

Miscellaneous Handouts

Group Lifestyle Balance™ Weekly Progress Record

Welcome to Group Lifestyle Balance program! We will use this log to record your progress throughout the upcoming year.

Session	Date	Weight (lbs)	Activity Minutes	Steps
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Session	Date	Weight (lbs)	Activity Minutes	Steps
13				
14				
15				
16				
17				
18				

Session	Date	Weight (lbs)	Activity Minutes	Steps
19				
20				
21				
22				

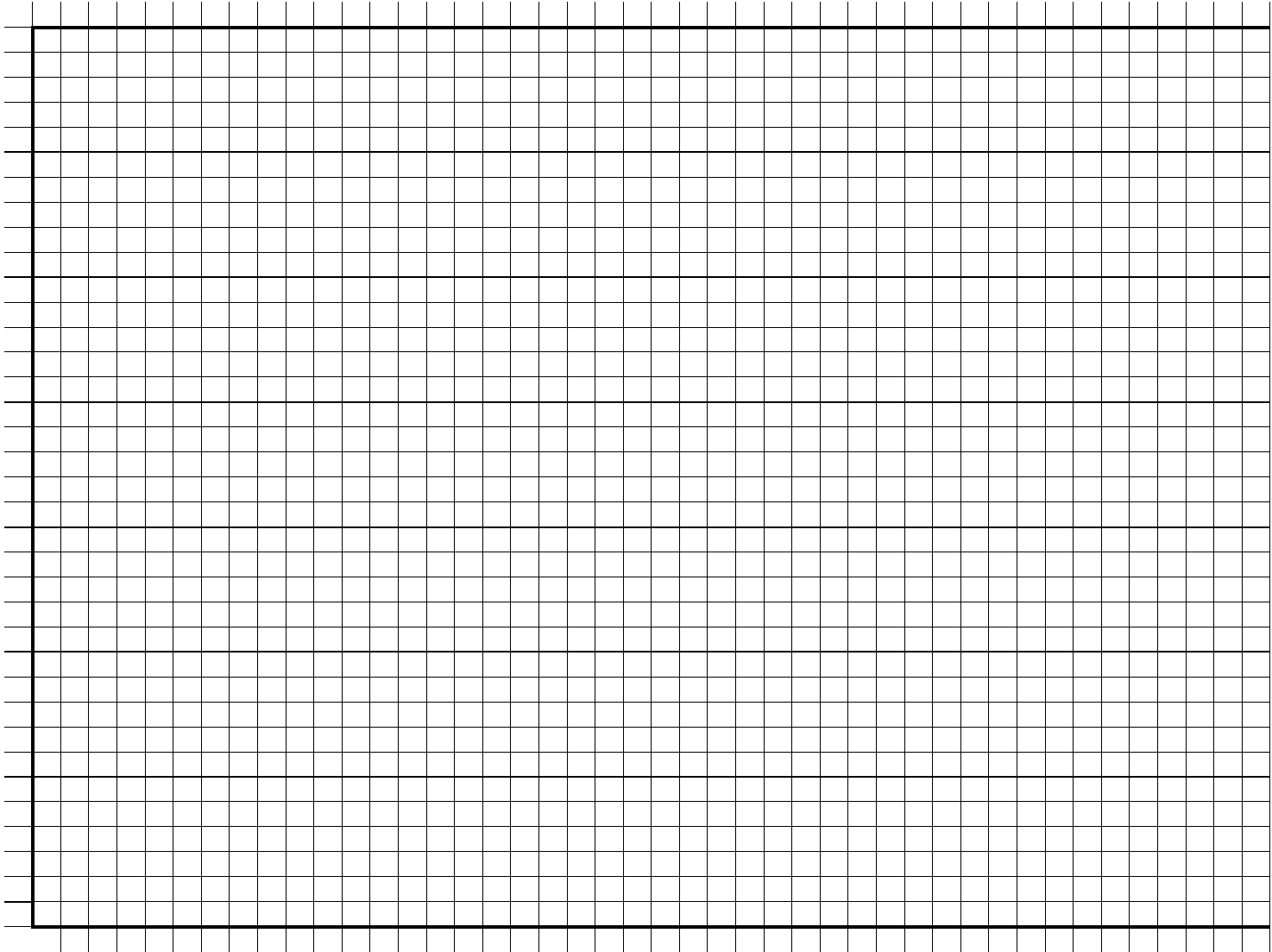
How Am I Doing?

