



# 4 TIPS FOR EATING BETTER AT HOME

COMPLETE NUTRITION AND FITNESS

<https://completenutritionandfitness.com>

# WELCOME

## MEET YOUR COACH

I help busy people get active and eat better so they can get their health under control in a way that is sustainable and sensible.

I have been in the fitness industry for over 12 years. I started as a group exercise coach, coaching everything from cycling to boxing to pilates. I made the move to Personal Training in 2008 and then added a great nutrition certification to my tool belt. I take pride in helping clients find their way to their nutrition and fitness goals in a way that is sustainable and sensible.

My methods are scientifically proven and I work with every person uniquely to find what works the best with their busy lives. If you are tired of being on a diet roller coaster and trying to out exercise your diet, I can help you. Please check out my website to learn more at <https://completenutritionandfitness.com>



*Dottie*

## 4 TIPS FOR EATING BETTER AT HOME

# WORKBOOK OUTLINE

### 1 **Goal Setting**

We cannot get to a destination if we do not know where we are going. I encourage you to think about why you are doing this course and what you would like it to help you with.

### 2 **Tip 1 - Fruits & Vegetables**

One of the most important tips for eating better at home is the availability of wholesome foods that nourish your body.

### 3 **Tip 2 - Added Sugars**

Added Sugars can really sneak up on you in foods you would not expect. Let's take a closer look at your refrigerator and pantry and see where those added sugars are hiding.

### 4 **Tip 3 - Reduce Distractions**

This one may sound a bit unbelievable, however eating while distracted can have a profound effect on meal memory.

### 5 **Tip 4 - Eating Slowly**

There is a staggering amount of evidence suggesting that when people eat slowly, they tend to eat to satisfaction not to over full.



# WODDULE 1



GOAL SETTING



# 1 | GOAL SETTING

We cannot get to a destination if we do not know where we are going. You have probably, at some time in your life, been asked what your goal is. It can sometimes be daunting to answer. I encourage you to think about why you are doing this course and what you would like it to help you with.

Whatever your goals, the habits we discuss should support your goals. However, these are broad guidelines. If your goals are highly complex and very specific (for example, you want to prepare for a figure competition), then these lessons may not be enough, and we will need to discuss your goals one on one.

Please think about how healthy eating habits will support your goals. Whether your goal is to lose weight, change your body composition or add muscle, you will find setting a goal or goals for yourself helpful.

Start with your overall goal, then break the goal down into skills that you need to attain that goal. What practices do you need to develop the skill? What actions can you do every day to support your practice?



# 1 | GOAL SETTING

For this particular lesson, let's assume you are wanting to either improve your body composition or lose weight as this is typically the goal of the majority of my clients. As a skill related to your goal, you may want to "Eat Better." Eat Better is a great skill, but it is not very specific, so what practices would we need to develop the skill of eating better? One of those may be to eat more vegetables. Great! Now we are getting somewhere. So, what action could we do EVERY DAY to eat more vegetables? Maybe add one serving of vegetables to one meal for 2 weeks. This is how we turn small, daily actions to practices to skills to goals.

To get started answer these questions and fill out the Goal Planner on the next page.

What is your overall goal?

What are two skills you need to achieve this goal?

What actions can you do daily to practice?

# GOAL PLANNER

MY GOAL:

SKILLS

SKILLS

ACTION STEPS:

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

NOTES & IDEAS:

# WODDULE 2



FRUITS & VEGETABLES



## 2 | FRUITS & VEGETABLES

One of the most important tips for eating better at home is the availability of wholesome foods that nourish your body. Having these foods readily available and at your fingertips is a cornerstone to healthy eating. Most of us understand that, at home, we will usually eat what is most readily available. If we are busy and hungry, some of us will gravitate to what is the fastest and easiest to eat. You may find yourself munching on potato chips while you are looking for something to prepare in the pantry or refrigerator.

