

Workshop Outline for GRP Leaders **Healthy Eating On-the-Go**

Scope: Two session workshop, approx. one hour each session.

Format: Teleseminar or in-person workshop.

Description: Participants will learn the four common pitfalls of healthy eating and will determine what pitfalls are preventing them from eating healthy. This workshop provides simple solutions including; eating greens and healthy fats to avoiding the sugar trap. The practice of journaling is described in this workshop.

Handouts: Six informative handouts are available, including eight, easy-to-prepare, healthy, recipes.

- 1.) Energy booster snack list
- 2.) Smart eating tips
- 3.) Greens recipes
- 4.) Healthy recipes for busy people
- 5.) The on-the-go food journal
- 6.) Whole grain cooking chart

Homework: Workshop includes “Get Going” Nutritional Exercises that will help the participant practice active learning and find success.

Workshop 1

Introduction - Welcome to the Get Real Plan Healthy Eating On-the-Go Workshop. Clearly if you've signed on for this workshop, you're busy and don't have time to waste figuring out what to eat. So, I'll keep it simple and full of easy tips that you can begin using now.

Before we get started, who am I and what's this all about anyway? I'm a Certified Wellness Coach and Get Real Plan Leader. I received my training through The International Association of Wellness Professionals. I love inspiring people and helping busy people figure out what to eat for energy. One of the things that makes this workshop a little bit different than your traditional nutrition expert is that we like to keep it fun. What good is healthy eating if you can't enjoy life? Nutrition can be pretty dry, especially if you spend a lot of time eating fat-free, flavorless rice cakes! If you've been on a diet before (who hasn't!?) then you know how incredibly boring that can be, too. Interestingly enough, diets usually end up failing, so what's it all worth anyway? Our goal is to help you get rid of the diet mentality and move into a lifestyle that is vibrant with health, energy and happiness.

Icebreaker – Green Apple Toss: *Start the apple with yourself, then toss to someone else to share in two sentences or less, what brought them here. Continue tossing, until each person has had a chance to speak. (approx 30 seconds per person)*

Get Real Plan Background – The Get Real Plan was started by Suzanne Monroe, founder of The International Association of Wellness Professionals. Suzanne is passionate about healthy lifestyles and supporting individuals to make real changes that are do-able and sustainable. After starting her nutrition and wellness company, she realized that many people wanted to connect with individuals in their own communities to begin discussing important topics such as where our food comes from today, how can we eat healthy and lead busy lives, and simply, how come I can't seem to lose weight after trying every diet? She knew that people needed personal support and community to make lasting changes, and that from there, even more people can create change as they share this message with friends and family. Her desire to reach more people has inspired her to train and coach wellness professionals across the nation, who are now sharing this important information with people just like you.

What You Will Get Out of This – As with anything in life, what you get out of this two session workshop series will be what you put into it.

Handouts and Homework – For each session, there will be handouts, homework and exercises for you to do. While they may seem like small steps, the sum total of them has great impact on your life. The more you engage in between workshops with these exercises, the greater impact you will have on your life as well as those around you who may be watching.

Sharing and Support – Each person brings with them a vast ray of knowledge and information gathered from their own experiences. Respect the fact that yours may differ, but be open to sharing with one another. The support from others can be truly motivating and inspiring. At the same time, recognize that while you may be in an expert in one area, this workshop is about opening you up to more ways of looking at your health.

Attendance – It is important that you attend each workshop and stay committed during the entire length of the program. Do this for yourself and also for others, who are depending on your participation and commitment to this group.

Example –Share a story about a member who saw great success (i.e. she realized that healthy living was achievable for her, even with the demands of a busy career and family and how her life went from confusing and crazy to balanced and on track with her goals.)

Group Promise -

a. Hand out the Group Promise for people to read and sign. (Group Promise found in Additional Resources Section, M13, 1.2)

b. Read the Group Promise aloud – Option, have each person in the group read a line. Everyone signs and hands over to you. For a virtual workshop (teleseminar or webinar), send each participant a copy in the pre-workshop email.

Group Share –

Each person shares what are their roadblocks with healthy eating and living. What's has worked in the past, what hasn't worked? What has been confusing to them and what is their interest? How do they think being healthier will benefit them at this point in their life? As the leader, you may want to start by sharing your journey to wellness first, explaining your passion and interest in this, sharing what else you do in this field, and why are you are excited to support this group. Approximately 5 minutes per person.

Keep in mind as you journey through this workshop that YOU are your best guide to healthy eating. Who knows better than you how you feel each day, what makes your stomach churn, and what foods you can't stand? Nobody! There is so much nutritional information out there, and so many talking heads telling you what to eat. Keep in mind that you have access to the best source of nutritional information that you could ever have and the most sophisticated laboratory known to man – your own body. I invite you to start thinking of your body as your personal 24-hour laboratory, where you can conduct all kinds of experiments to determine what makes it run best. So while I'll be sharing with you what I think are some great tips and tools for getting healthy while leading a busy life, I encourage you to try these tips out for yourself. Consider each tip as a real opportunity for you to "try it on" and do an experiment in your laboratory to see what's going on in there. Each workshop includes "Get Going Homework". Complete the homework as you go along. While you may feel that it's easier to skip it, applying the information as you learn is the best way to take action and create lasting change. Here we go!

Topic 1 - Overcoming Common Pitfalls

Let's first identify some common pitfalls to healthy eating. We can't get there if we don't know what's standing in our way, right? There are many mistakes that we make when it comes to healthy eating on-the-go.

Pitfall #1 – Failing to Plan

One of the biggest mistakes you can make is not planning ahead. You know the old adage "failing to plan is planning to fail." Ideally, you want to plan 24 hours in advance. Now I know what you're thinking – who wants to be thinking about what to have for breakfast tomorrow when you can't even figure out what to eat today. But when we fail to plan, we end up reaching for things that are readily available. What's the problem with that? For starters, this is where

you'll find all of those unwanted ingredients hiding. You know, the added sugar, preservatives, artificial sweeteners, and trans fats to name just a few.