Year:

Name:

Activity Goal: 150 min

Minutes (or Steps)



Week
Date



Group Lifestyle Balance Eating Plans

Structured eating plans have been shown to help many people lose weight. Eating plans, when followed exactly, eliminate many temptations and decisions regarding food choices. Eating plans also simplify keeping track. If you have not lost the weight that you expected, these meal plans may be helpful in reaching your goal. Attached are Lifestyle Balance Eating Plans for 1200 and 1800 calories for four days. A shopping list is also included, as well as two recipes.

The calories are distributed approximately as follows:

	1200-Calorie Eating Plan	1800-Calorie Eating Plan
Breakfast	200-300 calories	250-400 calories
Light Meal	300-400 calories	400-500 calories
Main Meal	500-550 calories	600-650 calories
Snacks	200 calories	200-400 calories

The foods lists are identical for both plans. Compared to the 1200-calorie plan, the 1800-calorie plan just includes additional calories at each meal. You should choose the meal plan that is appropriate for YOUR calorie goal. The meal plans may be adjusted to 1500 or 2000 calories by adding additional servings from the food groups listed on pages 7-10. Average calorie and fat information is provided for all the foods you will be eating. If a particular brand differs from this average, use the calorie and fat information on the package's Nutrition Facts label.

Please try to follow the meal plans *exactly* because it is the firm structure provided by eating plans that is most helpful. However, the plans are not designed to be followed indefinitely. It is expected that over time, you will develop variations of the meal plans and create your own style of healthy eating that suits your lifestyle, food preferences, and calorie needs during weight loss or weight maintenance.



1200-Calorie Eating Plan

Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists. Make sure to follow the portion sizes listed on pages 4-10.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • 1 Protein • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 Condiment • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg or egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 Condiment • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Nonfat yogurt (1 cup) • Fruit • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 Condiment
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter), 2 bread servings • 1 Condiment • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with low-fat or fat-free dressing • ½ pita or ½ bagel or reduced fat crackers • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 1 servings of fruit • ½ pita or ½ bagel or reduced fat crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with low-fat or fat-free dressing • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with light margarine • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with low-fat or fat-free dressing • Vegetable with light margarine • Fruit 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with ¼ cup chick peas and low-fat or fat-free dressing • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Fruit • 1 cup milk or yogurt
Snack 200 calories	Mix and match choices from the snack list to total 200 calories			



1800-Calorie Eating Plan

Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists. Make sure to follow the portion sizes listed on pages 4-10.

Breakfast 250-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • 1 cup milk • ½ cup fruit juice or 1 fruit serving • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 Condiment 	<ul style="list-style-type: none"> • 1 Protein • Toast (2 slices), or 1 English muffin, or 1 bagel • 1-2 Condiments • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg/Egg substitute • Toast (2 slices), or 1 English muffin, or 1 bagel • 1-2 Condiments • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Nonfat yogurt (1 cup) • Fruit • Toast (2 slices), or 1 English muffin, or 1 bagel • 1-2 Condiments
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter), 2 bread servings • 1 Condiment • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with low-fat or fat-free dressing • Pita, bagel, or reduced fat crackers • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • Pita, bagel, or reduced fat crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with low-fat or fat-free dressing • Fruit
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with light margarine • Dinner roll with light margarine • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with low-fat or fat-free dressing • Vegetable with light margarine • Dinner roll with light margarine • Fruit 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with ¼ cup chick peas and low-fat or fat-free dressing • Vegetable with light margarine • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Dinner roll with light margarine • Fruit • 1 cup milk or fat-free yogurt
Snack 200-400 calories	Mix and match choices from the snack list to total 200-400 calories.			



Breakfast Choices

Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists. The starred foods are recommended to increase the fiber in your diet.

