Stress is caused by a wide variety of circumstances:

You can experience stress regarding your health, family, friends, finances, and work. Stress can come from positive as well as negative situations.

Stress also comes from the inside:

How you think and feel about situations can have a huge impact on how you experience stress.



Discussion Question

Share a situation in which your thoughts and feelings anticipating an event were much worse than what actually took place. (i.e. "making mountains out of molehills")

Common internal causes of stress include:

- Chronic worry – a proportional amount of worry is healthy, helps you organize your thoughts and prepare, but too much worrying becomes overwhelming, distracting, and potentially paralyzing.
- Pessimism – a persistent negative outlook leads to a cycle of inaction.
- Negative self-talk especially common in people trying to manage weight - this is a form of self-sabotage which can prevent you from meeting your goals.
- Perfectionism – always striving for flawlessness; setting unrealistically high expectations for how you or others should look or do certain things - these views are not reality.
- Rigid thinking – lack of flexibility; not being able to cope with the changes life throws at you.
- All-or-nothing attitude – also called “black and white” thinking; thinking that certain situations are either completely bad or completely good; not considering both sides. *Example: I had a piece of birthday cake at the office and now my whole calorie count is ruined. I might as well eat whatever I want today and start over tomorrow*

Your ability to tolerate stress depends on many factors:

Your support networks

- Having a strong, supportive network of friends, family members and/or work colleagues can sustain you through life's most challenging times.

Your sense of control

- If you have confidence in yourself and your ability to influence events and persevere through challenges, it is easier to tolerate the stress in your life.

Your attitude and outlook on life

- Having a positive outlook, finding meaning in negative events, accepting that change is a part of life, and having a sense of humor all help strengthen you against stress.

Your ability to handle negative emotions

- It is okay to feel sad, angry, and confused in reaction to stressful events. Learning to calm and soothe yourself in healthy ways can prevent stress from getting out of hand and help you think more clearly about solving problems

Your knowledge and preparation

- The more you know about a stressful situation, including how long it will last and what to expect, the easier it is to cope.
- Planning and managing your time effectively can also prevent stress.

***All of the above can be developed or learned! Start with your group or lifestyle coach!

RECOGNIZING STRESS

Common Symptoms of Stress:

Stress can affect your physical well-being, your emotions and thoughts, your behaviors, and your relationships. Check all that apply to you.

Physical Symptoms:

- Pain in your neck, shoulders, or lower back
- Headaches
- Digestive problems such as diarrhea, indigestion, and queasiness
- Changes in appetite
- Sleep problems
- Fatigue
- Teeth grinding
- Heart palpitations

Mental/Emotional Symptoms:

- Poor concentration
- Irritable or easily frustrated
- Depressed
- Feelings of loneliness or emptiness
- Pessimistic or negative attitude
- Inability to relax / anxious
- Sense of doom
- Nightmares
- Resentful of others
- Feeling like a victim
- Nothing pleases you
- Losing interest in things that you usually care about

Social and behavior symptoms:

- Smoking, drinking alcohol and/or using medications or illicit drugs to cope with feelings
- Overeating, compulsive shopping or other unhealthy self-soothing behaviors
- Withdrawing from your family and friends
- Not participating in activities or hobbies you usually enjoy
- Alternating between lashing out at others and clamming up
- Spending too much time on screens

Discussion Question

Not everybody reacts to stress in the same way. What did you notice about the symptoms that you checked off? For example...



- Did most of your symptoms fall in one of the above lists or did you have checkmarks across two or three of the above categories?
- Which symptoms are getting in the way of achieving your health goals and what could you do to address them?

STRESS MANAGEMENT STRATEGIES

Keeping everyday stress at bay:

Although no one can completely avoid stress, there are strategies you can use to keep your stress at a level that you can handle.

Practice saying, “No”

It is okay to say no to activities that you don't have time for or are not important to you.

Try to say yes only when it is right for you.

Share the load

It is okay to delegate some of your responsibilities at home and at work.

Set SMART goals

Set reasonable goals for yourself that you can achieve.

Take charge of your time

Practice good time management by using lists and calendars.

Schedule specific times for meal planning, exercise and other enjoyable activities and stick to your schedule.

Set realistic deadlines at home and at work.

Don't overwhelm yourself

- Try not to multi-task. Focus on accomplishing one thing at a time. Stay in the moment.

Problem-solve to complete tasks efficiently

- Think through a problem before tackling it.
- Brainstorm your options.
- Write down step-by-step plans and start with the most pressing tasks.

Keep things in perspective

- Remind yourself of all the good things in your life. Write down one thing you are grateful for every day.
- Think of times when you were able to cope with stress in the past. What helped you get through it?
- Pick your battles. Try to prioritize a few truly important things and let go of what you can't control.

Be A Giver

- Helping others feel good provides a sense of purpose others feels good, provides a sense of purpose, keeps things in perspective and boosts self- esteem.

Turn to your faith or beliefs

- Lean on your faith - prayer and meditation can help put things into perspective.

Reach out to people

- Lean on your friends, family, and colleagues for support.
- You can also talk to your PCP about finding a counselor or therapist if you would like support and guidance from a professional. Options through telehealth can help save time and money

Take care of your body

- Get plenty of physical activity.
- Develop a healthy sleep routine.
- Reduce caffeine as much as possible.
- Eat nutrient rich foods as a form of self-care and healing.

DEALING WITH STRESS IN THE MOMENT:

Use these strategies when you are in the thick of stressful situations.

Catch yourself feeling stressed as early as you can

- Remove yourself from the stressful situation and allow yourself some time to “cool down” so you can think clearly.