Solution: Planning ahead – Planning ahead is absolutely essential. When I mention this to people, I can tell they want to roll their eyes. Who hasn't heard this before? It's not that this is necessarily anything new, but ask yourself, are you doing it? Planning ahead consists not just of thinking ahead, but engaging in the following activities:

- Shopping ahead
- Spending one hour/week planning the week ahead: when will you shop, what days will you be too busy to cook, what days will you eat out if necessary, etc.
- Cooking ahead
- Using quick cook-for-you appliances like rice cookers and crock pots is a great way to have a "live-in cook" who prepares for you while you're busy.

Get Going Exercise – *(Allow 2-3 minutes for the participants to complete the exercise.)*
What is your biggest challenge to healthy eating? We all have roadblocks (driving the kids everywhere, long hours at the office, not enough energy, overstressed, etc.) Identifying them is the first step to figuring out how to work around them. List your biggest challenges.

Now, we will focus on another pitfall...

Pitfall #2 – Calorie Counting

How many times have you thought, "If I stay within a certain calorie limit, I'll be just fine." Sounds easy, but it doesn't always work. Either we give up or just go crazy from all crunching numbers while trying to digest. Counting calories is the OLD way of eating. There's a much better way to figuring out what your body needs, and it's so much more fun. Let's take a look at the Old Way of Eating vs. the New Way of Eating.

(Good interaction point, ask participants if they can help you list the Old Ways of eating.)

The Old Way of Eating:

- Counting calories
- Restricting ourselves
- Dieting
- Guilt
- Willpower
- "no pain, no gain" mentality
- Starvation then binging
- Ups and downs
- Negative relationship with food

The New Way of Eating:

- Energy eating
- Asking: What will fuel me? What satiates me? What satisfies me?
- What is pleasurable and healthy?
- Freedom and flexibility
- Empowerment

Health
Natural weight loss
Balance
A lifestyle plan
Positive relationship with food as nourishment

If you are eating on the go and feeling great, you wouldn't be reading this manual. Most likely you wish you had more energy, right? Energy levels are usually the first to go! Let's take a look at your energy levels. Because energy is really what everyone wants more of. When we focus on eating for energy, instead of calorie counting, our relationship with food changes from despair to empowerment.

Consider that your energy is like toothpaste. Have you ever run out of toothpaste? You squeeze the tube from every angle; roll it up from the bottom, just trying to pinch the last bit out. The amount of energy you have each day is a lot like your toothpaste: it's an essential part of taking care of yourself. With toothpaste, though, if you run out, you know how to get more. When you run out of energy, it's hard to know what to do. Many people try to restock their energy by reaching for a mid-morning sweet or an afternoon latte, but what they don't realize is that learning to eat for energy can radically change how they feel each day.

Energy *can* be purchased at the grocery store, if we know what we are looking for. Without a doubt, we are searching for it in many of our purchases. Americans spend millions of dollars each year on energy drinks and energy bars. While these quick fixes give us a temporary lift, lasting energy comes from only real nourishment.

What is real nourishment? Real nourishment comes from foods and activities that feed our body and soul in a way that create more energy. Many foods do the opposite. Sugar and caffeine, the two most common culprits, decrease our energy. We use them as a quick "pick me up," although they may give an initial burst of energy, they are nothing more than "fake fuel". The sugar and caffeine send us soaring for a little while, but as they are processed in the body, they send us crashing. Ouch! It doesn't feel too good down there, so we reach for more sugar and caffeine to temporarily solve the dilemma. This constant up and down is an energy roller coaster. I rode that roller coaster until I decided it was time to get off.

Get Going Exercise - *(Allow 1-2 minutes for the participants to complete the exercise. Also invite participants to share their answers or survey the group with a show of hands.)*

At what time do you experience your energy crashes?

What do you usually go for when you crash?

In this workshop we want to change your mindset so that you select foods that will give you more lasting energy, not just a quick pick-me-up? The goal for you is to avoid "emergency energy moments" when you become so hungry you'd eat anything. What can you prepare ahead for a healthy snack? (I'll share some ideas soon.)

Pitfall #3 - Confusing a snack as a meal

When you're on the go, sometimes it's easier to eat small meals throughout the day. While many nutrition experts suggest small meals for blood sugar control, I have seen time and time again that people begin to eat continuously throughout the day without ever sitting down to a complete meal. It's easy to miss out on important nutrients when you eat little snacks all day. Your blood sugar experiences real havoc from eating processed foods that are rapidly absorbed. If we eat regular meals that are full of whole foods, this blood sugar "excuse" is not a big issue. Another phenomenon occurs when we eat all day long, what I call "Constant Digestion". That is, you are constantly digesting and never give your digestive tract a break. Your poor digestive system needs a break, believe me! It doesn't want to constantly be processing food.

There is a difference between snacks and mini meals. A snack is usually one item, something that will tide you over in between meals. A mini meal is more like a meal substitute. It is larger than a snack and may substitute as a meal on-the-go until you arrive at your next destination. Eating many snacks may not satisfy you, as you can easily skip important nutrients and never feel satisfied. Mini meals can provide energy and satiate you, but should be chosen wisely. You want to make sure you are getting in essential energy boosters like protein, healthy fats, and whole grains. These are the foods that will make your mini meal go much further than your taste buds. Try these mini meals for long-lasting energy:

- a fruit smoothie made with nut butter and yogurt
- healthy food bars without added sugar
- a hardboiled egg
- veggie sticks with hummus
- whole grain crackers with cheese
- yogurt with granola and nuts.

Energy snacks

Can you see how the above snack examples are more satisfying and energy-producing than a fat-free chocolate chip cookie? Avoid fake fuel snacks that deplete your energy like caffeine, sugar and processed foods. Caffeine may seem like it gives us an energy boost, but it doesn't last long. It also taxes our adrenal system. Our adrenal glands run through our entire body and when we use fake stimulants to excite them, they get dependent on that and don't do as good of a job in giving us natural energy. And adrenal fatigue is something that we are seeing in more and more people. Adrenals can become fatigued from too much caffeine. Caffeine can be found in such beverages as coffee, 'energy drinks' highly caffeinated teas, and soft drinks.