To set yourself up for success, stock your kitchen with healthy, grab and go snacks that are just as easy as grabbing a bag of potato chips.

Do an inventory of fruits and vegetables that you enjoy. Now think about how they must be prepared to make them readily available for instant snacking and how much time this will take.

Think about when you have some time to prepare these foods. Maybe you just want them available at home or maybe you want to prep them so you can take them with you while working or running errands.



## 2 | FRUITS & VEGETABLES

Here are some ideas:

Apples, Bananas and Oranges are the perfect snacking fruits since they come prepackaged and ready to go! These are a must have if you enjoy them.

Berries are packed full of vitamins and minerals and also a great quick option. Frozen berries do not lose much, if any, of their nutrients in the freezing process and are great thrown in with your morning oatmeal, smoothie or even used as ice cubes in your water (you have a little berry reward when your water is gone). If you have not looked at the frozen fruit options in a while at your grocery store, you may be surprised by all the options available.

Pomegranate seeds take some work but are worth it as they pack a nutritional punch, and you get a good quantity of seeds per fruit. Prep them by deseeding them and package them in individual containers or resealable bags.



## 2 | FRUITS & VEGETABLES

What cut vegetables do you like? Some ideas are to prepare cut vegetables like carrots (or buy baby carrots), celery, jicama and all colors of bell peppers. Just chop these up and put them in individual bags or containers. These are great dipped in hummus or salsa.

There are great options in the produce department that have done the work for you.

- Grape or Cherry Tomatoes
- Pre-cut veggies (make sure to look at them carefully as sometimes they look dried out)
- Pre-cut fruits
- Pre-made salad – go for the ones without the pre-made dressing

# 3 STEPS TO GET MORE FRUITS & VEGGIES IN YOUR DIET

1

**What fruits and vegetables do you like?** Use the space below to brainstorm

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2

**Preparation:** How can these fruits and veggies be prepared, so that you will be more likely to eat these rather than a more processed snack?

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3

**Action:** What action will you take this week to get at least one more fruit or vegetable in per day?

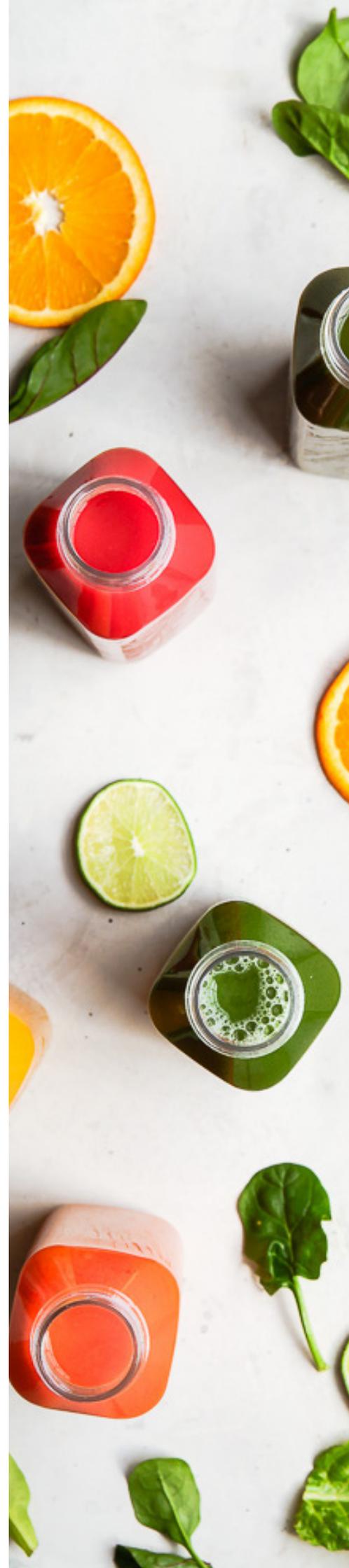
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# WODDULES