Take a 10 minute “time out”

- Don’t wait to deal with your stress until you are completely overwhelmed! Learn your own triggers and how you can avoid them before you become overwhelmed. *Move those muscles*
- Exercise is one of the most effective ways you can deal with acute and chronic stress.
- Just 10 minutes of exercise at a moderate to vigorous pace can help calm you down and improve your mood.

Pamper yourself.

- Give yourself some time to do things you enjoy such as walking the dog, taking a warm bath or watching a movie.

Use relaxation techniques

- Breathing – Try this: take a full, deep breath. Count to five then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

Pray

- Prayer can be a great stress reliever! Putting your problems and worries in the hands of your Higher Power can greatly reduce the stress you may be feeling.

Avoid self-medication or escape.

- Alcohol and drugs, overeating, compulsive shopping etc. mask stress and tend to make symptoms of anxiety or depression worse. Too much time on social media can also cause feelings of negativity.

Try to “use” stress.

- If you can’t escape from or remedy your stress, try to use it in a productive way. Overwhelmed by housework? Tackle it in small chunks. Commit to 30 minutes of cleaning in one room while listening to a podcast or your favorite music.

STRESS AND RETOOL

Stress can be caused by too much change too quickly (like changing your eating habits and physical activity) or by too little change. There is a fine balance of the two to keep your stress manageable. The chart on the following page show examples on how to keep the stress in balance.



Discussion Question

What are some negative ways that you have managed stress in the past? What are you currently doing or planning to do that would be a more positive approach?

Physical activity is one of the best ways to reduce the effects of stress on your body. Exercise lowers stress-related hormone levels and leaves you feeling relaxed and well-balanced.

- Aerobic exercise is the most effective because it increases oxygen circulation and produces endorphins (hormones that trigger positive feelings in the body).
- Exercise helps your body physically develop a resistance to stress. Over time, the body develops a more efficient and reliable recovery response to all types of stressors.
- Exercise is so effective in managing stress that it is recommended to help treat symptoms of clinical depression and anxiety. Many studies have shown that regular physical activity is as effective as antidepressants in treating depression. These benefits also continue to be effective long-term.

<i>Possible Source of Stress</i>	<i>Way(s) to Manage Stress</i>	<i>Examples</i>
Extra time spent in cooking food and shopping.	Share some of your work. Take charge of your time.	<ul style="list-style-type: none"> • Ask family members to help shop or cook. • Plan. Make double recipes. Freeze part for later. • Plan meals in advance and create shopping lists
Feel deprived when can't eat your favorite foods.	Allow your favorites in moderation - don't waste calories with things that are not your favorites. Find healthier replacements for the foods you love.	<ul style="list-style-type: none"> • Have a spoonful of ice cream instead of a bowl. Or try sugar free popsicles. • Season air-popped popcorn with your favorite flavors instead of eating chips. • Remind yourself why you are choosing more nutritious foods. • Reward yourself with non-food treats
Feel upset if your family doesn't like low-calorie foods or complains about the meals you are preparing.	Enable your family to make what they want for themselves but stick to your meal plan for you.	<ul style="list-style-type: none"> • Ask your family to support your efforts by trying new foods. • Get input on meal plans from family members - what food do they like and how could it be made healthier? • Discuss your feelings and your commitment to health with your family.
Feel uncomfortable in social activities where high-calorie foods are served.	Learn to say "no thank you" - you don't need to explain! Prepare: if you know healthy items won't be available, eat a healthy meal or snack before you go.	<ul style="list-style-type: none"> • Turn down invitations that aren't important to you. • Call the host or hostess ahead and ask if you can bring a low-calorie dish. • Before you go to a restaurant, check out the menu online and plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	Keep a detailed calendar and be realistic about what you can commit to Use creative problem solving.	<ul style="list-style-type: none"> • Schedule specific times to be active. Combine being active with other obligations. • Take a walk while the kids are at practice, ask a colleague for a walking meeting. Spend family time doing physical activities like hiking, biking, or learning a new game/sport.

PUTTING IT ALL TOGETHER

Remember that weight management is not just a special diet or an exercise plan - it is a life-long journey that contributes to your health, happiness, and well-being. Stressful events can lead to set-backs – but set-backs are not "failures." They help us learn what works for us and what doesn't work, and this builds resilience to keep moving forward! Taking time for ourselves, good planning and preparation are keys to managing stress. This is your own personal journey, and you have what it takes to succeed!

Things to think about:

- What are some stressful situations that may come up for you that could have a negative effect on your weight loss efforts?
- What are some ways that you can prepare for these situations so that the stress is kept as manageable as possible?
- What are some ways that you can cope in the moment?
- What are some SMART goals you can set to prevent any setbacks in your eating and exercise?





CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 14

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day). Focus on whole grains, lean proteins, and limit sugar and fat. Avoid caloric beverages.
2. Engage in physical activity (45 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:

3. Keep track every day by using MyNetDiary or paper log and Fitbit. Stay within your calorie goal.

Other Goals for This Week:

1

2.

SESSION
15

**DEALING WITH
CRAVINGS**



SESSION OBJECTIVES

- Explain the sources of food cravings
- Discuss why we crave certain foods like chips or sweets
- Explain how to manage food cravings
- Describe the differences between hunger and cravings



CHECK IN:

Thinking back since our last meeting, what went well for you?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____; Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

FOOD CRAVINGS

When it comes to food cravings, research shows that our emotions, stress, and even pleasurable memories of past eating influence our behavior. One way to deal with intense cravings is to become more aware of these feelings and memories so that we gain the opportunity to choose how we will respond. Learning to deal with cravings is very important in making nutritious food choices.

Discussion Question


What types of foods do you go to when you experience a craving?