What about sugar? Doesn't that keep you going? Like caffeine, sugar gives you an initial boost but its affects decrease energy and can also lead to weight gain and other health issues. In workshop 2, we'll take a closer look at sugar.

(Handout- The Energy Booster Snack list)

Get Going Exercise - *(Allow 1-2 minutes for the participants to complete the exercise.)*

Where might you be consuming "fake fuel" such as sugar without realizing it?

Homework - Choose 2 snacks from the Energy Booster Snack List to incorporate into your diet.

- 1.) _____
- 2.) _____

When will you buy them, prepare them and eat them?

Pitfall #4 - Forgetting Your Food Groups

When we eat on-the-go, it's easy to miss important nutrients. Probably one of the main food categories missed are fruits and vegetables. We're supposed to get in nine servings of fruits and veggies per day. Most Americans are hovering at about 2.5! Fruits and vegetables are antioxidant powerhouses, so make sure to include them as often as possible. Eating fruits and vegetables on-the-go are actually the fastest of fast foods. There's not much to crunching into an apple, peeling an orange or even tossing a salad with your favorite dressing. There's no cooking involved, yet on-the-goers tend to skimp on the fruits and veggies. Bring some veggies sticks along for the ride or find stores that carry grab 'n go salads.

When it comes to carbohydrates, it's easier to eat processed carbohydrates on-the-go, because that's what's available in most convenience stores and restaurants. But whole grains are essential for lasting energy. Most fast food restaurants and grab-n-go snacks are full of processed, "white" carbohydrates. These foods give a quick energy boost that is short-lived and detract from our health.

Another common ingredient in fast food is unhealthy fats, namely trans fats. It's important to focus on healthy fats, which we'll take a look at in the next workshop.

Get Going Exercise - *(Allow 1-2 minutes for the participants to complete the exercise.)*

What food groups are you missing with your busy lifestyle?

(Transition to new topic...Now that we identified the common pitfalls, it's time to focus on some solutions.)

Topic 2 – Think Green

Dark leafy greens are absolutely vital to optimum health. When you add ample amounts of greens to your diet, they simply crowd out all the over processed, nutrient-devoid foods that make you sick. Nutrition is the number one foundation for vibrant health.

Dark leafy greens are much more delicious and nutritious than iceberg lettuce, which contains very few nutrients. Rather, dark leafy greens include succulent specimens such as broccoli, broccoli rabe, bok choy, collards, green cabbage, kale, nappa cabbage, mustard greens and watercress. Greens that are commonly enjoyed raw in salads include arugula, chicory, endive, varieties of dark lettuce, mesculun and various wild greens.

Greens are brimming with vitamins A, C, E and K. They are also chocked full of calcium, magnesium, iron, potassium, phosphorous and zinc. As a matter of fact, your body absorbs more calcium from dark leafy greens than it does from drinking a glass of milk! Drinking milk actually creates a calcium deficit, as the body flushes out the excess protein. Dark leafy greens are also high in fiber, folic acid and beneficial phytochemicals.

It's important to note that you should enjoy beet greens, spinach and Swiss chard in moderation because they're high in oxalic acid. Oxalic acid depletes calcium from the body, increasing the risk of osteoporosis. To lessen the effect of oxalic acid, cook these greens with protein-rich foods such as beans, tofu, nuts or seeds.

Additional health benefits of eating dark leafy greens include:

- Reducing mucous and clearing congestion
- Encouraging healthy intestinal flora
- Improving circulation
- Strengthening the respiratory system
- Purifying the blood
- Preventing cancer
- Boosting the immune system
- Increasing liver, kidney and gall bladder functioning

(Handout – Green Recipes)

There are so many ways to enjoy dark leafy greens! Cooking and preparation methods include:

- Raw in salads or with dips—this imparts the most nutrients and live enzymes, plus it reduces the amount of time spent in the kitchen!
- Boiling—this method plumps and relaxes greens. Boiling for less than one minute will retain the most nutrients. Use the cooking water as a nutrient-rich broth for soup stock or even to drink as tea!
- Steaming—this renders greens more tight and fibrous. An excellent method if you're following a weight-loss diet.
- Sautéing—in oil or water.
- Sweating—cooked over very low heat with no water or oil, with the lid on to bring out natural juices.

Not only do dark leafy greens nourish our bodies, but they nourish our souls as well. Consider these intriguing points:

- Green is likened to spring, renewal, rejuvenation and vital life force energy
- Greens boost the spirit and help prevent depression

- In traditional Chinese medicine, green is associated with the liver, creativity and emotional stability
- Broccoli resembles a tree, imparting strength and grounded energy
- Greens are your internal rain forest, strengthening the respiratory system and blood
- Greens are particularly uplifting for urban dwellers who rarely see countryside scenes of pastoral green fields

Get Going Exercise *(Allow 1-2 minutes for the participants to complete the exercise.)*

What is your favorite green vegetable?

How can you get more of it on a daily basis?

What new green vegetable would be interesting for you to try?

(Handout-Smart Eating Tips)

Review – We covered a lot in this workshop. Review the four pitfalls and be aware of which ones you fall for. Then, come up with a solution to help you reclaim your health while still being on-the-go. Active learning is about learning something and applying it to your life. That's why this workshop includes exercises and tools to get you in action. Active learning is truly applying it to your life at this moment.

You may also be experiencing information overload. What most people need these days is a step by step approach, with a support system to hold us accountable to what we are working on. The step by step approach in this workshop, with the get going exercises and homework, allows you to make changes gradually.

(Reminder of the homework)

Homework-

- 1.) Complete all the Get Going Exercises if you didn't have time during the workshop.
- 2.) Choose 2 snacks from the Energy Booster Snack List to incorporate into your diet. Do this before our next workshop.
- 3.) Think Green. Try a new green vegetable or one of the recipes in the handout. Also, do this before our next workshop.

Closing – Remind them of dates of the next workshop.

