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STEP 1: FOCUS ON YOUR WEIGHT LOSS GOAL

Two sessions per week

Weight loss is determined by the close relationship between what you eat and what you do.

Group 1  Overeating
Group 2  Consequences of weight gain
Group 3  Obstacles to weight loss
Group 4  Summary: 7 weight loss steps
GROUP 1: OVEREATING

Introductions
Welcome to the HEALTH weight-loss program. The purpose of these classes is to help you lose weight and eat a healthy diet. You will also learn how exercising and lifestyle activity can help you to lose weight and keep it off. You are all here because you are concerned about your weight and want to be healthier. Our job is to teach you exactly how to lose weight and help you stay motivated.

Lesson and Ground Rules
There is a relationship between how much you eat, how much you do and how you weigh each day. The food you eat is like a fuel that gives your body energy. So, you only need to eat enough food throughout the day for the energy it takes to do your daily activities, such as walking or cleaning. When you eat more food than your body needs you will gain weight. The biggest problem for people who are overweight is overeating. We will teach you how to control your overeating to help you lose weight.

• If you eat less food than is needed to play, work, or exercise, you lose weight.
• If you eat just enough food for the energy needed to play, work, or exercise, your weight stays the same.
• If you eat more food that the energy needed to play, work or exercise, you gain weight.

Over the next 14 weeks, there will be 20 weight loss groups. Starting out twice a week for 6 weeks and once a week for last 8 weeks. You will benefit simply by attending groups each week.

• You will learn a new way to lose weight and improve your health.
• Some who completed this program have lost up to 30 pounds.

During every group:

• You will weigh yourself and write this weight down on the group Weight Chart.
• You will be provided a 3% weight loss goal, usually 6 to 12 pounds, depending on your weight.
• You will be supported and receive encouragement to reach your weight loss goal.

Ground Rules
Please come to all the groups – that is the way to get the most out of the program. If you have to miss a group for some reason, please let us know in advance.

A word about the group setting: One reason we do this in a group is that all of you can help support and motivate each other. It is important to keep in mind that sometimes we might talk about personal things that make people feel embarrassed or uncomfortable. Please be respectful of each other, both inside and outside the group. It is important to remember not to share any private information about the other group members with people outside the group. It is also important to help each other and not be judgmental of each other. You will see that the other group members are the ones who really help you stay motivated.
**Pedometers**

Every participant will get their own pedometer. A pedometer measures how many steps you take every day. We are going to use the pedometers to see how much activity you get every day.

**Group 1 Workbooks**

*Weight and Pedometer Chart.* Weigh yourself every night just before you go to bed. Write your weight down on your chart. Then write down the number of steps you took that day. Remember to put your pedometer on every morning and take it off just before you go to bed. Pay attention to your weight and stay focused on reaching your weight loss goal. Fill in the dates now. In a moment everyone will get weighed and fill in their weight loss goals.

*Food Chart.* Record every food you eat during each meal throughout the day, from breakfast to dinner, and include all drinks and snacks. After every meal and snack, list each food you ate by placing a check mark under the appropriate food column. As you can see, there are different Food Groups listed across the top: Meat, Bread and Rice, Vegetables, Fruit, Dairy, Soda, Tea and Coffee, and Snacks. Every time you eat something, think what category it should go under, and put a check in that column. For example, if you ate Frosted Flakes cereal, write a check marks under the “cereal” column. Put one checkmark if you ate a normal size serving of that food. Put two checkmarks if you ate a large serving or if you had seconds. Or, if you would rather write down the name of the food, you can write “Frosted Flakes” in the box. If you are not sure of the category, you can make a note in the margin. By writing down all the foods you eat every day you will become aware of the amount of food you eat each day and more importantly when you are overeating. Of note, do not worry if you do not know the precise food column—just do your best and ask the Group Leader at the next class.

**Weigh-In and Weight Loss Goal**

Measuring and recording your weight each day has two purposes: (1) it will point out the relationship between how much you eat and how it affects your weight and (2) it will act as a reminder to that you are dieting and that you should eat less.

It is important to note that your official weight will be the weight we record in group, where we have the most accurate scale. The scales we will give you to take home are for you to keep track of your daily weights, but whether you reach your goal will be determined by the scale we have here in clinic.

Not all people lose weight the same way. Some lose weight steadily and others lose weight in spurts. Also, there are times when your weight stays the same for days or sometimes for a week. Do not get discouraged, because if you eat less food than what you need for energy to play or work or exercise, you will eventually lose weight.

⇒ Handout: “Weight Loss Goal”
GROUP 1 HANDOUT: WEIGHT LOSS GOAL

I will lose 3% of my weight over the next 14 weeks!!!

We’ll begin to keep track of your weight today.

Your starting weight is _______ pounds.

Your goal weight is _______ pounds.

To keep track of your weight, weigh yourself at home every _______ at this time _______ on the same scale.
GROUP 2: CONSEQUENCES OF WEIGHT GAIN

Weigh-In and Turn In Homework

Lesson and Discussion
You have learned that the main reason you are overweight is because you are overeating. Losing weight is hard because eating is something you enjoy. Although eating can make you feel good for the moment, being overweight has long-term consequences. When you gain weight you tend to feel frustrated and guilty and overall feel worse about yourself. And when you don’t feel good about yourself you tend to avoid social activities and spend more time alone, which affects your quality of life.

You are here because you want to lose weight. Your motivation for losing weight may be the result of recent weight gain, seeing yourself as “fat”, fitting into your clothes or receiving stares or comments from others because you have gained weight. Or being overweight has affected your physical condition. You may get out of breath faster and be unable to participate in activities or sports you used to enjoy.

⇒ Discussion: Why do you want to lose weight?
You are here because you need to lose weight. Being overweight causes health problems. When you are overweight you are more likely to have high blood pressure, high cholesterol and diabetes. You increase your chances of having a heart attack, difficulty breathing or a stroke. You are also more likely to develop serious medical problems such as heart disease, kidney failure or gallbladder disease. Overall, it decreases your life expectancy; people who are overweight die at an earlier age, up to 12 years earlier, than others.

⇒ Discussion: How has being overweight affected your health?
It is important to remember these reasons for losing weight and use them as motivation to attend groups.

⇒ Handout: “MyPyramid”

Group 2 Workbooks

Weight and Pedometer Chart. Continue to weigh yourself every night at bedtime and write this weight in your workbook. Write the number of steps you walked that day on your chart at the same time. Put your pedometer on when you get up in the morning and take it off just before you get into bed. Pay attention to your weight and stay focused on reaching your weight loss goal. Fill in the dates and your goal weight now.