Cereal	Serving Size	Calories	Fat (g)
*Bran flakes	¾ cup	96	1
Cheerios (plain)	1 cup	100	2
*High Fiber Cereal	¾ cup	100	1
*Oatmeal, cooked	1 cup	129	2
*Raisin Bran	1 cup	171	1
Shredded Wheat, Spoon Size	1 cup	170	1
Milk/Yogurt			
Skim milk	1 cup	90	0
1% milk or light soy milk	1 cup	100	3
Lactaid lactose-reduced non-fat milk	1 cup	80	0
Yogurt, non-fat	1 cup	100	0
Bread			
*Whole wheat bread (toasted)	1 slice	80	1
White bread (toasted)	1 slice	80	1
English muffin	½	60	0.5
Bagel (any flavor)	½ (3" diameter)	100	1
Light bread 2 slices	2 slices	80	0
Protein			
Fleischmann's Egg Beaters®	½ cup	60	0
Large egg (limit to 2-3 per week)	1	75	4.5
Egg whites	3	50	0
Low-Fat Cheese	1 ounce	80	5
Peanut Butter	1 Tablespoon	95	8
Fruit Juice			
Orange juice	½ cup	60	0
Apple juice	½ cup	50	0
Fruit			
*Banana	½ (8" long)	60	0
*Orange	1 (2" diameter)	45	0
*Grapefruit	½ medium	41	0
*Strawberries	1 cup sliced	50	0.5
*Melon (any variety)	1 cup diced	50	0
*Raisins	2 Tablespoons	60	0
Condiments			
Light margarine	1 Tablespoon	45	5
Regular jam/jelly (any flavor)	1 Tablespoon	50	0
Light jam/jelly (any flavor)	1 Tablespoon	25	0

Light Meal Choices

The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Tuna, white, canned in water	3 ounces	110	2.5
Sockeye salmon, canned in water	3 ounces	120	6
Turkey or chicken breast, oven roasted	3 ounces	90	3
*Hummus	2 Tablespoons	50	1
*Beans	½ cup	100	0
Cottage cheese, 1% milk-fat	½ cup	80	1
Peanut butter, regular	1 Tablespoon	95	8
Low-Fat Cheese	1 ounce	80	5
Soy burger (Boca Burger)	1 patty	90	1

Bread			
Pita bread (6" diameter)	½ pocket	85	1
Bagel, any flavor (3" diameter)	½ bagel	100	1
*Whole wheat bread	1 slice	80	1
White bread	1 slice	80	1
Tortilla, 6-inch	1	145	3
Reduced fat crackers	6	100	3

Fruit			
*Apple	1 (2¾" diam.)	80	0
*Banana	½ (8" long)	60	0.5
*Orange	1 (2e" diam.)	62	0
*Peaches, fresh	1 (medium)	45	0
*Pear, fresh	1 (small)	75	0
*Pineapple, fresh or canned	½ cup	37	0

Milk/Yogurt			
Skim milk	1 cup	90	0
1% milk	1 cup	100	3
Lactaid lactose-reduced non-fat milk	1 cup	80	0
Light soy milk	1 cup	100	3
Yogurt, non-fat	1 cup	100	0

Light Meal Choices (continued)

Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice®, Lean Cuisine®, or Smart Ones® dinners which have <300 calories and < 10 gm fat.

Salad Dressing/Condiments

Light mayonnaise	1 Tablespoon	45	4
Fat-free mayonnaise	1 Tablespoon	10	0
Light salad dressings	2 Tablespoons	65 (ave.)	4
Fat-free salad dressings	2 Tablespoons	45 (ave.)	0
Regular jam/jelly (any flavor)	1 Tablespoon	50	0
Light jam/jelly (any flavor)	1 Tablespoon	25	0
Light margarine	1 Tablespoon	45	5

Salad and Salad Vegetables

Choose foods from the Free Food List on page 10.



Main Meal Choices

Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice®, Lean Cuisine®, or Smart Ones® dinners which have <400 calories and < 12 gm fat.