Cravings can vary widely, but frequently lead us to eat foods high in sugar, fat, salt, and calories. What makes us crave these types of foods?

- Nutritional
 - Sometimes food cravings are telling us our bodies are missing important nutrients.
- Physical
 - Food cravings can occur from physical reasons - we want something to do with our hands or want to chew on something.

Why you're craving salt:



- Stress:** An excess of stress hormone cortisol causes salty food cravings
- Dehydration:** Salt is a necessary electrolyte in the body. Lack of fluids causes your body to crave salt to help balance electrolytes.
- Electrolyte imbalance:** If your levels of key minerals are off, you may have salt cravings as well as headaches and other symptoms.

- Emotional/Psychological
 - Food cravings often occur for emotional reasons -boredom, stress (and hormones released from stress), fatigue, anxiety, depression, and even excitement. Sometimes food cravings are part of a deeper issue like binge eating or restricting too much. If this feels like an issue for you, let your doctor know.

Sugar

- Eating sugar gives your brain a surge of a "feel good" chemical called dopamine.
- Over time as you eat more sugar, your body starts to require more sugar to get that same rush of dopamine.
- You may also notice that when you eat too much sugar, you experience a "sugar high" followed by a crash.
 - This happens when your pancreas produces insulin quickly to process that sugar causing your glucose level to drop.
 - This drop in glucose leads to low energy and that "crash". You may also get headaches and feel irritable and depressed. This then can create a vicious cycle as you start to crave more sugar to pick up from that crash.



Discussion Question

When you experience a craving, what kind of thoughts, feelings and sensations do you have? How do you usually respond to or cope with these?



HOW TO MANAGE CRAVINGS

Ride the wave



Cravings often come in waves. At first, they feel very strong and almost overwhelming as the craving grows more and more intense. If you resist, they seem to get worse but eventually they DO become weaker and go away. One way to deal with food cravings is to “ride” or “surf” them.

1. **Acknowledge** that you feel a craving compelling you to eat something high in sugar, fat, or salt.
2. **Observe.** Notice how it feels and what you are telling yourself about it. Especially notice any emotions, stress, feelings, or pleasurable memories connected to your craving.
3. **Breathe into the urge.** Don’t give in to it but don’t try to get rid of it. Allow it. Make room for it.
4. **Watch the intensity as it rises and falls.** Rate the intensity on a scale of 1 to 10 (use 1 for “barely noticeable” and 10 for “extremely strong”). As you breathe and observe the urge, rate the intensity of the urge as it changes. Remain aware of it until it finally begins to disappear.
5. **As your urge diminishes, evaluate what you learned about your feelings.** What emotions were driving your urge? Besides the high calorie food you were craving, what else might have a positive effect on your health and emotional well-being?



1. Understand the reason for the craving.

How are you feeling? Is there an emotional reason for the craving?



2. Make a choice.

Think through giving into the craving and how you feel afterwards. If you decide to pass, the craving will likely go away.



3. Pay attention to your body.

For women, sugar cravings can happen during hormonal cycles. If you crave protein-rich foods, you could be lacking this in your diet, or even have iron-deficiency.

Hunger vs Craving

Your body's signal for hunger is very different from food cravings, and you can learn to feel the difference. Noticing the difference gives you the opportunity to choose what to do.

Hunger feels like:

- Stomach gurgling, growling
- Mild "gnawing" in the stomach
- Light-headedness
- Headaches
- Irritability
- Nausea

Craving feels like:

- A strong desire for food
- Preoccupation with a specific food
- Demand for immediate satisfaction for the food being craved

8 ways to maintain a healthy balance and avoid food cravings:

1. Plan. Keep delicious, healthy food in stock and ready to eat instead.
2. When you are hungry, eat a healthy snack or meal.
3. Use breathing and relaxation exercises to help you with stressful thoughts and emotions.
4. Take active healthy steps to reduce stress and boredom.
5. Keep problem foods out of your environment or at least out of sight.
6. Allow yourself one or two bites of something you crave, but no more.
7. Remind yourself that excess calories are stored as body fat.
8. Stay hydrated - thirst can often be mistaken for hunger.



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 15

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day). Focus on whole grains, lean proteins, and limit sugar and fat. Avoid caloric beverages.
2. Engage in physical activity (45 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:

3. Keep track every day by using MyNetDiary or paper log and Fitbit. Stay within your calorie goal

Other Goals for This Week:

1.

2.

SESSION 16 : NAVIGATING HOLIDAYS AND SOCIAL GATHERINGS



SESSION OBJECTIVES

- Share why eating healthily during social gatherings can be a challenge
- Discuss strategies to use before, during, and after social gatherings to help you stay on track
- Practice these strategies by planning ahead for social gatherings and holidays



CHECK IN:

Thinking back since our last meeting, what went well for you?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____; Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

NAVIGATING HOLIDAYS AND SOCIAL GATHERINGS

Eating out at restaurants, ordering take-out, going to parties, and eating during the holidays can all be challenging when it comes to maintaining healthy eating. Often, we are presented with larger portion sizes, foods higher in fat and calories, and are eating with a larger group of people, all which impact how much we eat.

Eating out is an important part of our culture, traditions, and how we celebrate. However, research has found that eating out more than once per week is associated with risk of being overweight and gaining at least 4.5 pounds in one year.

DISCUSSION QUESTION

What has changed for you about eating out at restaurants or eating at social gatherings since this program started?



There are four main guidelines to follow for eating out at restaurants, social gatherings, and eating during the holidays.



Eating establishments with 20 or more locations list the calorie amount of each item on their menus or menu boards. Other nutrition information such as total fat, sodium, total carbohydrates, fiber, sugars, and protein are also available online or upon request.