Food Chart. Record every food you eat during each meal throughout the day, from breakfast to dinner, and include all drinks and snacks. After every meal and snack, list each food you ate by placing a check mark under the appropriate food column. For example, if you ate Frosted Flakes cereal, write a check mark under the “cereal” column. Put one checkmark if you ate a normal size serving of that food. Put two checkmarks if you ate a large serving or if you had seconds. Or, if you would rather write down the name of the food, you can write “Frosted Flakes” in the box. By writing down all the foods you eat every day you will become aware of the amount of food you eat each day and more importantly when you are overeating. Of note,
do not worry if you do not know the precise food column—just do your best and ask the Group Leader at the next class.

Computer Program. This program will let you keep track of your weight on your own. It is available for you to use in the clinic whenever you like.
GROUP 2 HANDOUT: MYPYRAMID

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

- **Eat 6 oz. every day**
- **Eat 2½ cups every day**
- **Eat 2 cups every day**
- **Get 3 cups every day**
- **Eat 5½ oz. every day**

Know the limits on fats, sugars, and salt (sodium).
- Make most of your fat from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, smoking, and high-sodium foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose good and low-calories food in added sugars. Added sugars contribute calories with few, if any, nutrients.

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2006
CEPH-01
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GROUP 3: OBSTACLES TO WEIGHT LOSS

Weigh-In and Turn In Homework

Lesson and Discussion

Losing weight is hard because eating is something you enjoy. You usually eat more on days you feel depressed, lonely, angry or anxious. Food can make you feel better, simply because it looks, smells or tastes good. Eating can also distract you from something that is bothering you and give you something to do when you are bored. You are overeating because of how you feel, and you are using food to make yourself feel better and not because you are actually hungry.

You may already think that the medications you take have increased your hunger or food cravings, and have caused you to eat more. You also know that your medication helps control your symptoms and that you cannot stop taking them. Therefore, it is important to change the things you can control, like how much food you are eating, instead of focusing on the reasons you have gained weight, like the medications you are taking, which you can not control.

It is important to recognize that the enjoyment you get from eating is only temporary and is soon replaced with feeling bad. The feelings you have immediately after eating are consequences. You feel stuffed, guilty and frustrated once you realize you have gained weight. This program will help you lose weight by teaching you how to stop overeating and start focusing on the consequences of being overweight.

Another obstacle that some people face has to do with cultural beliefs. Some cultures regularly eat rich and fattening foods, so it may be hard for you to think about eating otherwise. Has anyone had this experience in their household?

Also, some people believe it is healthier, or even more attractive to be overweight. Does anyone feel this way themselves?

Experts have developed ways to measure whether people are at a healthy weight or not, depending on how tall they are, and it’s true that you don’t have to be skinny to be healthy. But we do know that above the range of healthy weight, every few pounds can make a difference in your health—that’s probably why you decided to participate in this class. Fortunately, we also know that every few pounds you lose can make you healthier, and that’s the purpose of the class.

⇒ Discussion: What do YOU do that has caused you to gain weight?

⇒ Discussion: What foods do you think you tend to overeat?

Group 3 Workbook

Weight and Pedometer Chart: Continue to weigh yourself every night at bedtime and write your weight and the number of steps you walked that day on your chart. Put your pedometer on when you get up in the morning and take it off just before you get into bed. Pay attention to your weight and stay focused on reaching your weight loss goal. Fill in the dates and your goal weight now.

Food Chart: Record every food you eat during each meal throughout the day, from breakfast to dinner, and include all drinks and snacks. After every meal and snack, list each food you ate by placing a check mark under the appropriate food column. For example, if you ate Frosted Flakes cereal, write a check mark under the “cereal”
column. Put one checkmark if you ate a normal size serving of that food. Put two checkmarks if you ate a large serving or if you had seconds. Or, if you would rather write down the name of the food, you can write “Frosted Flakes” in the box. By writing down all the foods you eat every day you will become aware of the amount of food you eat each day and more importantly when you are overeating. Of note, do not worry if you do not know the precise food column—just do your best and ask the Group Leader at the next class.

**Troubleshooting**

**Reminder**

The computer program is available for tracking your weights!
GROUP 4: SUMMARY – 7 WEIGHT LOSS STEPS

Weigh-in and Turn In Homework

Lesson and Discussion
You have learned that you have gained weight because you are overeating. You gain weight when the amount of food you eat is more than the amount of food your body needs to do your daily activities, such as walking. This program will teach you how to lose weight by decreasing the amount of food you eat and increasing the amount of physical activity you do every day.

Wearing a pedometer every day helps us to be aware of our daily activity. Now, we are going to start trying to increase our daily activity so our daily steps increase every week. Good ways to increase your steps are:

- Taking the stairs in your apartment instead of the elevator (if it is safe).
- Getting off the bus or the subway one stop before and walking from there.
- Going for a walk in the park.

Now we are going to average your daily steps from your pedometer readings over the past week. Once you know what your average daily steps are, you can start trying to increase that number every day. See if you can increase your steps by 100 steps every day.

Losing weight is hard because eating is something that you enjoy. You tend to eat food based on how you feel and not because you are hungry. You eat to make yourself feel better when you are upset, depressed or anxious or to distract you from something that is bothering you. However, the pleasure you get from eating is only temporary and is replaced with feeling bad, frustrated or guilty once you realize you have gained weight. More importantly, being overweight has serious and long-term health consequences, such as increasing your risk of diabetes, high blood pressure and high cholesterol and chances of having a heart attack or stroke.

Therefore, you must learn how to control the amount of food you eat in order to lose weight.

Techniques You Will Learn

- **Self Monitoring**: Become aware of behaviors and situations that are triggers for overeating and how you feel before and after you overeat.
- **Food Monitoring**: Become aware of the foods you eat and how much of each food group your are eating each day.
- **Activity Monitoring**: Become aware of how much activity you do each day, and focus on increasing the number of steps you walk each day.

⇒ **Handout: “Farmers’ Market”**

⇒ **Discussion: What will be the hardest thing for you to change?**

**Group 4 Workbook**

*Weight and Pedometer Chart*. Continue to write your weight in your chart every night before bed, and write down your daily steps from your pedometer. Put your pedometer on when you get up in the morning and take it off just before you get
into bed. Pay attention to your weight and stay focused on reaching your weight loss goal. Fill in the dates and your goal weight now.

**Food Chart.** Record every food you eat during each meal throughout the day, from breakfast to dinner, and include all drinks and snacks. After every meal and snack, list each food you ate by placing a check mark under the appropriate food column. For example, if you ate Frosted Flakes cereal, write a check mark under the “cereal” column. Put one checkmark if you ate a normal size serving of that food. Put two checkmarks if you ate a large serving or if you had seconds. Or, if you would rather write down the name of the food, you can write “Frosted Flakes” in the box. By writing down all the foods you eat every day you will become aware of the amount of food you eat each day and more importantly when you are overeating. Of note, do not worry if you do not know the precise food column—just do your best and ask the Group Leader at the next class.