The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Halibut	3 ounces	125	3
Cod	3 ounces	95	1
Tuna, yellow fin, fresh	3 ounces	115	1
Turkey, white meat, no skin	3 ounces	120	1
Chicken, white meat, no skin	3 ounces	140	3
*Beans	½ cup	100	0
Soy Burger (Boca Burger)	1 patty	90	1

Starch

Pasta (cooked): white or *whole wheat	1 cup	175	1
Rice: white or *brown	½ cup	110	1
*Potato: baked in skin	Medium	180	0
boiled w/out skin	1 cup	145	0
Sweet potato (yam)	Medium (4 ounce)	105	0
Dinner roll	1	84	0

Vegetables*

Broccoli, cooked	1 cup	30	0
Brussels Sprouts, cooked	1 cup	60	1
Cabbage, cooked:	1 cup	30	1
Carrots, cooked	1 cup	50	0
Cauliflower, cooked	1 cup	25	0
Corn, cooked	½ cup	77	1
Green beans, cooked	1 cup	40	0
Green peas, cooked:	½ cup	60	0
Spinach, cooked	1 cup	40	0
Squash, cooked:			
Summer	1 cup	30	0
Acorn	1 cup	70	0
Butternut	1 cup	80	0
Spaghetti	1 cup	30	0
Marinara Sauce (attached recipe or a brand with < 5 g fat/cup)	1 cup	115	5

Main Meal Choices (continued)

Fat	Serving Size	Calories	Fat (g)
Light margarine	1 Tablespoon	50	6
Light salad dressings	2 Tablespoons	65 (ave.)	4
Fat-free salad dressings	2 Tablespoons	45 (ave.)	0

Fruit

*Apple	1 (2¾" diam.)	80	0
*Orange	1 (2 5/8 diam.)	62	0
*Peaches, fresh	1 (medium)	45	0
*Pear, fresh	1 (small)	75	0
*Pineapple, fresh or canned	½ cup	37	0
*Banana	½ (8" long)	60	0.5

Salads Choose foods from the Free Foods List on page 10.

Marinara Sauce and Chinese Stir-Fry See attached recipes.



Snack Choices

Protein	Serving Size	Calories	Fat (g)
Cottage cheese, 1% milk fat	½ cup	80	1
Yogurt, nonfat	1 cup	100 (avg.)	0
Hummus	2 Tablespoons	50	1
Low-Fat Cheese	1 ounce	80	5
Milk			
Skim milk	½ cup	45	0
1% milk or light soy milk	½ cup	50	1.5
Lactaid® lactose-reduced nonfat milk	½ cup	40	0
Fruit			
*Apple	1	80	0
*Banana	½	60	0.5
*Melon (any kind)	1 cup	60	0
*Orange	1	62	0
*Peaches, fresh	1 medium	45	0
*Pear, fresh	1 small	75	0
*Pineapple, fresh or canned	½ cup	37	0
Fruit Juice			
Apple juice	½ cup	50	0
Cranberry juice, low calorie	½ cup	40	0
Grapefruit juice	½ cup	45	0
Orange juice	½ cup	60	0
Popcorn			
Air-popped	2 cups	62	1
Orville Redenbacher's® Smart Pop! 100 calorie bags	1 bag	100	2
Frozen Popsicles			
Ice Pop	1	0	0
Ice Pop w/ cream	1	72	2
Hot Chocolate			
Carnation Sugar-free Hot Cocoa, fat-free	1 serving	25	0
Alcohol			
Light Beer (most brands)	6 ounces	51	0
Wine, table (most brands)	3 ounces	75	0



Free Food List

Salad greens, raw vegetables

Cabbage
Carrot
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine
Spinach
Sprouts
Summer Squash
Tomato
Zucchini

Drinks

Bouillon or broth without fat
Bouillon, low-sodium
Carbonated drinks, sugar-free
Carbonated water
Club soda
Coffee/tea
(Use only fat-free cream, skim milk, or 1% milk in coffee or tea.
Adjust milk/yogurt servings accordingly.)
Drink mixes, sugar-free
Tonic water, sugar-free

Condiments

Artificial butter flavors (e.g., Butter Buds®)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard
Picante sauce
Pickles, dill, unsweetened
Taco sauce
Vinegar, any type

Sweet substitutes

Candy, hard, sugar-free
Gelatin, sugar-free
Gum, sugar-free
Sugar substitutes (saccharine, aspartame)

Miscellaneous

Lemon juice
Herbs
Spices
Nonstick cooking spray
Soy sauce
Worcestershire sauce



Shopping List

Check (✓) only the food items you need.