(Send email follow up before next session)

Follow up Email Workshop 1- *Send email to participants asking how it's going with the energy booster snack and/or experimentation with the green vegetable. Send reminder of next workshop details.*

Workshop 2

Welcome Back – Welcome back to session number two of Healthy Eating On-the-Go. We will continue to learn about the foods that give us energy and the foods that rob us of energy.

Introduction – Before we get started, I want to hear how the homework assignments went. Does anybody want to share their experiences with the green vegetables they tried or the energy booster snack. *(Have participants volunteer to talk about a green vegetable they tried or an energy booster snack that they enjoyed. Ask how they overcame a common pitfall or felt after eating the high energy snacks. If no body wants to share, be prepared to describe how other busy, on-the-go people found success with your program.)*

We have lots to cover so let's get started right away on our first topic-sugar.

Topic 1 – Sugar and Carbohydrates

Sugar isn't easy to give up – it's everywhere! The average American consumes 179 pounds of sugar per person annually. Wow. You might be wondering, as I was when I heard that, how it is even possible to consume that much sugar? It wasn't always this way. Back in 1689, when the first sugar refinery was built, we consumed just a little bit of sugar. Ten years later, we were consuming 4 pounds of sugar per person annually.

Whether we are consciously choosing to add sugar to our foods, or to replace sugar with artificial sweeteners, both of them are in many of the products we pull off of our grocery shelves – and we don't even know it. Foods that once never had a sweet taste– like soups, peanut butter, and salad dressing – now are packed with sugar. And if your food doesn't have sugar in it, you can bet there are some artificial sweeteners lurking in there somewhere.

Why is there so much sugar in our food, anyway? It's not that we asked for food companies to "Add more sugar, please.", but in a way we have. We have set an expectation for what our food should taste like with our lifestyles. We're on the go, we've got the kids going from one event to the next, meal times are more like chores than family gatherings, and this all leads us to eat food that is ready-made, processed and packaged. It's these kinds of foods that have preservatives, chemicals and artificial sweeteners added to them so that they taste half-way normal.

So how can we be sure what is in the foods we eat? Reading labels in the middle of a crowded aisle at the grocery store on a busy Saturday morning may not be the answer. But knowing ahead of time what to look for can help. Here is a list of common names for sugar:

(You can turn this into a handout to facilitate learning)

Barley malt, Beet sugar, Brown sugar, Buttered syrup, Cane-juice crystals, Cane sugar, Caramel, Carob syrup, Corn syrup, Corn syrup solids, Date sugar, Dextran, Dextrose, Diastase, Diastatic malt, Ethyl maltol, Fructose, Fruit juice, Fruit juice concentrate, Glucose, Glucose solids, Golden sugar, Golden syrup, Grape sugar, High-fructose corn syrup, Honey, Invert sugar, Lactose, Malt syrup, Maltodextrin, Maltose, Mannitol, Molasses, Raw sugar, Refiner's syrup, Sorbitol, Sorghum syrup, Sucrose, Sugar, Turbinado sugar, Xylitol, Yellow sugar.

You may be wondering “Why would you want to give up sugar, anyway?” or “What fun would life be without sweetness?!” After all, sweetness is how we describe the best events in our life, the happiest moments, and even our sweetest dreams. It conjures up childhood memories of candy canes, Halloween and Easter egg hunts. I am not suggesting that you should give up the sweet in your life, but understanding what’s going on in your body when you consume sugar is important.

When you eat the sucrose – the white sugar next to your coffee pot – it’s been stripped from all of the fiber, mineral and nutrients that were in the sugar cane plant that it came from. And this highly processed, unnatural state causes an imbalance in your body when you consume too much. Sure, your body can use some of the sugar for energy, but the remaining sugar ends up getting stored as fat.

I’m not just talking about candy and cookies. When it comes to carbohydrates, one must remember that sugar is the basis for carbohydrates. But different kinds of carbohydrates have different effects on our bodies. Simple carbs like sugar, fructose, lactose, maltose and glucose break down very quickly in our bodies. Complex carbs like beans, legumes, vegetables, and whole grains absorb at a slower rate. Sounds simple, right?

The confusing part is where many complex carbs have been turned into simple carbs, right before our very eyes, and we don’t even realize it. Some examples of these are white pasta, white bread, white rice, bagels, cookies, and crackers. At one time they came from a grain, they were at one time complex, but they have been processed so much so that they can sit on a shelf for years and years, and have become so refined that they act like a simple carb when you eat them – which means they take your blood sugar for a ride. And if this is what makes up the majority of your diet, you will be riding this roller coaster all day long. It’s that 10 am sugar craving or 3 pm blues when we reach for sugar that tells us we aren’t eating the right kinds of foods to give us sustained energy.

So how do we go about reducing sugar and retraining our palettes?
Here are a few simple steps:

-Don’t reach for artificial sweeteners –

While they may not be sugar, they certainly aren’t natural. They will not give you lasting energy and you will wind up craving more sugar.

-Substitute natural sweeteners for sugar –

Unrefined, natural sweeteners are much lower on the glycemic index, which means they will have less of an impact on your blood sugar. Because they are minimally processed, they still contain the nutrients and fiber in them. You can find the following natural sweeteners at many health food stores and supermarkets.

- Agave Nectar – is made from the juice of the agave cactus. It is about 1.4 times sweeter than refined sugar.
- Barley Malt – thick, dark, slow digesting sweetener made from sprouted, roasted barley grain with a nutty, malt-like flavor.
- Brown Rice Syrup – made by slow cooking brown rice until it develops thick sweet syrup.

- Date Sugar – Made by dehydrating and pulverizing dates. Best for cooking and baking.
- Raw honey – unlike regular honey, raw honey still contains natural enzymes and nutrients as it has been heated at a low temp.
- Sorghum – A grain related to millet, Sorghum is processed into a sweetener by crushing the plant stalks and boiling the extracted juice into syrup

-Consider your cravings -

When I coach clients, one of the things we work on is sugar cravings. While the replacement of sugar with natural sweeteners is helpful, it does not make your sugar cravings disappear. Cravings are not a bad thing. They are simply your body's way of talking to you, of telling you what is going on. It may be an indication that you are not eating a diet that is right for your body type or that you have stress in other areas of your life, namely career, relationships or finances. It is helpful to work with a professional that integrates your health with your emotions to determine what may be at the deeper level of your sugar cravings. It is usually an imbalance, and by slowing down and taking the time to recognize what else may be going on in our lives, you can uncover your sugar cravings once and for all!