**Reminder**
The computer program is available for tracking your daily weights!
GROUP 4 HANDOUT: FARMERS’ MARKET

The Farmers’ Market is one way to make healthy choices!

West 175th Street Greenmarket
On the corner of West 175th Street and Broadway
Open on Thursdays from 8 am to 5 pm, Jun-Oct

**Accepts food stamps and EBT**
STEP 2: EAT LESS FOOD AND DO MORE ACTIVITY

Two sessions per week

Your weight changes as a result of how much you eat and how much you do each day.

- You gain weight when the food you eat is more than the food you use to do daily activities.
- You lose weight when the food you eat is less than the food you use to do daily activities.

Group 5  Serving size
Group 6  Portion size
Group 7  Snacking habits
Group 8  Summary: problem eating patterns
GROUP 5: SERVING SIZE

Weigh-In and Turn In Homework

Lesson and Discussion
You have learned that overeating has caused you to gain weight. When you overeat you are eating food because it tastes good and not because you are actually hungry. In order for you to lose weight you must eat less food throughout the day. You can eat less food by eating only one serving of each food during meals, especially foods that are high in carbohydrates, sugar and fat.

You will start to eat more foods that are high in vitamins and minerals, such as vegetables and fruits, and less of the foods that are high in fat. The food pyramid recommends eating a balanced diet, meaning you should eat a certain number of servings from each food group based on the amount of nutrients in each food. You will start to create your meals based on the servings your body needs of each food group for energy to do your daily activities. The 6 food groups are described on the next page.

⇒ Handout: “Food Groups”

Group 5 Workbook

Weight and Pedometer Chart. Continue to weigh yourself every day at the clinic and write this weight down on your chart. Then write down your daily steps. You will begin to understand the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less and do more. Stay focused on your weight loss goal. Fill in the dates and your goal weight now.

Food Chart. Write down everything you eat throughout the day by placing a check mark under the appropriate food column. Write 1 check mark for a normal size serving and two check marks for a large serving or more than one helping. Keeping track of how much you eat will make you aware when you are overeating and also ensure your body is getting enough of the nutrients it needs for energy.

Activity Chart. The amount of physical activity you do each day can be measured by the amount of steps you take each day. You have become aware of the amount of activity you do by wearing a pedometer. However, as a result of modern conveniences, such as elevators and buses, you have to walk fewer steps throughout the day. The easiest way to increase activity is to increase walking. You can walk more steps by changing the activities you do every day, such as taking the stairs more often and using the elevator less. Instead of getting off or getting on the bus at your usual stop, walk an extra block or 2 instead.

Exercise
Starting today you will also do the “Walk Away the Pounds” video at the end of group. You will walk 1 mile in only 14 minutes.

Reminder
The computer program is available for tracking your weights!
GROUP 5 HANDOUT: FOOD GROUPS

Bread Group
This group includes breads, cereals, rice, pasta, potatoes and starchy vegetables
This group is high in carbohydrates (good for energy) and fiber
Daily amount recommended: 6-11 servings

Vegetable Group
This group includes green and yellow vegetables, leafy greens, peas and beans
This group is high in vitamin A, vitamin C and Iron
Daily amount recommended: at least 3-5 servings (but as much as you want!)

Fruit Group
This group includes apples, bananas, berries, pineapple, etc.
This group is high in vitamin A, vitamin C, fiber and carbohydrates
Daily amount recommended: 2-4 servings

Dairy Group
This group includes milk, cheese, yogurt, ice cream
This group is high in protein, calcium and vitamin D
Daily amount recommended: 2-3 servings

Meat Group
This group includes, beef, chicken, pork, turkey, fish, eggs and nuts
This group is high in protein, iron and vitamin B
Daily amount recommended: 2-3 servings

Fat Group
This group includes oil, Crisco, butter, margarine, mayonnaise, salad dressing, cake
This group is high in unhealthy fats, which cause heart attacks and strokes
Daily amount recommended: no more than 1
GROUP 6: PORTION SIZE

Weigh-In and Turn In Homework

Lesson and Discussion
You have learned that in order to lose weight you must eat less food throughout each day. One way to eat less food is by eating only 1 serving of each food item during meals. But sometimes, “one serving” can mean heaping food on the plate. You can still overeat even if you don’t go back for seconds. A portion size is the amount of a specific food item that you eat during 1 meal. You will now learn more about appropriate portion sizes of different foods within the food groups.

- **Bread, Cereal, Rice, Roots (Starch) Group**
  1 serving = 1 slice of bread, 1/2 of a bagel, 1/2 cup cooked rice, 1/2 potato or yam, 1/2 cup cassava (yucca root)

- **Vegetable Group**
  1 serving = 1/2 cup for most vegetables

- **Fruit Group**
  1 serving = 1 medium sized fruit, 1/2 grapefruit, 1 cup fresh fruit juice, 1/2 cup unsweetened canned fruit, 1/2 plantain (but if fried, count the oil!)

- **Dairy Group**
  1 serving = 1 cup of milk or yogurt, 1 slice of cheese, 1/2 cup of ice cream

- **Meat, Fish, Eggs, Beans Group**
  1 serving = 3 slices of lunch meat, 1/2 roast chicken breast, 1 egg, 1/2 cup of cooked beans

- **Fat Group**
  1 serving = 1 tablespoon of butter or oil, 2 tablespoons of salad dressing

If you like, you may take this one home for personal use.

Group 6 Workbooks

- **Weight and Pedometer Chart.** Continue to weigh yourself every night before bed and write this weight down on your chart. Then, write down your daily steps. You will begin to understand the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less and do more. Stay focused on your weight loss goal. Fill in the dates and your goal weight now.

- **Food Chart.** Write down everything you eat throughout the day by placing a check mark under the appropriate food column. Write 1 check mark for a normal size serving and two check marks for a large serving or more than one helping. Keeping track of how much you eat will make you aware when you are overeating and also ensure your body is getting enough of the nutrients it needs for energy.

- **Eating Habit Record.** You will now begin to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able, eat a smaller portion size. Then, place a check in the appropriate box.
Activity Chart. As a result of modern conveniences, such as elevators and buses, you do less physical activity throughout the day. The easiest way to add physical activity is simply by walking more. For example, instead of getting off or getting on the bus at your usual stop, walk an extra block or 2 instead. And continue to walk the stairs more often and use the elevator less. See if you can increase your daily steps!

Exercise
We will also continue to do the “Walk Away the Pounds” video at the end of group. You will walk 1 mile in only 14 minutes.