Guideline # 1: Plan Ahead

At a Restaurant	At a Gathering	At Both
<ul style="list-style-type: none">• Avoid buffets and all-you-can-eat or “endless ___” places	<ul style="list-style-type: none">• Chat with the host to find out what is being served and plan your day around it	<ul style="list-style-type: none">• Ask questions on how food is prepared
<ul style="list-style-type: none">• Choose restaurants with low-calorie options and choose your meal ahead of time if possible	<ul style="list-style-type: none">• Bring a low –calorie side dish to share	<ul style="list-style-type: none">• Track your meal ahead of time then adjust based on what you ate
		<ul style="list-style-type: none">• Eat fewer calories during other meals by filling up on fruits and vegetables• DO NOT SKIP MEALS
		<ul style="list-style-type: none">• Avoid alcohol. If you do have a drink, do not drink on an empty stomach

We are less able to make healthy choices about eating and drinking when drinking alcohol. This is because alcohol affects the part of the brain that is responsible for judgment and decision-making, the prefrontal cortex.

Guideline #2: Ask for what you want!

Ask for the foods that you want:

- Ask how large the portions are
- Split a main dish with someone
- Order a smaller meal (appetizer, children's meal)
- Before the meal arrives, ask to have half of it placed in a to-go box
- Ask to have the breadbasket or chips removed if on the table already
- Ask for salad dressings, sauces, gravies on the side or skip them
- Ask if foods can be cooked in a different way - i.e. grilled meat instead of fried meat, "dry" cooked vegetables (no oil or butter), etc.

Examples:

Get -together: Nancy discovers the host for the social gathering is making a potato salad to go with the main meal. Nancy asks if she can bring a salad for everyone to share and chooses to eat that instead.

Restaurant: John would like the fried chicken sandwich that comes with fries and mayo, but he knows that will be high in calories. He orders the sandwich, asks for grilled chicken instead of fried, to hold the mayo, and to swap the fries for a plain baked potato.

How to ask for what you want:

Remember assertive communication strategies:

1. When speaking, use "I" statements that are specific and respectful.
2. State your wishes clearly without being overly apologetic. If your request was not fulfilled at a restaurant, politely ask that the item be replaced without apologizing.
3. Ask for an alternative if your original request cannot be granted.

Examples:

Non-assertive: "I am sorry to bother you, but I had asked for a baked potato instead of fries. I will eat the fries if it's too much trouble to get the baked potato instead."

Assertive: "I ordered this chicken sandwich grilled instead of fried. I would like a grilled sandwich please."

Guideline #3: Take charge of what's around you:

- Order first at a restaurant or go to beginning of line at a social gathering or potluck – you'll be less tempted by others' choices.
- Keep foods out of reach or out of sight – Dispose of your plate or have your plate taken away as soon as you feel satisfied or are finished with the meal.
- Make socializing the main focus of the event. Try your best to focus on the company and not the food.
- It's okay to pass. If others offer you food, a firm, "no thank you" will do.

Examples:

Get-together: Jane is at her friend's house with a few other women for book club. Most women are gathered at the counter around the food, but Jane moves to a couch and sits down farther away. She can still participate in the conversation but is away from the food.

Restaurant: Tom is at a restaurant and his brother pressures him to drink a beer with him. Tom firmly states, "no thanks" and turns the conversation back to his brother.

Guideline #4: Be careful about the foods you choose:

Do look for foods such as:

- Vegetables with low calorie dips such as salsa
- Fruits
- Lean proteins such as chicken breasts, fish fillets, tofu, or veggie burgers - look for grilled vs fried
- Salads with no or low-calorie toppings such as more veggies and fruits - opt out of salads with nuts, seeds, cheeses, or croutons
- Lower calorie desserts including sugar-free Jell-O fruit salads, grilled pineapple or watermelon, or a fruit salad

Examples:

Get-together: Mary was at a family potluck and did not have many choices for healthy foods. She filled her plate with fruits and vegetables and chose the skinless grilled chicken breast instead of a hot dog for her main entree.

Restaurant: John was out to dinner with his spouse and 3 young kids. It was an impromptu dinner on their way home from a long day of sports tournaments. He had not planned on eating out but chose a dine-in restaurant over fast-food. He chose an appetizer of hamburger sliders and ate one and ordered a sweet potato and steamed vegetables for his side.

HEALTHY OPTIONS TO BRING TO SOCIAL GATHERINGS

Many of these foods you can either prepare yourself or buy prepped ahead of time. If you bring enough for others to enjoy, you may be surprised about how many people will appreciate having healthier options!

Appetizers

- A vegetable plate with low calorie dips such as salsa –you can buy a prepackaged plate at a grocery store or make your own with vegetables such as baby carrots, celery, grape tomatoes, broccoli florets, and cauliflower.
- Finger-friendly foods such as grapes, cherries, and strawberries.

Entrees

- Bring your own lean protein options for grilling or baking, such as chicken breasts, fish fillets, tofu, or veggie burgers/hot dogs.

Sides

- Many vegetables are delicious when grilled or roasted including corn, eggplant, onions, Portobello mushrooms, asparagus, zucchini, summer squash and bell peppers.
- A dry salad without higher calorie toppings such as cheese, nuts, or croutons. You can also bring your own low calorie dressing for salads.
- Potatoes can be easily baked at the same time as other foods. For crispier potatoes, bake without foil; for softer potatoes, wrap in foil.

Desserts

- Fruit salad is an easy choice that can be bought, premade, or made using your own fruit. Be sure to coat your fruit with a little bit of orange juice to keep from browning or bruising.
- Grilling pineapple or watermelon gives these fruits a unique flavor at a barbecue.
- Make a traditional Jell-O fruit salad, but use fat free/low sugar Jell- O.