-Eat Whole grains

People associate grains with carbohydrates and therefore associate with gaining weight. But carbohydrates are one of the body's three primary fuels, along with protein and fats. The body needs whole grain carbohydrates—not refined carbohydrates such as bagels, white bread and doughnuts.

Whole grains have been a vital staple of the human diet since ancient times. Obesity associated with carbohydrates is relatively recent, and it's associated with refined, heavily processed carbs. Different cultures throughout the world have enjoyed the health of strong, fit bodies while luxuriating in diets rich with whole grains. Here are some whole grains dietary staples throughout history and different cultures:

Asia and India—rice

Africa—sorghum

Europe—millet, wheat, dark breads, ales

Middle East—tabouli, couscous and pita bread

North and South America—corn

Russia—buckwheat

Scotland—oats

Not only are these whole grains high in B vitamins and fiber, but they provide sustained energy because the body absorbs them slowly. Also, many of the examples listed above are wonderful alternatives to wheat if you have wheat allergies. If you're thinking you don't have time for eating real whole grains, think again! Purchasing a rice cooker will allow you to cook whole grains easily without being there. A rice cooker is like a crock pot for grains. You can store them for the week and use them in various dishes.

(Handout - Whole Grains Cooking Chart)

Get Going Exercise - *(Allow 1-2 minutes for the participants to complete the exercise.)*

What natural sweetener will you trade for sugar? _____

How do you think your cravings are related to the rest of your lifestyle?

What whole grain will you try? _____

Now let's transition to another misunderstood component of our diet- fats.

Topic 2- Healthy Fats

Fats are important energy sources for the body, assisting in the assimilation of fat-soluble vitamins such as A, D, E and K. Fats also surround nerve tissues with a protective layer, metabolize fluids and just plain keep us warm! Some fats are healthy, while others you should avoid like the plague.

The Good: Monounsaturated and Polyunsaturated

Monounsaturated fats are in liquid form at room temperature but solid in the fridge. Monounsaturated fats actually lower bad cholesterol—and they make delicious salad dressings! Sources include:

- Almond oil
- Olive oil
- Walnut oil
- Avocados

Polyunsaturated fats are liquid at room temperature. They're rich in essential fatty acids, which facilitate metabolism plus physical and mental ability. Essential fatty acids compose cell membranes and are the body's first defense against viruses and bacteria. They keep the immune system, digestive system, central nervous system and cardiovascular system all in working order. Essential fatty acids also transport unhealthy fats out of the body! And they themselves are stored directly in cell membranes—not as body fat. There are two types of essential fatty acids: omega 3 and omega 6.

Omega 3 essential fatty acids help regulate hormones, strengthen immunity and ensure communication between cells. Omega 3 sources include:

- Flax oil
- Chia oil
- Borage oil
- Evening primrose oil
- Pumpkin oil
- Wild salmon and other cold water fish, plus fish oil
- Nuts
- Seeds

Borage, flax and primrose oils are cold pressed and unrefined; they should never be heated, otherwise they will turn rancid. Evening primrose oil jump starts fat burning, and it can tame

menstrual cramps. If you don't like fish, fish oil supplements are handy. They also help reduce blood pressure and can even alleviate mild depression.

Omega 6 sources include:

- Sunflower oil
- Safflower oil
- Sesame oil

If essential fatty acids are lacking in your diet, you may experience dry, flaky skin; eczema; arthritis; and inflammation. It's important to note, however, that most Americans get too many omega 6's and not enough omega 3's. This imbalance can increase the risk of heart disease, cancer, plus inflammatory maladies such as arthritis. In other words, reach for the can of sardines instead of the bag of potato chips made with sunflower oil!

The "Bad"?: Saturated

Saturated fats are solid at room temperature. Saturated fats keep the body warm and facilitate nutrient absorption. However, *over consuming* saturated fats lowers metabolism. Too many poor quality saturated fats in the diet can slow tissue oxygenation, instigate obesity and lead to heart disease. Sources include:

- All animal-based foods, including meats, dairy products and eggs
- Peanuts
- Coconut oil
- Cottonseed oil
- Palm kernel oil

It's generally a good idea to minimize saturated fats in the diet; that will help you reap their benefits while minimizing their health risks. You do not want to entirely eliminate them though, as they contain important vitamin and fat sources, like Vitamin B12 and CLA (conjugated linoleic acid) unobtainable in plant-based foods. The types of saturated fats that you want to avoid are those that are poor quality. When choosing saturated fats, think quality over quantity. Organic, cage-free eggs, grass-fed beef, and organic milk are good quality saturated fats.

The Ugly: Trans Fats

Trans fats are the worst fats imaginable. They clog *and* harden the arteries. You should avoid them like the plague. Trans fats come from hydrogenated oils. A science lab can take any liquid vegetable oil, even healthy oil, and add hydrogen to create a solid fat; the chemical constituency is most closely related to plastic! Hydrogenated and partially hydrogenated oils are everywhere in packaged foods; read labels carefully. Hydrogenated oils lower good cholesterol and drastically increase bad cholesterol. They also instigate obesity, diabetes, cancer, birth defects, sterility, sexual dysfunction and compromise the immune system. Sources of trans fats include:

- Margarine
- Vegetable shortening
- Soybean oil
- Packaged foods

- Fast food, such as French fries and buns

To review fats, let's summarize:

- Completely avoid hydrogenated or partially hydrogenated oils
- Minimize saturated fats and choose high quality sources of saturated fats
- Enjoy monounsaturated and polyunsaturated fat whenever you like!

Topic 3 -The Get Real Food Journal – No Guilt Allowed!