Reminder
The computer program is available for tracking your weights!
**GROUP 6 HANDOUT: ESTIMATING PORTION SIZES**

*It is hard to estimate portions, here are some tricks! One portion is:*

<table>
<thead>
<tr>
<th>3 ounces of meat, fish or chicken</th>
<th>The size of your palm or a deck of cards</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of vegetables</td>
<td>The size of your fist</td>
</tr>
<tr>
<td>1 medium piece of fruit</td>
<td>The size of a baseball</td>
</tr>
<tr>
<td>½ cup of rice or pasta</td>
<td>The size of an ice cream scoop</td>
</tr>
<tr>
<td>1.5 ounces of cheese</td>
<td>The size of a pair of dice</td>
</tr>
<tr>
<td>1 teaspoon of oil</td>
<td>The size of the tip of your thumb</td>
</tr>
<tr>
<td>1 cup of cereal</td>
<td>The size of a large handful</td>
</tr>
<tr>
<td>1 gram</td>
<td>The size of one paperclip</td>
</tr>
</tbody>
</table>
GROUP 7: SNACKING HABITS

Weigh-In and Turn In Homework

Lesson and Discussion

You have learned that losing weight requires you to eat less food by changing the amount of food you are eating during mealtime. A second way is by changing the foods that you are eating during snack time. Your snacking habits must be changed because most of the snack foods you tend to overeat are high in fat and provide your body little nutrition and energy. Also, snacking occurs simply because snack foods are in front of you, and not because you are actually hungry, such as during social events.

When you get the urge to snack try to delay eating the snack food by leaving the room or placing the snack food further away from you. You can also delay snacking by starting an activity instead. For example, make a phone call or work on a hobby. Most of the time, when the food is not directly in front of you your urge to eat that food will decrease.

If you still have the urge to snack, then choose a snack food that is lower in fat than your normal choice. For example, replace eating regular chips with baked chips or pretzels. When you crave something sweet, try eating fruit first, this helps to decrease your urges to eat something sweet because juice is high in sugar. Let’s review other snack food choices that are lower in fat than your usual choices.

⇒ Discussion: What snack foods do you usually eat that are high in fat?

⇒ Handout: “Choosing Nutritious Snacks”

Group 7 Workbooks

Weight and Pedometer Chart. Continue to weigh yourself every night before bed and write this weight down on your chart. Then, record your daily steps. You will begin to understand the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less and do more. Stay focused on your weight loss goal. Fill in the dates and your goal weight now.

Food Chart. Write down everything you eat throughout the day by placing a check mark under the appropriate food column. Write 1 check mark for a normal size serving and two check marks for a large serving or more than one helping. Keeping track of how much you eat will make you aware when you are overeating and also ensure your body is getting enough of the nutrients it needs for energy.

Eating Habit Record. You will now keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able, choose a healthier snack instead of one that is high in fat.

Activity Chart. As a result of modern conveniences, such as elevators and buses, you do less physical activity throughout the day. An easy way to do more activity is to change the activities you already do. When you leave group, or come to group, use the stairs, instead of waiting for the elevator. You can add physical activity to your day by walking stairs more often and using the elevator less.
The easiest way to add physical activity is simply by walking more. Instead of getting off, or getting on, the bus, at your usual stop, walk an extra block or 2 each day.

**Exercise**

We will continue to do the “Walk Away the Pounds” video at the end of group. You will walk 1 mile in only 14 minutes.

**Family Invitation**

If you live with family members, they may be curious about this program. You might want them to understand some of the things you have learned. You might even want their help! If you think it would be useful, please feel free to invite your family members to the next Group. They can join the Group, share the healthy snacks, and if they wish, they are welcome to exercise with us too. There will be time for them to talk to the Group Leader and ask questions afterward.

**Reminder**

The computer program is available for tracking your weights!
Eating Healthy With Food Stamps

Newsletter Issue No. 11

Choosing Nutritious Snacks

Nutritious snacks can help us get the nutrients we need for good health.

We can all enjoy snacks, but it is important to choose nutritious foods.

Choose snacks that are low in fat, sugar, & salt.

Limit sweets like candy bars, doughnuts, pastries, sodas, & other drinks high in sugar.

Eat less potato & tortilla chips, & fried foods like french fries.

Limit the amount of snacks you eat; eat them at a regular time.

Snacks should not take the place of your regular meals.

Nutritious snacks can give you & your children many of the nutrients needed to grow & stay healthy.

NUTRITIOUS SNACK IDEAS

♦ A bowl of fruit, whole, sliced or in chunks in the refrigerator.
♦ Raw vegetables, such as, tomatoes, broccoli, and carrot or celery sticks.
♦ Hard-boiled eggs.
♦ Low-fat cheese or yogurt.
♦ Plain popcorn, unsweetened cereals, and whole grain crackers.
♦ Fruit juice or yogurt popsicles.
♦ Non-fat or low-fat milk.
♦ Fruit or vegetable juices.
♦ Dried fruits, like apples, raisins or figs.

Sponsored by the:

Food Stamp Nutrition Education Program (FSNEP)
University of California Cooperative Extension - Los Angeles County
4800 E. Cesar E. Chavez Avenue, Los Angeles, CA 90022 Phone (323) 260-3237
GROUP 8: SUMMARY – PROBLEM EATING HABITS

Weigh-In and Turn In Homework

Lesson and Discussion
Most overweight people are not aware that their eating patterns cause them to overeat and gain weight. Your eating patterns describe the way you eat, such as what foods you eat most often and when you tend to overeat. The most common problem related to overeating is skipping breakfast in the morning. This causes you to eat more food during lunch and dinner and results in snacking more throughout the day. It also lowers your metabolism, which decreases the amount of food calories you are able to burn off by doing physical activity.

Let’s review other problem eating patterns that are common for most overweight people, described on the next page.

⇒ Handout: “Problem Eating Patterns and Solutions”

⇒ Discussion: What problem eating patterns do you have?

Group 8 Workbooks

Weight and Pedometer Chart. Continue to weigh yourself every night at bedtime and write this weight down on your chart. Then record your daily steps. You will begin to understand the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less and do more. Stay focused on your weight loss goal. Fill in the dates and your goal weight now.

Food Chart. Write down everything you eat throughout the day by placing a check mark under the appropriate food column. Write 1 check mark for a normal size serving and two check marks for a large serving or more than one helping. Keeping track of how much you eat will make you aware when you are overeating.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able, choose a lower calorie food group option instead of the higher calorie food group option.

Activity Chart. As a result of modern conveniences, such as elevators and buses, you do less physical activity throughout the day. An easy way to do more activity is to change the activities you already do. When you come to group walk the stairs, instead of waiting for the elevator. You can add physical activity to your day by walking stairs more often and using the elevator less.

The easiest way to add physical activity is to walk more. Instead of getting off, or getting on, the bus at your usual stop, walk an extra block or 2 each day.