Remember, these are the only food items you will need to follow your eating plan.

Cereals

- Bran Flakes
- Raisin Bran
- High Fiber Cereal
- Cheerios
- Oatmeal
- Shredded Wheat

Produce, Fresh

- Apples
- Bananas
- Oranges
- Grapefruit
- Melon
- Peaches
- Pears
- Pineapple
- Strawberries
- Lemons
- Salad Greens
- Raw Vegetables
- Onions
- Green onions
- Potatoes, White
- Potatoes, Sweet

Beverages

- Skim Milk
- 1% Milk or soy milk
- Diet Drinks
- Sugar-free Hot Cocoa, Drink Mixes
- Apple Juice
- Grapefruit Juice
- Light Cranberry Juice
- Orange Juice
- Bouillon, Broth, fat-free

Salad Dressings,

Condiments

- Fat-Free or Light Salad Dressing
- Fat-Free or Light Mayonnaise
- Mustard
- Catsup
- Horseradish
- Taco or Picante Sauce
- Vinegar

Breads/Starches

- Whole Wheat Bread
- White Bread
- Light Bread
- English Muffin
- Bagel
- Pita Bread
- Rice, White or Brown
- Pasta, White or Whole Wheat
- Tortilla

Frozen Dinners

(<300 calories, <10 g/fat) for light meal choices

(<400 calories, <12 g/fat) for main meal choices

Frozen Desserts

- Sorbet or Sherbet
- Low-fat frozen yogurt
- Popsicles
- Frozen Fruit bar

Lean Protein

- Chicken/Turkey Breast
- Chicken, White Meat
- Turkey, White Meat
- Tuna/Salmon, Canned in Water
- Tuna, Yellowfin, Fresh
- Cod, Halibut
- Canned beans, chickpeas, hummus, Boca Burger
- Yogurt, Nonfat
- Eggs or egg substitutes
- Cottage Cheese (1% milk fat)
- Low-fat cheese
- Peanut Butter

Miscellaneous

- Vegetable oil
- Garlic
- Soy sauce
- Brown sugar
- Ginger, fresh or powdered
- Crushed tomatoes, 16 oz.
- Tomato paste, 6 oz.
- Parmesan cheese, grated
- Nonstick Pan Spray
- Artificial Butter Flavor
- Sugar Substitute
- Sugar-free Gum, Jello, Candy
- Coffee/Tea
- Reduced calorie Jelly/Jam
- Fat-free Creamer
- Lemon Juice
- Basil, oregano, black pepper, thyme



Recipes

Marinara Sauce

1 Tablespoon vegetable oil	1 teaspoon basil
1 clove garlic, finely chopped	1 cup water
½ cup diced onions	½ teaspoon oregano
16 oz. crushed tomatoes, canned	¼ teaspoon fresh ground black pepper
6 oz. tomato paste, canned	¼ teaspoon thyme
	2 Tablespoons Parmesan cheese, grated

1. Add oil to medium-size cooking pot. Heat over medium heat.
2. Sauté garlic and onions in oil until transparent.
3. Add crushed tomatoes, tomato paste and water. Allow mixture to come to a boil, and then reduce heat to allow mixture to simmer.
4. Add spices. Adjust amounts as desired.
5. Simmer sauce for ½ hour. Serve over pasta.

Makes 4 (1-cup) servings. Per Serving: 115 calories, 5 grams fat.