Have you ever said to yourself “Today is the day I am going to start eating healthier!”? I think we have all said this to ourselves at one time or another. But why don't we stick with it? One of the problems is that we often think that eating healthier means eliminating foods that we crave, like chocolate chip cookies or the tempting bag of your favorite snack. When I talk with people about their cravings, everyone usually has at least one thing that seems to be standing in their way. Most people, in attempt to eat healthier, tell themselves “I am never going to eat that again” or “I shouldn't eat that”. But then suddenly they find themselves with an intense craving for the very thing they are trying to give up.

Have you ever thought about why this happens? Think of your mind like a magnet. Whatever thoughts come into your mind circulate around and around and cause you to feel and act a certain way. When you focus on *not* eating something, you place a lot of attention on what you are *not* supposed to be doing. Whether it's a positive or a negative thought, either way you are focused on it. Your thought “I will not eat cookies” rings in your brain as “cookies, cookies, cookies”. So how can you possibly stop eating cookies when all you are thinking about is *not* eating cookies?

There is a better way to eating healthy and it's not about depriving yourself or denying yourself of your favorite foods. When you deprive yourself, you wind up feeling dissatisfied which can lead to more cravings, over eating, and feelings of guilt. Let's throw guilt out the window! It's not fun and you don't need it in your life.

Instead of focusing on what you *can't* eat, flip it around and focus on what you *can* eat. There are many methods I use for helping people to eliminate their cravings, and this method is called “Crowding Out”. By adding in all of the delicious, nourishing food that you can have - the food that you enjoy and that is healthy for you - suddenly the food that makes you sick seems to disappear. Your body will recognize this change and say “THANK YOU!” Keep adding in nutrient-dense foods, and watch your cravings for processed, sugary foods diminish. And you won't even have to arm wrestle with yourself in the kitchen!

Here are a few examples of Nutrient-Dense Foods that will leave you feeling satisfied:

- Beans – Garbanzo, Pinto, Kidney, Lima, Cannellini and many more. Beans are loaded with fiber and will add a sensation of feeling full.
- Vegetables – The more green vegetables you eat, the more you will want to keep them in your daily diet. They are loaded with minerals and nutrients.
- Berries – Loaded with antioxidants, berries of all kinds have cancer-preventing power. They are also a great fruit choice for weight-management.

- Wild Alaskan Salmon – Full of Omega 3 Fatty Acids, a serving of salmon will leave you feeling satisfied.
- Nuts – Walnuts, almonds, cashews, pistachios, and other nuts are a healthy source of fat. They make a great snack or just top them on your salad.

Get Going Exercise - (Allow 1-2 minutes for the participants to complete the exercise.)

List all of your favorite foods that are full of nutrients. (a.k.a. “healthy *and* tasty”).

Homework - Next, decide on different meals to add these foods in during the week. Then make a commitment to focus on these nutrient-dense foods for one month. Make sure you are adding them in each day. Post your goal on your refrigerator. If you are have a craving for something “unhealthy”, examine your list and decide if something on the list will do instead. If not, sit down and enjoy your treat without guilt.

(Handout the *On-the-Go Food Journal*)

The On-the-Go Food Journal

Most people eat without awareness. Whether you’re in a hurry or just unaware of how particular foods affect you, it’s easy to be disconnected to our food. Learning to change this “unawareness” habit into “awareness” frees us from the confusion on what to eat. We learn to listen to our body’s own signals and are guided to what foods are best for us that day, that season or that moment.

The On-the-Go Food Journal is an amazing tool to build our awareness muscle. It’s easy for someone on the go – all you do is check off what food you ate in the appropriate box.

The On-the-Go Food Journal includes: a listing of various foods you may eat on any given day. After recording in the Journal, make a tick mark in the appropriate row of the table for the various foods you consumed that day. The table allows you to see how much of each kind of food you are eating, and helps you add in and crowd out the foods you desire. For example, the week of 1/1/08 you may find that you placed 7 checkmarks in the Greens category and 5 in the Processed Foods/Sugar category. You may consider the following week to reduce sugar and increase whole grains. The On-the-Go Food Journal gives you a great overview of how much of each kind of food you are eating week by week. It also allows you to keep track of physical activity throughout the week.

The On-the-Go Food Journal process is meant to be fun and without judgment. Refrain from guilt during the process and do not try to restrict yourself to the point of a “perfect 10”. Think of the On-the-Go Food Journal as a way to gain more awareness to what you are eating. Remember, no guilt allowed! Simply check off what you ate and at the end of the day and end of the week, take a look and ask yourself: What might I change for tomorrow? Instead of “I’m so terrible, look what I ate”, change your thinking to “Okay, this was today, how can tomorrow be even better?” Each week, simply choose one thing to make a little better.

Topic 4 – Slowing Down...No Matter How Busy You Are

Your alarm goes off. You hit the snooze button several times before pulling yourself out of bed. This is the only moment in the day in which you will be slow. From here on out you are on the clock – eating in a hurry, speeding off to work or somewhere with the kids, rushing here, scurrying there. Until you finally crash at night in your bed...and for some reason, you can't get to sleep! Does this sound familiar?

The speed of our life has affected us in more ways than we notice. Faster food, faster cars, and faster computers. I used to think that faster machines meant that we would have less work to do as technology would ease our burden. But the faster the world goes, the faster we run.

Take a deep breath. Exhale. What did you notice? Did your sigh come out long and peaceful, or heavy and stressed? That little test can tell you more about where you are right now in your life than blood work! If your sigh is heavy, stressed and near painful, you may want to consider slowing down. Your health is at risk! The speed of your life plays a role with the stress, anger, depression, and anxiety you may be experiencing. These symptoms can create a disconnection between our mind and our body. This disconnection leads to imbalance and can lead to disease.

How can we possibly slow down if we're so busy? By slowing down, we actually gain more energy to do all the things that keep us busy. And it feels a lot better to go throughout your day in a calm state instead of a crazed frenzy. You might even meet someone new or notice something different!