Exercise
We will also continue to do the “Walk Away the Pounds” video at the end of group. You will walk 1 mile in only 14 minutes.

Reminder
The computer program is available for tracking your weights!
It is really hard to eat less of the foods you love. Here are some typical problems and ways to deal with them:

Problem: Skipping breakfast or having a light breakfast  
Solution: Eat every meal, but eat less each time  

Problem: Not eating fruits or vegetables  
Solution: Eat vegetables at lunch and dinner and fruit with every meal  

Problem: Snacking heavily, especially when you skipped a meal  
Solution: Eat three meals a day and do not snack between meals  

Problem: Drinking 2-3 cans of high sugar soda every day  
Solution: Drink diet soda and water instead  

Problem: Eating a lot on the weekends  
Solution: Get out of the house and exercise so you have less time to eat  

Problem: Eating too many sweets and fried foods  
Solution: Cut down by half (so if you’re eating two candy bars a day, eat just one)  

Problem: Eating too much bread, rice and potatoes  
Solution: Cut down by half, serve half-pieces of toast or rolls or potatoes
STEP 3: DECREASE CALORIES, INCREASE WALKING

Two sessions per week

To lose weight you must make 2 changes every day:

- Decrease the calories you eat
- Increase the walking you do

Group 9    Read nutritional labels
Group 10   Compare nutritional labels
Group 11   Fast food choices
Group 12   Summary: avoid extra calories
GROUP 9: READ NUTRITIONAL LABELS

Weigh-In and Turn In Homework

Lesson and Discussion
Calories eaten vs. Calories burned: There are 3500 calories in every pound of body fat. Therefore, in order to lose at least 1 pound every week, you must eliminate 500 calories from the foods you eat each day. If you decrease your calories by 500 every day you will have avoided an extra 3500 calories at the end of every week.

To avoid overeating, you will begin to read the nutritional label on the foods you are eating. The nutritional label gives you the number of calories you will eat for ONE serving. To avoid overeating, you must pay attention to your portion sizes and only allow yourself to eat the amount of food listed for ONE serving.

This is not hard to do when you consider the number of calories in foods you may eat every day. For example, 1 piece of chocolate cake has 450 calories, 1 donut has 300 calories, 1 small bag of chips has 360 calories and 1 can of soda has 100 calories.

The easiest way to decrease calories is by changing what you drink. For example, replace your usual soda with the diet soda option or replace whole milk with 1% or Skim Milk. Let’s compare nutritional labels on some common foods and drinks and discuss other options that will help you decrease your calories each day.

You can lose more weight by choosing to eat foods from those 6 food groups that are lower in calories. If you replace the food you normally eat with another food from that group that is lower in calories, but is something you still enjoy, you will lose weight. Learn more about your food group options on the next page.

Many overweight people do not realize how many calories and grams of fat are in the fast foods they normally eat.

⇒ Handout: “Use the Nutrition Facts Label to Eat Healthier”

Group 9 Workbooks

Weight and Pedometer Chart. Continue to write down your weight every night at bedtime. Then record your daily steps. You will see the relationship between your weight changes, the food you ate and activity you did that day. You will lose weight on days you eat less calories and do more walking. Fill in the dates and your goal weight now.

Food Chart. Continue to write down everything you eat throughout the day. BEFORE you eat, read the nutritional label and only eat enough food for 1 serving. After every meal and snack, list each food you ate by placing a check mark under the appropriate food group column. Write 1 check mark for a normal size serving and 2 check marks for a large serving or if you had seconds. This makes you aware of the foods you need to less of.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able to choose a lower calorie food group option when eating instead of your usual choice, or the higher calorie food group option.
Activity Chart. You will continue to add steps to your daily activities and try to increase your pedometer reading from the day before. For example, walk the long way instead of the shorter and more direct way.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!

Bring in some packages from food you eat at home for us to review at the next class!
Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a %DV, but consume as little as possible because it increases your risk of heart disease.
- The %DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can’t always be identified by color or name, such as multi-grain or wheat. Look for the “whole” grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn’t a %DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (syrup, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For proteins, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dairy, and milk products, make choices that are lean, low-fat, or fat-free.

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For proteins, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dairy, and milk products, make choices that are lean, low-fat, or fat-free.
GROUP 10: COMPARE NUTRITIONAL LABELS

Weigh-In and Turn In Homework

Lesson and Discussion
You have realized that reading nutritional labels has made you more aware of the foods that you are eating that are high in calories. Now you will begin to replace the high calorie foods you eat with a food, or drink, that is lower in calories, than your usual choice.

• Salad Dressings
• Condiments
• Soups
• Snacks

⇒ Practice: Using sample packages, compare the nutritional labels on different food options.

Group 10 Workbooks

Weight and Pedometer Chart. Continue to write down your weight every night at bedtime. Then record your daily steps. You will see the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less calories and do more walking. Fill in the dates and your goal weight now.

Food Chart. Continue to write down everything you eat throughout the day. BEFORE you eat, read the nutritional label and only eat enough food for 1 serving. After every meal and snack, list each food you ate by placing a check mark under the appropriate food group column. Write 1 check mark for a normal size serving and 2 check marks for a large serving or if you had seconds. This makes you aware of the foods you need to less of.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able, choose a lower calorie food group option instead of the higher calorie food group option.

Activity Chart. You will continue to add steps to your daily activities and try to increase your pedometer reading from the day before. For example, make extra trips when carrying groceries, laundry etc.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!
GROUP 11: FAST FOOD CHOICES

Weigh-In and Turn In Homework

Lesson and Discussion
This lesson will teach you which fast foods are higher in calories and fat.
You decrease calories by knowing what fast food items are highest in calories and
choosing another fast food item or meal that is lower in calories than your usual
choice. For example, if you eat french fries only allow yourself to order a small fry or
remove the skin when eating fried chicken from KFC.

• Do not “super size” meals
• Do not add mayonnaise, cheese or bacon
• Replace sandwiches with salads
• Replace “breaded” chicken sandwiches with “grilled” chicken sandwiches

⇒ Handout: “Fast Food and Restaurants: Healthier Choices”
⇒ Practice: Compare calories between serving sizes and different food
   items

Group 11 Workbooks

Weight and Pedometer Chart. Continue to write down your weight every night at
bedtime. Then record your daily steps. You will see the relationship between your
weight changes, the food you ate and the activity you did that day. You will lose
weight on days you eat less calories and do more walking. Fill in the dates and your
goal weight now.

Eating Habit Record. You will continue to keep track of how many times throughout
each day you are able to replace a bad eating habit with a healthier eating habit.
You will place a mark in your habit record each time you use one of the techniques.
For example, any time you are able to choose a lower calorie fast food option
instead of your usual choice.