HOW TO CHOOSE LOWER CALORIE OPTIONS WHEN EATING OUT

Watch out for these words on menus, they typically mean high-calorie dishes:	Look for these words instead, they typically mean lower-calorie options:
<ul style="list-style-type: none"> • Au gratin • Breaded • Buttered or buttery • Fried, deep fried, French fried, batter fried, pan fried • Gravy • Scalloped • Seasoned • Southern style • Cheese Sauce • Creamed, creamy, in cream sauce • Hollandaise • Parmesan • Pastry • Rich • Sautéed • Escalloped 	<ul style="list-style-type: none"> • Baked • Broiled • Boiled • Grilled • Poached • Roasted • Steamed • Stir-fried

Watch out for added fats and sauces:

- Grilled foods are often brushed with melted butter or oil, so ask the server if the cook can grill with less or no butter or oil.
- Some foods such as baked beans and collard greens often have added bacon, so be sure to ask whether bacon is added.
- Some dishes such as refried beans are made with lard. Choose black beans instead for a lower calorie choice.
- Ask for no sauce or for sauces to be served on the side.

Make changes after you receive the food:

- Trim visible fat off meat.
- Take skin or breading off chicken.

Other Tips For...

Beverages

- Do NOT drink your calories!
- Avoid: alcohol, soda, and other high calorie coffee beverages. Choose instead: water, iced or hot tea/coffee (black or little to no add-ins).

Higher calorie choice: Starbucks' Light Vanilla Frappuccino, Grande (16 oz.): 180 calories

Lower calorie choice: Starbucks' Cold Brew Coffee, Grande (black): 5 calories

Appetizers

- Most restaurants have limited choices for low-calorie appetizers. However, if you make the right choices, eating before your meal IS beneficial because you'll fill up on healthier foods.
- Avoid: Dishes that are fried and those that have added cheese. Choose instead: broth-based soups, salads with low calorie dressings.

Higher calorie choice: Applebee's mozzarella sticks, sampler portion: 460 calories

Lower calorie choice: Applebee's chicken noodle soup: 140 calories

Sandwiches

- Although some sandwiches are great options, many are high in calories, depending on what's on them.
- For grilled sandwiches and Paninis, ask for "dry" bread (without added butter or oil).
 - Avoid: Sandwiches with white bread, high calorie condiments (mayonnaise, creamy salad dressings), high calorie meats (bacon, pepperoni, bologna, and salami), and fried vegetables. Choose instead: Sandwiches with whole wheat bread, low-calorie condiments (mustard, ketchup), and grilled meats and vegetables.

Higher calorie choice: Subway's Chicken and Bacon Ranch 6-inch Sub (with wheat bread): 570 calories

Lower calorie choice: Subway's Oven Roasted Chicken Breast 6-inch Sub (with wheat bread): 320 calories

- Salads*
- Salads are only as healthy as the ingredients used to make them.
 - Choose salads with mainly low-fat meats, vegetables and/or fresh fruit, along with a low-calorie dressing on the side.

Higher calorie choice: McDonalds' Southwest Salad with Crispy Chicken and Croutons with creamy southwest dressing – 590 calories	Lower calorie choice: McDonalds' Southwest Salad with Grilled Chicken with low fat balsamic vinaigrette and no croutons – 360 calories
--	--

Side Dishes

- By choosing not to order side items, you can significantly reduce the amount of calories you consume.
- Avoid: French fries, vegetables sautéed in oil, mashed potatoes, potato salad, coleslaw with mayo, desserts.
- Choose instead: small side salad with low-calorie dressing, fruit and yogurt parfaits, grilled/steamed vegetables, or fresh fruit.

Higher calorie choice: Chili's Loaded Mashed Potatoes – 380 calories	Lower calorie choice: Chili's Steamed Broccoli – 40 calories
--	--

Main Dishes

- Keep in mind that portion sizes for most restaurant main dishes are too large, with enough food for at least 2-3 meals.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.
- Avoid: Dishes with creamy sauces or gravies; dishes with added butter or oil; dishes that are fried or sautéed. Choose instead: Dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce; dishes that are steamed, grilled, or broiled.

Higher calorie choice: Olive Garden's Baked Parmesan Shrimp – 830 calories	Lower calorie choice: Olive Garden's Baked Tilapia with Shrimp – 360 calories
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CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 16

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day). Focus on whole grains, lean proteins, and limit sugar and fat. Avoid caloric beverages.
2. Engage in physical activity (45 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit. Stay within your calorie goal.

Other Goals for This Week:

- 1.
- 2.

SESSION
17

**EXERCISE
INTENSITY: PICK
UP THE PACE**



SESSION OBJECTIVES

- Review ways to measure exercise intensity
- Discuss strategies for increasing exercise intensity during your workouts



CHECK IN:

Thinking back since our last meeting, what went well for you?

Refer to MyNetDiary or paper tracker to fill in the table below for check-in.

CHECK-IN	TOTAL # FOR THE WEEK
Cups of Fruits and Vegetables	
Lean Proteins (# of servings)	

My other diet goal was _____;

Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

Physical Activity

Number of Steps on Fitbit (Average)	
Minutes of Planned Physical Activity:	
Minutes of Strength Training (optional)	

My other physical activity goal was _____; Did you meet this goal? yes/no

If not, what was the barrier for not meeting this goal?

_____.

WHAT IS EXERCISE INTENSITY?

Exercise intensity is a measure of how hard aerobic activity feels to you and how fast your heart is beating while you are exercising.