ADDED SUGARS



# 3 | ADDED SUGARS

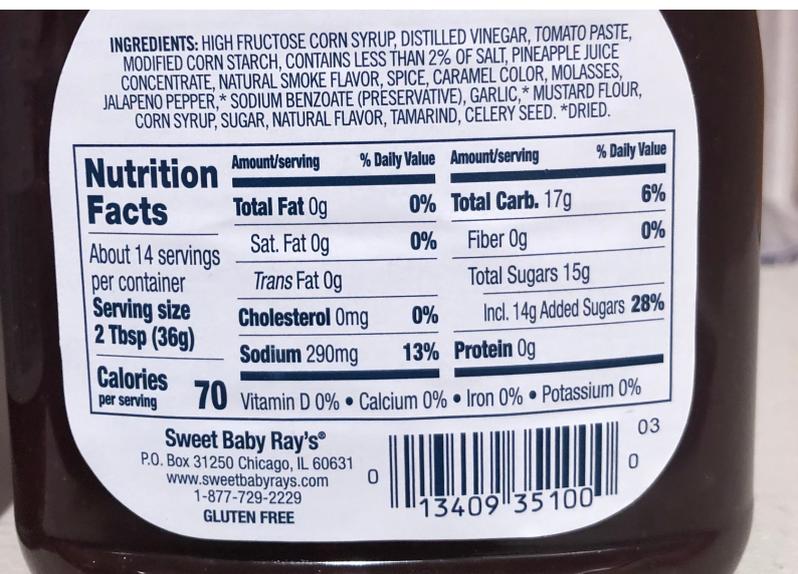
The American Academy of Nutrition and Dietetics states that adults should get less than 10% of their calories from added sugars. So, if you eat around 2000 calories per day that is about 200 calories or about 50 grams of added sugars. Added sugars can really sneak up on you in foods you would not expect (like pasta sauce). To make matters worse, you do not always recognize added sugar as sugar by the ingredient listed on the label. This article by the American Academy of Nutrition and Dietetics has not only some great information on added sugar, and also lists some of sugar's alias names. <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-scoop-on-added-sugars>

And just so we are clear here, we are talking about added sugars. You can go ahead and enjoy your fruits and dairy that have naturally occurring sugars that the body uses as fuel for our activities and daily life. Naturally occurring sugars in fruits also come along with fiber and fantastic vitamins and minerals that you would not want to miss out on.

# 3 | ADDED SUGARS

We are going to the pantry and refrigerator to look for sneaky sugar. I did this exercise myself and while I was not surprised where I found the sugar, I was surprised by how much I found.

This label is from a bottle of Barbecue Sauce that (I am embarrassed to say) was in my pantry. Look at the FIRST ingredient – High Fructose Corn Syrup. Sugar is the first ingredient in this product, so not surprising, it has 15 grams of sugars with 14 grams of added sugars. Now, look at the serving size. Do you eat 2 tablespoons of barbecue sauce? If you had 2 servings of this product, you would be consuming 30 grams of your 50 grams of added sugar from the previous example of a 2000 calorie diet. This is getting donated or trashed.



# 3 | ADDED SUGARS



Here is another example; a pasta sauce. Not as bad as the barbecue sauce, but who needs sugar in your pasta sauce? This one has 6 grams of sugars with 1 gram of added sugar. We can easily find better choices at the grocery store.

Now, find the unwanted sugar in your pantry. Look carefully at the labels and look for the ADDED sugars in particular. Look for items with more than 5 grams of added sugar and decide if this added sugar is really worth it in your diet.

You know what to do, either donate it or toss it!