Activity Chart. You will continue to add steps to your daily activities and try to
increase your pedometer reading from the day before. For example, walk to the TV
instead of using your remote control to change the channel.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!
When you’re eating out, it can be really difficult to find healthy choices. Here are some tips:

<table>
<thead>
<tr>
<th>INSTEAD OF…</th>
<th>TRY…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danish, donut, or pastry</td>
<td>Small bagel (no butter or cream cheese), wheat toast, or a low-fat muffin</td>
</tr>
<tr>
<td>Sausage, egg, and cheese McGriddle</td>
<td>Egg McMuffin</td>
</tr>
<tr>
<td>Jumbo cheeseburger, Quarter-Pounder</td>
<td>Grilled chicken sandwich, deli-style sliced turkey sandwich, or even a small hamburger on a bun with lettuce, tomato, and onion. No mayonnaise!</td>
</tr>
<tr>
<td>Fried chicken</td>
<td>Grilled chicken or salad bar. Watch out for high-fat dressings!</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato with low-fat or fat free sour cream topping and vegetables</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Pretzels or baked potato chips</td>
</tr>
<tr>
<td>Milkshake</td>
<td>100% juice, lowfat milk, or a diet soda. For dessert, try low-fat frozen yogurt. Watch out for juice with added sugars.</td>
</tr>
<tr>
<td>Fried plantains on the side</td>
<td>Green salad on the side</td>
</tr>
<tr>
<td>Grilled cheese sandwich or cheeseburger</td>
<td>Roast chicken sandwich, without mayonnaise</td>
</tr>
<tr>
<td>Fried chicken</td>
<td>Roast chicken</td>
</tr>
<tr>
<td>Steak or pork with rice &amp; beans</td>
<td>Grilled steak with salad and low-fat salad dressing, vinegar, or lemon juice</td>
</tr>
<tr>
<td>A huge plate of rice &amp; beans</td>
<td>A small plate of rice and beans (one cup of each)</td>
</tr>
<tr>
<td>Fried fish</td>
<td>Baked fish</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato without butter or sour cream (unless it’s low-fat sour cream)</td>
</tr>
</tbody>
</table>

**SOME EXAMPLES FROM MCDONALD’s (CALORIES)**

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Alternative</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>250</td>
<td>Ranch Snack Wrap with Grilled Chicken</td>
<td>270</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>300</td>
<td>Small French Fries</td>
<td>250</td>
</tr>
<tr>
<td>Quarter Pounder w/ Cheese</td>
<td>520</td>
<td>Large French Fries</td>
<td>570</td>
</tr>
<tr>
<td>Big Mac</td>
<td>540</td>
<td>Chicken McNuggets (6 piece)</td>
<td>260</td>
</tr>
<tr>
<td>Filet-O-Fish</td>
<td>380</td>
<td>Honey package</td>
<td>50</td>
</tr>
<tr>
<td>McChicken</td>
<td>360</td>
<td>Creamy Ranch Sauce</td>
<td>200</td>
</tr>
<tr>
<td>Premium Grilled</td>
<td>420</td>
<td>Southwest Salad with Grilled Chicken</td>
<td>320</td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premium Crispy</td>
<td>500</td>
<td>Caesar Salad with Grilled Chicken</td>
<td>300</td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>170</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Fat Italian Dressing</td>
<td>60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg McMuffin</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon, Egg, &amp; Cheese McGriddles</td>
<td>460</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Shake, medium</td>
<td>770</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice, medium</td>
<td>180</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GROUP 12: SUMMARY – AVOID EXTRA CALORIES

Weigh-In and Turn In Homework

Lesson and Discussion
You have learned that eating a more balanced diet will help you lose weight because it limits the amount of servings you eat of foods that are high in fat. Eliminating extra calories will decrease the number of calories you eat each day and help you lose weight. More importantly, it will lower the amount of cholesterol, sugar and salt you eat and lower your health risks and chances for developing medical problems.

There are several ways to eliminate extra fat servings from a meal, described on the next page:
• Change the way you prepare your food when cooking
• Change the condiments you use on your food
• Change the drinks you have with your meals

⇒ Discussion: What will be the easiest way for you to eliminate extra fats?
⇒ Discussion: What specific foods cause you to eat extra fats?
⇒ Handout: “Avoid Extra Calories”

Group 12 Workbooks

Weight and Pedometer Chart. Continue to write down your weight every night at bedtime. Then record your daily steps. You will see the relationship between your weight changes, the food you ate and the activity you did that day. You will lose weight on days you eat less calories and do more walking. Fill in the dates and your goal weight now.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. You will place a mark in your habit record each time you use one of the techniques. For example, any time you are able to choose a lower calorie fast food option over your usual choice, by replacing the food item or choosing a smaller serving size.

Activity Chart. You will continue to add steps to your daily activities and try to increase your pedometer reading from the day before. For example, add distance to your phone and keep your cell or cordless further away.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!
GROUP 12 HANDOUT: AVOID EXTRA CALORIES

Here are some tips for eating fewer calories:

WHEN PREPARING FOOD...

• DO NOT lick your utensils while cooking
• DO NOT use oil or butter, instead use non-stick pans or cooking sprays
• DO NOT add salt to the pot when boiling water
• DO NOT buy vegetables packaged with butter or creamed and cheese sauces
• DO NOT add cheese when eating hamburgers or sandwiches
• DO eat your vegetables raw, as often as possible
• DO remove the skin from meat before cooking, or buy skinless meats
• DO buy tuna canned in water instead of oil
• DO drain off extra syrup before eating prepackaged fruit
• DO eat fresh fruits, as often as possible

WHEN USING CONDIMENTS...

• DO NOT add mayonnaise, instead use mustard or a small amount of ketchup
• DO NOT add butter to bread, dinner rolls, or toast, instead use jam or jelly
• DO NOT add sour cream, instead use spices for added flavor
• DO NOT use too much maple syrup
• DO NOT use too much gravy
• DO NOT use too much peanut butter

WHEN DRINKING...

• DO NOT drink beverages with caffeine, it stimulates hunger
• DO NOT drink regular soft drinks
• DO drink caffeine-free diet soda
• DO drink 100% fruit juice, it helps to decrease snacking when you want something sweet
• DO drink more water instead of choosing soda or fruit juices
STEP 4: DECREASE FOOD AND INCREASE STEPS

One session per week

To lose weight you must make 2 changes every day:

- Decrease the calories you eat
- Increase the walking you do

Group 13  Eat only one serving
Group 14  Eat smaller servings
GROUP 13: EAT ONLY ONE SERVING

Weigh-In and Turn In Homework

Lesson and Discussion
Most people who become overweight tend to eat more than 1 helping and continue to eat even when they feel full, simply because food is in front of them. For example, you tend to overeat at places that have all-you-can-eat buffets, so one way to decrease overeating is to avoid going to these types of restaurants in the first place.

