

A lifestyle change.



Healthy Eating – Making it Work for You
Kim Pullman, RD, LN ~ Deb Rapaport, RN, BSN



Getting to Know You –
Share one thing that you REALLY like to do

First things first:

1. Write your weight on your chart.
2. Draw a line from your first week's weight to the second.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) How many calories did you eat each day?
 - b) Make a note about how you did this week.



The Main Event: Calorie Goal Setting

How many calories do you need?

http://www.caloriesperhour.com/index_burn.php

- So – if my estimated RMR is 1300 calories, and my RMR + activity is 2150 calories – what is a good goal for me to lose weight?



Eat Healthy to Lose Weight

- To lose weight you **MUST** eat **FEWER** calories than you **EXPEND**.
 - 2000 calories (food eaten) – 1500 calories (metabolism, exercise) = 500 calorie gain.
 - 1500 calories (food eaten) – 2000 calories used (metabolism, exercise) = 500 calories loss.
 - There are ~3500 calories in 1 pound of body fat.
So – if you have a 500 calorie loss, how many days will it take you to lose a pound?

Remember YOUR Goals?



1.
Weight Loss



2.
Exercise



3.
Healthy Habits

Concentrate on Goal 1

- Based on your weight loss goal, choose a calorie goal for this week. *On average, this will be between 1700 and 1200.*
- Write down one simple action you will take **THIS WEEK** to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – **DO SO!**
Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.

What is Healthy Eating?

- A life-long way of eating that supports the best health for you.
- Focus on what **TO** eat.
 - Whole grains, fruits and veggies, beans, nuts, fish, lean protein, low-fat dairy.
- Think balance at every meal. Breakfast – whole grain, protein, fruit. Lunch & Dinner – whole grain, protein, fruit and vegetable.
- As you start watching calories – you’re going to get steered to lower calorie, higher nutrient content food in order to be full.



Ideas to eat LESS and still be satisfied

Handout: Create a Meal

1. Focus on **NUTRIENT-RICH food**.
2. Concentrate on lean-protein and high-fiber foods at EVERY meal and most snacks.
3. Use small serving dishes & utensils.
4. Drink lots of water throughout the day. Have a full glass of water (with lemon as you choose) with each meal.
5. Eat consistently throughout the day.
6. Eat consciously – don't multi-task – savor your food.
7. Put the food away! Out of sight, out of mind.
8. Decrease portion size of high calorie foods and increase portion size of low calorie foods.

What can you get?

For 300 calories

Waffles with Berries	VS	Stuffed Hotcakes
		
2 low fat Nutri-grain Eggo Waffles 1 serving Dannon Light 'n Fit yogurt 1/2 cup blueberries 1 cup strawberries		1/8 of Bob Evans Caramel Banana Pecan Cream Stacked and Stuffed Hotcakes
		Entire Portion 1,540 calories 77 g fat 198 g carbs

What can you get?

For 350 calories

Frozen Pizza with Salad	VS	Meat Stuffed Pizza
		
Lean Cuisine Spinach and Mushroom Pizza Caesar side salad with light dressing		1/5 a slice of Sbarro Sausage & Peppers Stuffed Pizza
		Entire Portion 976 calories 47 g fat 83 g carbs

What can you get?

For 400 calories

Chicken Stir Fry & Rice	VS	Chicken & Rice Takeout
		
4 oz grilled chicken 1/2 cup brown rice (cooked) 1-1/2 cups frozen veggie blend 1/4 cup red Thai sauce		1/5 of P.F. Chang's Orange Peel Chicken with steamed white rice
		Entire Portion 1180 calories 46 g fat 127 g carbs

Find High Calorie Foods

- On F&F Log – Circle foods that were high in calories:
 1. Drinks (other than water)
 2. Meats
 3. Dairy Foods
 4. Snacks and Candy
 5. Butter/Margarine
 6. Gravy/Mayonnaise
 7. Baked Goods
 8. Oil/Lard/Shortening

What could you substitute or change?



Food and Fitness Log

This weeks mission: Record everything you eat + portion size + calories & eat within calorie goal level.

A successful food & fitness log

- COMMIT to it.
- **Record what you eat as you go, so you KNOW how many calories you have left.**
- Record EVERYTHING you eat and drink, portion size, and calories.
- Record all DELIBERATE activity/exercise you do each day.
- Record your weight **AT LEAST 1x/week.**

Trouble-Shooting

What was one food you had trouble finding the calories on?

Calorie King Fun:

- Hardee's Six Dollar Burger
- Macaroni Grill Grilled Pork Chops
- Applebee's Oriental Grilled Chx Salad

Calculate calories in YOUR recipes:
www.caloriecount.about.com – click on "Foods" then "New Recipe." Copy and paste a recipe or type it in and click "Analyze." Or try www.fatsecret.com. OR www.sparkpeople.com.





Positive Thinking

- This is learning to eat in the real world with the tools available to us all.
- This may be overwhelming – but it will get easier. You are learning to use a new tool. Experience = Ease
- We don't expect perfection – just improvement!
- Use your scale like a speedometer – a tool to know where you are. IT DOES NOT DEFINE YOU.

Remember - 4 Keys to Success

Getting to and Maintaining a Healthy Weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1hr. or less/day) television.
4. Eating Breakfast EVERY day



Unlock your potential

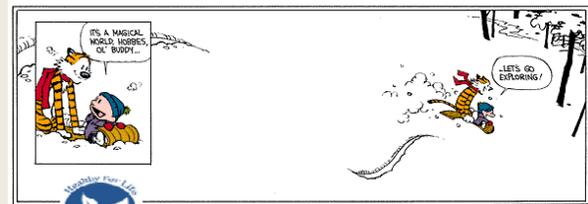
This Week:

1. SET your calorie goal.
2. DO what you've decided that you will to meet your goal.
3. PRINT another week for the food and fitness log.
4. RECORD your food, fitness and weight in your log.
5. BRING your binder, log and chart to our next webinar.



Our next meeting is Monday from 12-1pm.

Your first individual appointments are set. Let us know if you don't have one yet.



Your Turn