Chinese Stir-Fry

2 Tablespoons soy sauce	1 Tablespoon vegetable oil
2 Tablespoons water	1 clove garlic, finely chopped
1 Tablespoon fresh grated ginger or 1/8 teaspoon ground ginger (optional)	3 cups mixed vegetables, cut into bite-sized pieces (broccoli, carrots, cauliflower, snowpeas, etc)
1 teaspoon firmly packed brown sugar	¾ pound boneless, skinless chicken breast, cut into 1" cubes
2 green onions, diced	

1. Mix soy sauce, water, brown sugar, ginger and diced green onions. Stir until blended. Set aside.
2. Add oil to wok or large non-stick skillet. Heat over medium-high heat.
3. Add garlic and cubed chicken to wok or skillet. Stir-fry 5 minutes.
4. Add mixed vegetables to chicken. Stir-fry 3 minutes or until vegetables are tender crisp.
5. Add soy sauce mixture to chicken and vegetables. Stir-fry until thoroughly heated.
6. Serve over a bed of rice.

Makes 6 (¾-cup) servings. Per Serving: 140 calories, 4 grams fat.

THE GROUP LIFESTYLE BALANCE PROGRAM

CONGRATULATES

FOR COMPLETING THE PROGRAM

AND REACHING YOUR GOALS FOR WEIGHT LOSS AND PHYSICAL ACTIVITY

Date

Group Lifestyle Balance Coach



THE GROUP LIFESTYLE BALANCE PROGRAM

CONGRATULATES

FOR COMPLETING THE PROGRAM

AND FOR REACHING YOUR GOAL FOR WEIGHT LOSS

Date

Group Lifestyle Balance Coach



THE GROUP LIFESTYLE BALANCE PROGRAM

CONGRATULATES

FOR COMPLETING THE PROGRAM
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Date

Group Lifestyle Balance Coach



THE GROUP LIFESTYLE BALANCE PROGRAM

CONGRATULATES

FOR COMPLETING THE PROGRAM

Date

Group Lifestyle Balance Coach





Group Lifestyle Balance Calendar

Name: _____

Goals: Activity _____ minutes per week

Steps _____ per week

Weight _____ pounds

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
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Lifestyle Balance Handout Version for Southerners

In the coming months, you'll discover a number of ways to "eat lower-fat, lower-calorie foods instead." Here are a few examples

Ways to Eat Lower-Fat Foods Instead	Compare	Grams of Fat	Calories
Instead of high-fat foods, pick low-fat foods.	Pretzels, 1-ounce bag	2	110
	Potato Chips, 1-ounce bag	10	150
Instead of high-fat foods, use lower fat substitutes.*	Nonfat margarine, 1 tsp.	0	2
	Low-fat margarine, 1 tsp.	2	17
	Regular margarine, 1, tsp.	4	35
Find ways to lower the amount of fat in meats you eat.	Roast beef (top round), trimmed 3 oz.	5	155
	Roast beef (chuck), untrimmed, 3 oz	22	295
Instead of flavoring foods with fat, use low-fat flavorings.	Kale or collards (1/2 cup), cooked with chicken broth or chicken thighs (no skin)	0	25
	Kale or collards (1/2 cup), cooked with bacon, fat back, or sausage	2	34
Avoid frying foods; use other healthier ways to cook.	Chicken breast without skin, roasted	3	140
	Chicken breast, with skin, breaded, fried	19	365

*Warning: Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label. For example:

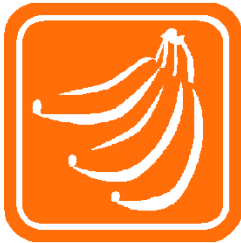
½ cup nonfat frozen yogurt	100 calories	0 gm fat
½ cup regular ice cream (10% fat)	130 calories	7 gm fat



Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams and calories saved.