Meals
BEFORE: read labels, drink water, and put away leftovers after you have served yourself.
AFTER: leave table, rinse/wash plates, and leave the kitchen.

Snacks
BEFORE: drink water, try to delay eating a snack, try eating hard candy, and/or choose healthy snacks.
AFTER: read labels, reduce portion sizes, and put the food away after giving yourself a portion.

Some tips to help you eat only 1 helping:
• When cooking at home, put the leftovers away BEFORE you eat.
• When snacking out of large packages, such as cookies or chips, take your portion out and put the bag away BEFORE you snack.
• When eating meals, drink 1 glass of water BEFORE you start to eat your meal.

Group 13 Workbooks

Weight and Pedometer Chart. You will continue to record your weight and pedometer reading every night, and as your pedometer reading goes up your weight should come down.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. For example, any time you change your eating habits so that you ONLY eat 1 helping of food during meals, record a mark on your habit record.

Activity Chart. You will now add a walking activity to each day and try to increase your pedometer reading from the day before. For example, do “Walk Away the Pounds” Video on your own in the clinic and try to complete at least 1/2 mile or, if you do not have a VCR, walk around the block in your neighborhood.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!
GROUP 14: EAT SMALLER PORTIONS

Weigh-In and Turn In Homework

Lesson and Discussion
Most people who become overweight are unaware when they are eating more than 1 helping of food because they do not pay attention to the size of their individual portion. Remember that the appropriate portion size for each food, which is listed on the nutritional label, tells you how much of that food you should eat during 1 meal and is NOT the same as the amount that you usually eat.

When we are around food that we like we tend to eat bigger portions of them, and therefore overeat. You will have to pay more attention to the portion size of the foods you eat and begin to eat smaller portions in order to achieve your weight loss goal.

Some tips to help you eat smaller portions of food:
• Use a smaller plate, spoon and/or drinking glass, this will limit how much food you have in front of you during meals
• Take your usual helping from the pot or container, then scrape a little bit back into the pot BEFORE sitting down to eat
• Don’t feel like you have eat everything on your plate, try to leave a little bit of each food on your plate and save it for later or throw it away.

⇒ Discussion: What is the easiest way for you to eat smaller portions?
⇒ Discussion: What foods will be easiest and hardest for you to eat smaller portions?

Group 14 Workbooks
Weight and Pedometer Chart. You will continue to record your weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight should come down.

Eating Habit Record. You will continue to keep track of how many times throughout each day you are able to replace a bad eating habit with a healthier eating habit. For example, any time you change your eating habits so that you eat smaller portions of food during meals, record a mark on your habit record.

Activity Chart. You will continue to try an increase your pedometer reading from the day before. For example, walk short distances, such as to the store or friends’ homes, instead of getting a ride in a car or taking the bus.

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
The computer program is available for tracking your weights!
STEP 5: AVOID OVEREATING AND ADD EXERCISE

One session per week

To lose weight you must make 2 changes every day:

- Decrease the amount of time you eat
- Increase the amount of time you exercise

Group 15  Eat meals in one place
Group 16  Eat meals slowly
GROUP 15: EAT MEALS IN ONE PLACE

Weigh-In and Turn In Homework

Lesson and Discussion
You have been learning ways to change specific behaviors to help you avoid overeating. You will now learn ways to change your eating habits that cause you to overeat. This will require self-control, specifically controlling the amount of time you allow yourself to eat each meal.

Eat in the kitchen or dining room only, not in bedroom, and not in living room watching TV. Try to remove candy dishes from your home.

Eat only as an activity, not in a movie theater or at social events, etc.

First, give yourself a designated amount of time to eat, such as paying attention to the time you start eating your meal.

Second, limit the amount of time you give yourself to finish your meal, by leaving the table and rinsing your plate immediately after you have eaten 1 helping of food.

Third, eliminate other activities when eating meals, such as watching a favorite TV show, talking on the phone or hanging out with friends.

Limiting your time when eating has 2 purposes:

• Eating will start to become a more pleasurable event by itself

• Activities that have become a strong urge to overeat will be eliminated

Self-control does not depend on your “will power” to avoid eating foods you like, instead it requires you to control how much you of them!

Group 15 Workbooks

Weight and Pedometer Chart. You will continue to record your weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight will come down.

Eating Habit Record. You will continue to keep track of how many times throughout each day you show self-control over your eating habits. For example, any time you use a technique that limits the amount of time you eat meals, record a mark on your habit record.

Activity Chart. You will add a physical activity to your day by creating an opportunity to walk. Walking will become an easy way to exercise and burn off the calories you have eaten that day. You should be aware of your pedometer reading and how many steps your walking activity can add to your daily reading.

Exercise
“Walk Away the Pounds” Video (1 mile)
You will continue to walk 1 mile at the end of group. Walking more everyday will help you lose weight.

Reminder
The computer program is available for tracking your weights!
GROUP 16: EAT MEALS SLOWLY

Weigh-In and Turn In Homework

Lesson and Discussion

Many people have been taught to eat meals fast and therefore rarely pause while eating. It takes 15 to 20 minutes before food is digested enough to stop your feelings of hunger.

When you eat fast your stomach doesn’t have enough time to feel full and, as a result, you will end up overeating. Eating slowly during meals will give your body enough time to digest your food and, as a result, you will feel full and eat less. This will require self-control.

Here are some hints to slow down your mealtime:

• Drink water or beverage between each bite.
• Chew your food completely before you swallow each bite.
• Put your utensil down between each bite, or set the food itself down when eating finger foods.
• Do not pick up more food, or prepare the next bite, until the food in your mouth has been chewed completely and swallowed.

Group 16 Workbooks

Weight and Pedometer Chart. You will continue to record your weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight will come down.

Eating Habit Record. You will keep track of how many times throughout each day you show self-control over your eating habits. For example, any time you use a technique that helps you eat more slowly during meals, record a mark on your habit record.

Activity Chart. You will add a physical activity to your day by creating an opportunity to walk. Walking will become an easy way to exercise and burn off the calories you have eaten that day. You should be aware of your pedometer reading and how many steps your walking activity can add to your daily reading.

Exercise

“Walk Away the Pounds” Video (1 mile)

You will continue to walk 1 mile at the end of group. Walking more everyday will help you lose weight.

Reminder

The computer program is available for tracking your weights!
STEP 6: CONTROL YOU FOOD CUES TO OVEREAT

One session per week

You will lose weight by making 2 changes everyday:

- Decrease food cues by limiting where you eat
- Increase activity by adding opportunities to exercise

Group 17  Control food sights and smells
Group 18  Identify one location for eating
GROUP 17: CONTROL FOOD SIGHTS AND SMELLS

Weigh-In and Turn In Homework

Lesson and Discussion
You have been learning to practice self-control over your eating habits that cause you to overeat. You will also need to practice self-control in your environment by limiting the places you eat. Self-control does not depend on your “will power” to avoid eating foods you like, instead it requires you to control how much you eat of them!