How can we begin to incorporate slowing down in this fast-paced world? Here are a few ideas to help you get started:

- Light a candle in the kitchen when cooking
- Set aside one night a week just for you
- Say 'no' to unnecessary obligations that are causing you stress
- Pick one day a week to escape to a park, hiking trail or body of water
- Promise yourself to only eat when you are sitting down at the table
- Hold your fork with your opposite hand
- Close your eyes for a few minutes in the middle of the day

Get Going Exercise – *(Practice relaxation technique of breathing)*

Have each participant practice relaxing by closing their eyes and taking a deep breath and exhaling slowly. Have them repeat 5-10 times. Ask participants to share how they feel. Has their pulse decreased? Is there tension in their shoulder muscles?

Homework -

Practice slowing down when it comes to eating. Begin with a few deep breaths before beginning to eat. Chew each bite thirty times. Practice this for one whole week. What do you notice? How can you continue to slow down each day, even if for only 5 minutes?

(Handout- Healthy Recipes for Busy People)

Review – We learned more about sugar and healthy fats and I hope you will incorporate what you have learned into your diet. We also learned a way to keep a food journal, even when you are busy. This tool will help you evaluate your eating and help you make the changes you need to make. As we close this final workshop, I want to remind you of the homework assignments and remind you about active learning. The get going exercises and homework are step by step instructions to help you make lasting change.

(Reminder of the homework)

Homework-

- 1.) Complete all the Get Going Exercises if you didn't have time during the workshop.
- 2.) **Homework** - Make a commitment to focus on these nutrient-dense foods for one month.
- 3.) **Homework** – Practice relaxation while eating.

Getting Support - Congratulations! You've taken time from your busy schedule to find healthy ways to eat on-the-go. *(At this time, you can tell your participants of other programs that you have that can help them be successful.)*

Closing- Thank them for making this group unique and for participating.

Energy Booster Snack List

Almond butter spread on an apple

Hard boiled egg – *the most portable food on earth, it comes in its own travel case!*

Trail Mix – buy raw almonds, walnuts, dried fruit, pumpkin seeds and mix together in a bag before you go out the door. Keep in your car or purse for emergency snacking.

Veggie sticks – add hummus or salsa

Whole grain crackers – *try the 'Kashi' brand or 'Mary's Gone Crackers'*

Organic yogurt with granola or fresh fruit – *make your own Granola or try the Bear Naked Brand. Make sure your yogurt doesn't have artificial sweeteners added.*

Energy Bar – *make sure it's not loaded with 'fake energy' such as sugar or high fructose corn syrup. Try Lara Bars, ProBars, the Organic Food Bar and other natural energy bars.*

Grape tomatoes - *sprinkle with feta cheese and drizzle with olive oil, balsamic vinegar and sea salt.*

Baked sweet potato – *Bake ahead of time and drizzle with agave nectar for a sweet treat.*

Avocado – *if you are going to be traveling and not able to get a healthy meal, avocados have GOOD fat and will satisfy you so you don't eat airport food. Just grab a plastic knife and spoon at a fast food counter in the airport, and cut the avocado in half. Next, cut the avocado by making a 'checkerboard' of small squares. Now, while the pieces are in each shell half, you can easily eat them with a fork or spoon.*

Greens Recipes:

Spinach Salad with Creamy Herb Dressing

7 cups spinach
1 red onion, sliced
Grape or cherry tomatoes
1 avocado, cut into small square cubes
¼ cup pumpkin seeds

Dressing:

3 tbsp white wine vinegar
2 tbsp organic heavy whipping cream
1 tsp stone ground mustard (Dijon)
2 tbsp mayonnaise or “healthy” mayo like Lemonaisse
½ teaspoon garlic, minced
½ cup olive oil
1 tbsp fresh chives, minced
Sea salt and pepper to taste

Thoroughly wash and dry spinach. In a large salad bowl, add spinach, onions, tomatoes. In a glass jar, combine all dressing ingredients and shake vigorously. Pour over salad and toss. Add avocado cubes and pumpkin seeds, tossing lightly.

Health Benefits

Spinach – full of vitamin K for bone health

Pumpkin seeds – full of zinc and healthy monounsaturated fats

Tomatoes- contain lycopene which has been shown to protect from oxidation damage and protect DNA, fight cancer and heart disease!

Collards with Dill and Parsley

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

1 bunch collard greens
1 cup fresh chopped dill
1 cup fresh chopped parsley
2 tablespoons olive oil
1 teaspoon black pepper
pinch of sea salt

Directions:

1. Wash collards, cut stems off and chop into small pieces and put aside. Stack leaves and roll them up, as you would a sushi roll, then slice from the end to create long strips.
2. Warm oil in a pan with black pepper, and add stems, sautéing for a few minutes.
3. Add collard greens and sea salt, then sauté for about 3 minutes.
4. Add water, cover and allow to steam for about 3-4 minutes, then remove from heat.
5. Add chopped dill and parsley, toss well and allow to sit uncovered for a few minutes, then serve.

Variations:

Mix the juice of a lime and a dash of cayenne. Toss with the greens for a little extra kick!

Collards and Portobello Mushrooms

Prep Time: 5 minutes

Cook Time: 15 minutes

Yield: 3-4 servings

6 -7 cups chopped collard greens

2 cups water

2 teaspoons extra virgin olive oil

1 teaspoon minced garlic

1/3 cup thinly sliced scallions-white and green parts

2 large Portobello mushrooms, stems removed and cut into 1 inch slices

salt to taste

Directions:

1. Wash collards, cut stems off and chop into small pieces and put aside. Stack leaves and roll them up, as you would a sushi roll, then slice from the end to create long strips.
2. Bring water to a boil and add in prepped collards. Cover and boil for 5-8 minutes. Drain and set aside
3. Heat oil in a skillet over medium heat. Add garlic and scallion and sauté for about 30 seconds. Turn up heat a bit and add mushrooms and a pinch of salt. Cook for 5-6 minutes
4. Reduce heat to low, stir in collards, cover and cook for 1-2 minutes until hot.