# ADDED SUGARS



Use this worksheet to list the items in your pantry with more than 5 grams of added sugars. In the green column list those items between 5-10 added sugars. In the yellow column list those items between 10-15 grams of added sugars. In the red column list those items with more than 15 grams off added sugar

5 - 10 GRAMS

10 - 15 GRAMS

OVER 15 GRAMS

# MODULE 4



REDUCE DISTRACTIONS



## 4 | REDUCE DISTRACTIONS

This one may sound a bit unbelievable, however eating while distracted can have a profound effect on meal memory. In other words, if you are eating while watching television or scrolling through your phone, your brain may not be aware that you are eating. Studies have shown that this has caused participants to not only eat more during the meal, but also to snack more later in the day. It's thought that eating while distracted disrupts the formation of the memory of the meal and causes overeating later in the day.

If you are eating at home alone, this may be a tough habit to break. You may habitually sit in front of the television, computer or cell phone to keep yourself company. If this is a habit that you have, consider taking small steps towards breaking this habit. Think about what might be manageable for you. Could you try eating without distractions for 1 meal a day? If that's too much, how about 1 meal every other day?

If you are not sure if eating while distracted is something you do, print this 7-day diet journal and track what you are doing while you are eating. Also track quantities. A fun experiment is to then do the 7-day diet journal again with a focus on non-distracted meals. See if there is a difference.

# 7-DAY DIET JOURNAL

Record what you eat, when you eat it and what you are doing

	BREAKFAST	LUNCH	DINNER	SNACK
S				
M				
T				
W				
T				
F				
S				

# WODDULES



EATING SLOWLY



# 5 | EAT SLOWLY

You have probably heard this one before and it goes hand-in-hand with eating while not distracted. Again, there is a staggering amount of evidence suggesting that when people eat slowly, they tend to eat to satisfaction, not to over full. Many of my clients have discounted eating slowly as “too simple to work.” It is super simple, but for many people it is not easy. The same cognitive mechanisms are in place here as eating distracted. The food is going down so quickly that the brain does not realize that we have been fed.

According to Precision Nutrition, “The benefits of slow eating include better digestion, better hydration, easier weight loss or maintenance, and greater satisfaction with our meals. Meanwhile, eating quickly leads to poor digestion, increased weight gain, and lower satisfaction. The message is clear: Slow down your eating and enjoy improved health and well-being.”



# 5 | EAT SLOWLY

Here are their tips to start making this change today.

- Sit down in a calm environment with minimal distractions.
- Chose fruits and vegetables that take longer to chew.
- This is a big one, put your utensil down in between bites. Take at least one breath.
- Use a smaller plate.
- You can lose your focus, if you do and start rushing your food, take a second and put your utensils down and take a breath.
- Set aside time to eat – 20-30 minutes.

Is eating quickly a habit that you have?

If this is an eating habit that you have, can you pick one or two of the strategies above to implement at 1 meal per day for the next week? Which strategy will you try?



# THANK YOU

## LET'S STAY IN TOUCH!

You have made it to the end of this eBook. I sincerely hope that you found it helpful and enjoyable. You can see more of what I do at my website <http://www.completenutritionandfitness.com> or you can email me at [dottie@completenutritionandfitness.com](mailto:dottie@completenutritionandfitness.com)

I would love to assist you in nutrition and fitness coaching and I look forward to hearing from you!

*Dottie -  
Nutrition Coach*



**“A HEALTHY  
OUTSIDE  
STARTS  
FROM THE  
INSIDE”**

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# PROGRAMS



## MONTHLY NUTRITION COACHING

A one on one coaching program - we will meet either virtually or in person once per week to check in. You will be provided with daily lessons and practices via my online coaching tool. Together, we will develop habits to help you reach your health and fitness goals. Questions will always be welcome. Contact me at [dottie@completenutritionandfitness.com](mailto:dottie@completenutritionandfitness.com) to discuss.



## MONTHLY NUTRITION + FITNESS

A one on one coaching program - we will meet either virtually or in person once per week to check in. You will be provided with daily lessons and practices via my online coaching tool. Together, we will develop habits to help you reach your health and fitness goals. Questions will always be welcome. Contact me at [dottie@completenutritionandfitness.com](mailto:dottie@completenutritionandfitness.com) to discuss.

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