The sight or smell of food can be a cue for you to eat. Just having food in front of you, especially food you like, makes you want to eat even when you are not actually hungry.

There are several ways to decrease food cues:

• DO NOT store food, especially snack foods, in any other room except the kitchen.
• DO NOT watch food commercials. Instead, change the TV channel to eliminate the desire to eat.
• DO NOT leave open containers of food out; avoid having bowls of candy around the house.
• DO store snack foods in a way that makes them harder to reach, such as on the top shelf in the pantry or kitchen cabinet.

Identify one room in your house for eating and ONLY eat when you are in this room; for most people this is the kitchen.

Group 17 Workbooks

Daily Weight Record. You will continue to record your weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight will come down.

Eating Habit Record. You will continue to keep track of how many times throughout each day you show self-control over your eating habits. For example, any time you use a technique that eliminates food cues, record a mark on your habit record.

Activity Habit Record. You will add a physical activity to your day by creating an opportunity to exercise, such as during TV commercials. Exercise will burn off the extra calories you have eaten that day.

Reminder Card. You will continue to read this card each day to remind you to use the techniques you learned in group.

Exercise

“Walk Away the Pounds” Video (1 mile). You will continue to walk one mile at the end of group. Walking more everyday will help you lose weight.

Reminder
The computer program is available for tracking your weights!
GROUP 18: IDENTIFY ONE LOCATION FOR EATING

Weigh-In and Turn In Homework

Lesson and Discussion
You have been learning to practice self-control over your eating habits that cause you to overeat. You will also need to practice self-control in your environment by limiting places you eat.

Just seeing or smelling food you like can be a food cue to eat. For example, walking by McDonald’s or smelling roasted chicken can increase your desire to eat. You can eliminate this food cue by changing your walking patterns to avoid your favorite fast food restaurants.

Changing you walking patterns can help to avoid buying snack foods, including:

• Street Carts
• Vending Machines
• Convenience Stores
• Bodegas

TIP: DO NOT carry extra money to help you avoid buying snack foods throughout the day!

Identify one main location for eating meals, for most this will be your house. If you are working or involved in a day program that requires you to be away from your house during the day, you can choose 2 locations for eating your meals.

Group 18 Workbooks

Daily Weight Record. You will continue to record you weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight will come down.

Eating Habit Record. You will continue to keep track of how many times throughout each day you show self-control over your eating habits. For example, any time you use a technique that eliminates food cues, record a mark on your habit record.

Activity Habit Record. You will add a physical activity to your day by creating an opportunity to exercise, such as every morning. Exercise will help you burn off the extra calories you have eaten that day.

Reminder Card. You will continue to read this card each day to remind you to use the techniques you learned in group.

Exercise

“Walk Away the Pounds” Video (1 mile)

You will continue to walk one mile at the end of group. Walking more everyday will help you lose weight.

Reminder

The computer program is available for tracking your weights!
STEP 7: COMMIT YOURSELF TO LOSING WEIGHT

One session per week

You will achieve your weight loss goal by changing 2 things:

• Make a commitment to decrease the food you eat each day
• Make a commitment to increase the activity you do each day

Group 19  Review of techniques
Group 20  Suggestions for techniques
GROUP 19: REVIEW OF TECHNIQUES

Weigh-In and Turn In Homework

Lesson and Discussion
The amount of food you choose to eat and activities you choose to do during these last 2 weeks will determine if you are able to achieve your weight loss goal. It is important for you to constantly remind yourself that you are in a weight loss program and that you want to lose weight.

You must continue to use the techniques you have learned to decrease the amount of food you eat each day. Let’s review all the techniques you have learned, listed on your Handout.

⇒ **Handout: “Techniques You Have Learned”**
You must continue to use the techniques you have learned to increase the amount of activity you do each day. Let’s review all the techniques you have learned, listed on your Handout.

⇒ **Discussion: What techniques have you used most often to change your eating habits?**

⇒ **Discussion: What techniques have you used most often to change your activity habits?**

Group 19 Workbooks

*Daily Weight Record.* You will continue to record your weight and pedometer reading every night at bedtime, and as your pedometer reading goes up your weight will come down.

*Eating Habit Record.* You will continue to keep track of how many times throughout each day you show self-control over your eating habits. For example, any time you use a technique that eliminates food cues, record a mark on your habit record.

*Activity Habit Record.* You will add a physical activity to your day by creating an opportunity to exercise, such as every morning. Exercise will help you burn off the extra calories you have eaten that day.

*Reminder Card.* You will continue to read this card each day to remind you to use the techniques you learned in group.

**Exercise**
Everyone does “Walk Away the Pounds” together at the end of class.

**Reminder**
The computer program is available for tracking your weights!
GROUP 19 HANDOUT: TECHNIQUES YOU HAVE LEARNED

You have learned so much over the past 14 weeks!!! Here is a summary to help you remember helpful techniques:

Eating Techniques

• Smaller portion size
• Lower calorie foods
• Lower calorie fast foods
• Limit eating to 1 place
• Eat only 1 helping
• No other activities at meals
• Chew food completely before swallowing
• Put utensil down between bites
• Leave food on plate
• Avoid snacking
• Lower calorie snack

Activity Techniques

• Get off the bus before your stop
• Walk up one flight of stairs before using the elevator
• Walk the longest way to the bathroom
• Walk down steps instead of using the elevator
• Walk faster
• Make extra trips
• Walk instead of bus or subway
• Daily exercise goal
GROUP 20: SUGGESTIONS FOR TECHNIQUES

Weigh-In and Turn In Homework

Lesson and Discussion
Congratulations on making it through the course! You should feel very proud of yourself for completing the course and for attempting to lose weight. Just trying to lose weight and exercise more is half the battle.

For this last session, I wanted to review the techniques you have learned to decrease the amount of food you eat each day. Let’s review all the techniques you have learned, listed on your Handout.

Hopefully, you will continue to use the techniques you have learned to increase the amount of activity you do each day even after this class ends. Let’s review all the techniques you have learned, listed on your Handout.

⇒ Handout: “Techniques You Have Learned”

⇒ Discussion: What techniques have been the easiest to change?

⇒ Discussion: What techniques have been the hardest to change?

⇒ Discussion: What do you think we should change about the weight loss program?

⇒ Discussion: What do you think should be added to the weight loss program?

Exercise
Everyone does “Walk Away the Pounds” together at the end of class.

Reminder
Log onto the computer program and see what progress you have made!

Now you will be given your Handout Binder to take home. Continue to refer to it regularly. Don’t stop eating healthy and being active!