Bok Choy Stir-Fry

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yields: 4-6 servings

Ingredients:

1 bunch bok choy
1/2 red or yellow pepper, chopped
2 cloves garlic
2 tablespoons olive oil
Pinch sea salt

Directions:

1. Wash bok choy and separate greens from stems, chopping stems into smaller pieces if so desired.
2. Dice red pepper and garlic.
3. Heat oil in skillet and add garlic, saute for a few seconds.
4. Add bell pepper and stir while cooks for about 2 minutes.
5. Add stems and sea salt, cook for a few minutes, then add greens and cook until wilted. Serve!

Arugula with Toasted Walnuts & Goat Cheese

7 cups arugula, rinsed and dried (or other mixed greens)
2 oranges
1/2 cup goat (or feta) cheese, preferably organic or imported
1/2 cup walnuts

Dressing:

3/4 cup walnut oil or olive oil
1/4 cup balsamic vinegar

Preheat the oven to 350°. Spread walnuts on a baking sheet and place on a middle rack. Bake for 8 minutes to lightly toast walnuts. Peel an orange, and section it into small pieces. Combine arugula, oranges, cheese and toasted walnuts in a bowl. Pour dressing over salad and toss.

Healthy Recipes for Busy People

Get Real Plan Energy Bars

- 1 Tbsp dates, pureed
- 1 Tbsp oats, whole oats, ground
- 1 Tbsp dried cranberries or fruit of choice
- 1 Tbsp coconut, unsweetened
- 1 Tbsp walnuts, finely chopped
- 1 Tbsp dark chocolate chips or carob chips, optional
- 1 Tbsp Agave nectar

**Makes one bar – For larger batch of 12 servings, use ¾ cups of each ingredient.*

Pit dates and use food processor to puree or mash by hand. Add 1 Tbsp of remaining ingredients and spin briefly. Using hands, mix into a tight ball. Roll ball out into a rope and flatten into a large square. Wrap in plastic wrap, chill and cut into desired bar shapes with a sharp knife. This recipe makes one bar. If you make a larger batch, use a pan to form mold and cut into squares after refrigerating.

Jumpstart Smoothie

- ½ cup frozen raspberries
- ½ cup frozen cranberries or blueberries
- ½ banana
- 1 tbsp flax seed oil, optional
- 1 tbsp almond butter
- 1 cup plain yogurt
- ½ cup Liquid of your choice: water, juice or iced tea

Add all ingredients to blender. Puree until smooth. Enjoy as a delicious breakfast or refreshing beverage.

Mexican Wrap On-the-Go

- 2 cups red beans (soaked overnight, drained and cooked or use canned)
- 1 red onion, chopped
- 2 cloves garlic, sliced thin
- 2 tbsp Olive oil
- 1/2 jar favorite salsa (no sugar added)
- ½ cup greens of choice, spinach, swiss chard, red leaf
- Sprig of cilantro
- 1 avocado
- 1 Tbsp plain yogurt
- Whole grain tortillas

Sautee onion and garlic with olive oil over medium heat. Drain beans then add with salsa to pan. Stir. Next add in greens, cover pan to steam. Serve with whole grain tortillas, slices of avocado, dollop of yogurt and a sprig of cilantro.

Health Benefits

Red beans – high in fiber to control blood sugar and give you energy

Onion – shown to lower cholesterol and blood pressure

Cilantro – shown to help lower cholesterol and blood sugar in recent research studies

Smart Eating Tips

Cook once, eat twice...or three times!

Set 30 minutes aside each week to plan the week ahead

What will you eat, when will you shop, what days will you be very busy?

Keep fresh proteins in the refrigerator

Fish can be broiled in 5-7 minutes – now that's fast food!

Use a crock pot

Cook a whole chicken while you are away at work. This can be combined for up to 5 new meals: Chicken over rice, Chicken and pasta, Chicken on salad, Chicken soup, Chicken burritos!

Start a Grain Bank

Use a rice cooker to cook grains. Start a batch on Sunday and add to various dishes throughout the week. The goal is to keep the grains going so you always have a quick meal ready.

Keep veggies fresh

Use an Evert Bag or squeeze all the air out of your plastic bag to help vegetables last longer.

Delegate

Have each family member choose a night to be "chef".

The On-the-Go Food Journal

Week of:						
Green veggies						
Root veggies						
Whole grains						
Fruits						
Nuts and seeds						
Animal protein						
Beans						
Coffee/tea						
Alcohol						
Processed flour products						
Other processed foods/Sugar						
Water						
Physical activity						

Whole Grain Cooking Chart

1 Cup of Grains	Cups of Water to Add	Cooking Time in Minutes
Amaranth	2	20
Barley—hulled	2 to 3	90
Barley—pearled	2 to 3	60
Brown rice	2	60
Buckwheat, or kasha	2	20
Bulgur	2	20
Cornmeal, or polenta	3	15
Couscous	1	5
Kamut	3	90
Millet	2	30
Oats—whole	3	90
Oatmeal—rolled oats	3	20
Quinoa	2	30
Rye berries	3	120
Spelt	3	120
Wheat berries	3	60
Wild rice	2	60

Here's how to prepare whole grains for cooking:

- Measure and rinse in cold water.
- You can choose to soak the whole grains in water for one to eight hours. Although this is optional, soaking will soften the grains, eliminate phytic acid and render them more digestible.
- Add the recommended amount of water to the grains in a large pot. You can add a pinch of sea salt if you like, which will aid in cooking. However, do not add salt to amaranth, kamut or spelt, as it will impede cooking time. The exception to this is buckwheat, also called kasha; bring the water to a boil *before* adding the grains. Buckwheat will not cook properly if it is added to cold water.
- Bring the whole grains and water to a boil. Reduce to medium heat, cover and simmer for the recommended cooking time. Stir occasionally.

If you prefer your whole grains al dente, meaning more firm and less mushy, you can boil the water before you add the grains. Boiling the whole grains and water together provides a softer consistency more similar to porridge.

You can store leftover whole grains in the refrigerator for approximately one week. To reheat, just add a little oil or water. When you enjoy whole grains, you enjoy whole health!