There are two basic ways to measure exercise intensity:

1. How you feel:

- Subjective: How hard does the physical activity feel? What is your perceived exertion? If you can sing, you are not exercising hard enough, and if you cannot talk, you may be exercising too hard!
- This measure is different based on your fitness level. For example, a walking pace that seems easy for you can feel very hard for someone else with lower fitness.

If you are in tune with your body, you can measure your intensity by judging how you feel during exercise.

2. Your heart rate:

- Objective: How fast is your heart beating? As the intensity of your workout increases, your heart beats faster.

You can also use a heart rate calculation or a heart rate monitor to see how fast your heart is beating.

Fitness includes:

- Muscular strength
- Endurance
- Flexibility
- Body composition (how much muscle, bone, and fat you have)
- Cardiorespiratory fitness

The RETOOL program focuses mainly on cardiorespiratory fitness with aerobic exercise.

WHAT ARE THE BENEFITS OF INCREASING EXERCISE INTENSITY?

1. You will burn more calories

- You will burn more calories if you exercise at a higher intensity – even if it is just for a few minutes.

2. You will improve your cardiorespiratory fitness and your aerobic capacity

- You will be able to exercise for longer periods of time and at a higher intensity without feeling as tired.

3. You will see more health benefits

- Improved fitness leads to decreased blood pressure, and decreased risk for heart disease, Type II diabetes and certain types of cancer.

4. It will help you to stay interested in your workout

- Doing the same workout routine repeatedly can get boring. Increasing intensity helps you to stay interested by switching up your normal routine.

Talk with your physician before exercising at a vigorous intensity for an extended period of time (more than 5 minutes during your workout).

Tip:

If you are measuring your heart rate while doing vigorous exercise, make sure your heart rate does not rise above the high point of your target heart rate range.

High Heart Rate = $[220 - (\text{Age})] \times .85$

What will work for you?

In the table below, list a few of your normal exercise activities, then describe ways you can add interval training (defined in detail later) during those exercises. Make sure to include time and distance goals.

WAYS TO INCREASE YOUR EXERCISE INTENSITY

It is important to have goals to increase your exercise intensity:

Goal 1: Go the distance

- Cover a longer distance in the same amount of time. We recommend increasing your distance by 10% each week.
- For example, if you usually walk 3 miles in 45 minutes, try to walk 3.3 miles (10% more) in 45 minutes.

Goal 2: Pick up the pace

- Cover the same amount of distance in a shorter amount of time. We recommend increasing your speed by 10% each week.
- For example, if you usually walk 1 mile in 20 minutes (3 mph), try to walk a mile in 18 minutes (3.3 mph).

<i>Exercise</i>	<i>Usual Time and Distance</i>	<i>Apply the 10% Goal</i>
Walking	2 miles in 40 minutes	2.2 miles in 40 minutes

Goal 3: Interval training

- Interval training is simply switching between longer periods of lower intensity exercise and shorter bursts of higher intensity exercises.
- It is generally safe for most people – Interval training is often used to treat patients with heart or lung issues. It is also routinely used by professional athletes to improve their fitness.

<i>Your normal exercise activity:</i>	<i>How you can incorporate interval training:</i>

Timing recommendations for interval training:

After exercising at moderate intensity for one month...

- Try to increase your speed, grade, or resistance for 15-30 seconds, 2 - 3 times during your normal aerobic workout.
- It should be difficult for you to talk and exercise at the same time during these intervals (vigorous intensity).

When you become comfortable with increasing your intensity for 15-30 seconds, 2 - 3 times during your workout...

- Try to increase the vigorous bursts to 30-60 seconds, 3 – 5 times during your aerobic workout.

Example A: Speed intervals

- In addition to exercising at a normal pace, add intervals in which you increase your speed.
- For example – Walk at a normal pace for one block and then increase your speed during the next block.

Example B: Grade intervals

- In addition to walking with no incline, add intervals in which you walk on a steeper incline.
- For example – While walking on a treadmill, increase the incline or grade of the treadmill. While walking outside, walk in a hilly area or walk up and down the same hill.

Example C: Resistance intervals

- In addition to riding a stationary bicycle or elliptical machine at your normal resistance, add intervals of increasing the resistance while pedaling.



DISCUSSION QUESTION

How has the intensity of your exercise changed since starting the intervention?

A photograph of two hikers with large backpacks walking away on a dirt trail in a mountainous, green landscape under a bright blue sky with scattered clouds. A large, semi-transparent blue circle is overlaid on the center of the image, containing the text 'YOU CAN GO THE DISTANCE' in a blue, outlined, sans-serif font.

YOU CAN
GO THE
DISTANCE



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 17

1. Follow the Make and Measure plan (3 homemade meals plus 5 or more cups of fruits and vegetables per day). Focus on whole grains, lean proteins, and limit sugar and fat. Avoid caloric beverages.
2. Engage in physical activity (45 minutes per day, 5 days per week).
 - swim
 - bike
 - walk briskly
 - aerobics class/video
 - hike
 - Other:
3. Keep track every day by using MyNetDiary or paper log and Fitbit. Stay within your calorie goal.

Other Goals for This Week:

- 1.
- 2.

SESSION
18

**RELAPSE PREVENTION
AND MY PLAN FOR
MAINTENANCE**



SESSION OBJECTIVES

- Discuss the difference between a “lapse” and a “relapse”
- Review the Success/Failure cycle and the consequences of avoiding versus confronting lapses
- Develop strategies for coping with lapses
- Brainstorm ways to cope with or prevent specific lapses and discuss how to anticipate roadblocks to coping with lapses
- Discuss methods to help maintain weight loss
- Describe meal planning and weight maintenance tips to use during the maintenance phase of this project



CHECK IN:

Thinking back since our last meeting, what went well for you?

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If not, what was the barrier for not meeting this goal?

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LAPSE VS. RELAPSE

By this point in the program, you have probably had times when you didn't stick to your plan. These times are what we call "lapses." Lapses are only harmful when they lead you to a full-blown relapse means falling back into unhealthy eating and activity patterns.

Remember...

Lapses are normal and to be expected.

Everyone trying to lose weight and maintain weight loss experiences a slip from time to time.

No single lapse, no matter how extreme, will cause you to fail.

The lapse is not the problem. The problem starts if you don't get back on track after you slip.

Catch lapses as soon as possible to prevent weight gain.

Continue to weigh yourself at least once a week and make sure you are addressing your lapses before they lead to harmful weight gains.

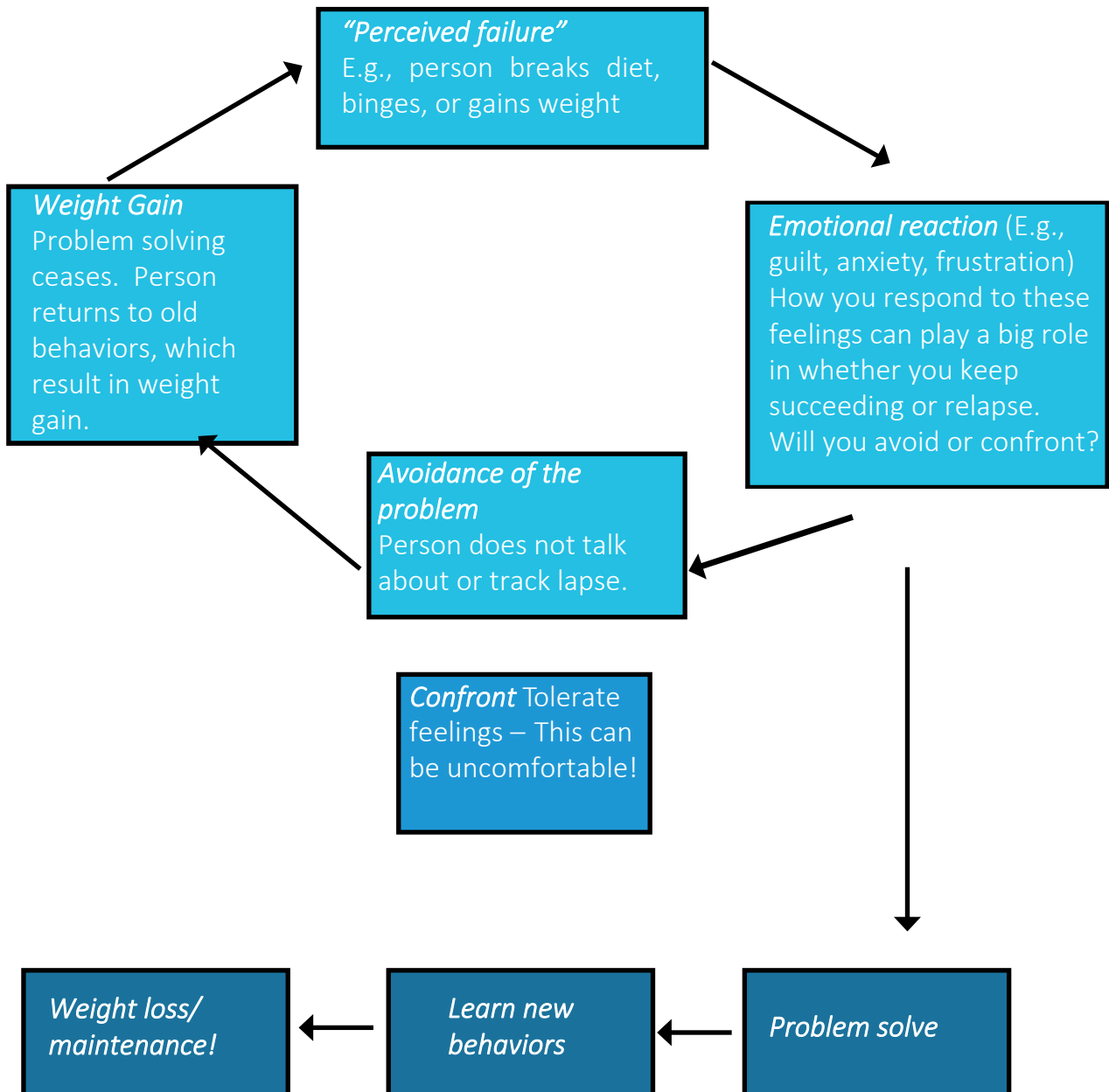
Discussion Question

What kind of lapses have you experienced so far and how did you cope with them?



THE SUCCESS/FAILURE CYCLE

Learn to confront your lapses and find solutions to your problems.



COPING WITH LAPSES

If a lapse does occur, get back in control using the following coping strategies:

Coping Strategies:

1. Stop, look, and listen.
 - You catch yourself eating a whole sleeve of cookies. Stop eating and think about what is causing you to slip from your plan of having just 1 cookie. Ask yourself, "why am I reaching for another cookie?"

2. Stay calm.
 - You eat the second cookie anyway. You start to feel terrible and think that it is impossible to stick with your plan.
 - Keep calm, forgive yourself and get right back on track. Don't give up by saying "I'll start over tomorrow." Remember that one lapse is not a failure.

3. Reassess your commitment to weight loss.
 - Keep something that shows your progress on your bathroom mirror like results from a cholesterol test or a chart showing your physical activity progress. Remind yourself of your progress and why you are making healthier food choices. Keep moving forward!

Coping Strategies:

4. Learn from the situation.

- You ate the second cookie, realized it was just one lapse, and you have accepted it and vow to make healthier choices the rest of the day. Think about what to do next time to either not feel guilty about it, or to prevent it from happening.
-

5. Take charge immediately.

- Go for a walk to improve your mood or have a healthy snack the next time you eat. Get on with your day and do not dwell on the lapse - lapses do not erase your progress.
-

6. Ask for help.

- Call a family member or a friend who has been supporting you through this journey. Use the group for support - chances are likely someone else has done this too!

WHAT CAUSES YOU TO LAPSE?

Most people have a variety of relapse triggers. Here are some common ones:

- Negative feelings or bad attitudes
- Good feelings
- Waiting/boredom
- Gatherings/parties
- Urges/cravings/temptations
- Problems in relationships

What are your triggers?

PLANNING TO CONFRONT YOUR LAPSES

Brainstorm your personal plan to get back on track.

1. What trigger has caused you to slip from either healthy eating or your physical activity routine?

2. Brainstorm! Come up with as many options as possible to deal with the situation.

3. Make a plan.

Be as specific as possible. Think about what you WILL do in response to the situation, not just what you WON'T do.

When this happens,

I will do this:

PLANNING FOR POTENTIAL ROADBLOCKS

Roadblocks are things that get in the way of our plans. Many roadblocks can be anticipated, so we can plan for them. In the space below, list some possible roadblocks that you might face while trying to achieve the plan you made above. Then brainstorm and list some ways to handle them.

Example Situation:

I plan to increase my exercise by walking for 20 minutes on my lunch break with my co-worker.

<i>Potential Roadblocks</i>	<i>I will handle them by</i>
Example: Co-worker decides to meet her husband for lunch instead of walking with me.	I will challenge myself to see how many steps I can do in those 20 minutes using my pedometer.



Learn to EVALUATE your success. Did you implement your plan? How did it go?

PLANNING FOR MAINTENANCE:

Congratulations! You have now completed phase one of the RETOOL healthy lifestyle program. Before discussing phase two, let's review the progress you've made over the past six months.

Answer the following questions:

What changes have you made in your eating patterns?

What changes have you made to be more physically active?

Have you reached your weight goal? YES NO

Have you reached your activity goal? YES NO

What do you want to do to improve or maintain your progress?

A large national cohort of people who successfully maintained a weight loss of at least 30 pounds for one year were more likely to:

1. Engage in high levels of physical activity (about 1 hr/day)
2. Eat a low-calorie, high-quality diet
3. Regularly weigh themselves
4. Maintain a consistent daily eating pattern across weekdays and weekends
5. Catch “slips” before they turn into larger regains (<5 lbs)

It gets easier with time and practice. Individuals who maintained their weight loss for 2 years, were 50% less likely to regain in the future.

RETOOL MAINTENANCE PLAN

- Consistently choose high quality foods. Set goals for fruit and vegetable consumption.
 - Aim for at least 5 cups of fruits and vegetables daily
 - Choose whole grains over refined grains
- Consistently meet your maintenance calorie goal.
 - We have estimated a calorie goal for you based on your height, weight, gender, age, and a light physical activity level. This goal is what you should aim for to maintain your current weight.
 - If you are eating this amount and find that you are either gaining or losing weight, you will need to adjust your calorie goal accordingly.
- Continue to meet your physical activity goals.
 - Physical activity is even more important when trying to maintain your weight. In fact, research shows that regular aerobic exercise is one of the habits that is most strongly linked with successful weight loss maintenance (along with self-monitoring or tracking). To prevent weight gain, 45-60 minutes of aerobic activity at least 5 days of the week is recommended.
- Keep track of your weight, eating, and activity.
 - Continue to weigh yourself at least once per week and use the food and exercise logs to self-monitor your diet and activity.
- Set a new weight goal.
 - At the beginning of the program, we encouraged a weight loss goal of at least 10% of your starting weight. Some of you may still be working towards this, some of you may have passed this goal and have set new weight loss goals.
 - What has changed about your weight loss goal since starting the program?

EIGHT STRATEGIES TO STAY MOTIVATED

1. Recognize your successes.

What changes in your eating and activity do you feel proudest of?

2. Stay aware of the benefits you have achieved and hope to achieve.

What benefits have you already experienced?

What benefits do you hope to achieve in the next 3 months?

3. Keep visible signs of your progress.

Try posting weight and activity graphs in a place where you will see them often. Keep program tools close at hand.

4. Add variety to your routine.

How can you vary your activity to increase your enjoyment?

What meals, snacks, or foods are you bored with?

Can you think of ways to vary your eating?

5. Set a more challenging goal once you're consistently meeting your current goals.

Setting Goals:

Remember, goals should be SMART: specific, measurable, attainable, realistic, and time bound.

6. Reward yourself.

Choosing Rewards:

Doing positive things for yourself will reinforce desired behaviors and increase positive mood, which will in turn increase your long-term motivation and likelihood for success. Rewards should be something you will do or buy only if you reach your goal.

How have you rewarded yourself so far during the RETOOL program?
Remember, only use non-food ways to reward yourself. Refer to Session 4 (SMART goals) for incentive ideas.

Goal for the next week:

Reward:

Goal for the next month:

Reward:

7. Create some friendly competition with friends or family members who are also trying to live a healthier lifestyle.

8. Use your support people.

Call them for encouragement and support to help you stay motivated.

Congratulations!

You've made it through 18 weeks of the program.

Be proud of yourself for the changes you have made!



REMEMBER:

The TOP TWO predictors of those who are able to maintain weight loss are:

1. Regular and frequent exercise
2. Continued self-monitoring of weight, food intake, and exercise



CHECK OUT

RETOOL Program Weekly Goals: Weight Loss Session 18

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