	Breakfast	Make-Over	Fat Grams Saved	Calories Saved
Eat less often →	Sausage, 2 patties	Grits (3/4 cup), no fat added [Have sausage only on special occasions.]	16.5	140
Pick low-fat foods →	Biscuits, from mix, 1	English muffin, 1 whole	11	100
Use low-fat flavorings →	Butter, 2 teaspoons	Jelly, 2 teaspoons	8	34
Use low-fat substitutes →	Coffee, 1 cup, w/ 2 Tbsp. half + half	Coffee, 1 cup, w/ 2 Tbsp. nonfat creamer	5	20
Snack				
Pick low-fat foods →	Doughnut, glazed, raised	Bagel, 1 medium	10	10
Lunch				
Lower the fat in meats →	Fried chicken leg (skin eaten), 1	Roasted chicken leg (without skin), 1	17	250
Eat smaller amounts →	Hush puppies, fried, 6	Hush puppies fried, 3	7	156
Use low-fat flavorings →	White beans, seasoned w/ fat back, ½ cup	White beans, seasoned w/ smoked turkey, ½ cup	6.5	60
Pick low-fat foods →	Blackberry cobbler, 4 ounces	Baked cinnamon apple, 1 medium	17	260
Dinner				
Cook in healthy ways →	Fish, flounder, breaded/deep fried, 3 oz.	Fish, flounder, baked without fat, 3 oz.	11	130
Use low-fat flavorings →	Mashed potatoes, ½ cup, w/milk + fat	Mashed potatoes, ½ c., no butter added	4	35
Use low-fat substitutes →	Gravy, ¼ cup	Gravy, from mix, with water, ¼ cup	4	80
Use low-fat flavorings →	Green beans, w/ bacon, ½ cup	Green beans, with nonfat broth, ½ cup	2	15
Use low-fat substitutes →	Tossed salad w/ 2 Tbsp. French dressing	Tossed salad w/ 2 Tbsp. fat-free dressing	11	100
Pick low-fat foods →	Pound cake, 1 slice, (1/8 of the cake)	Angel food cake, 1 sl. (1/12 of the cake)	8	120
Total savings			138g	151



Making Healthier Food Choices

➔ Instead of high-fat foods, pick low-fat foods.

Choose fresh fruit and vegetables for snacks.

Serve vegetarian dinners several times a week.

Eat fruit for dessert.

Other:

➔ Instead of high-fat foods, use lower-fat substitutes.

Use low-fat or fat-free:

- | | |
|------------------------|------------------|
| • Margarine | • Mayonnaise |
| • Cheese, cream cheese | • Salad dressing |
| • Frozen yogurt | • Sour cream |

Skim or 1% milk.

Other:

➔ Instead of flavoring foods with fat, use low-fat flavorings.

To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables, dried beans	<ul style="list-style-type: none"> • Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa • Low-fat cuts of meat. • Herbs, mustard, lemon juice.
Bread	<ul style="list-style-type: none"> • Nonfat cream cheese, low-fat margarine (small amount), all-fruit jams.
Pancakes, waffles	<ul style="list-style-type: none"> • Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> • Nonfat or low-fat salad dressing, lemon juice, vinegar.
Pasta, rice	<ul style="list-style-type: none"> • Spaghetti sauce with lean meat and no added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.
Other:	

→ Find ways to lower the fat in meats you eat.

Buy lean cuts (round, loin, sirloin, leg).

Trim all the fat you can see.

Bake, roast, broil, barbecue, grill instead of fry.

Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.

Remove skin from chicken, turkey, (This can be done before or after cooking.)

Choose white meat.

Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.

Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, chili sauce, garlic, or Worcestershire.

Other:

→ Avoid frying foods. Use other, healthier ways to cook.

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.

Microwave, steam, or boil vegetables in a small amount of water. Or stir-fry (see directions above).

Cook meats without adding fat (see ideas above).

Other:



Build a Better Recipe

Look for high-fat, high-calorie foods in your recipes.
Use low-fat, low-calorie foods instead.

Instead of...

Use...

Regular ground beef or Pork sausage	Ground turkey breast (lean only, no skin), extra lean ground beef.
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of margarine
Pork or bacon fat or pork parts (e.g., ham hocks) for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, turkey neck bones, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat, evaporated skim milk
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter by 1/3 or 1/2. Replace fat/oil with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!





Weight Management

Congratulations on reaching your goal weight! To maintain your new, healthier weight, follow these suggestions:

Plan for maintaining your weight:

- Decide on a 3-5 pound target weight range you will stay within.

Calories	Fat Grams
1200	33
1500	42
1800	50
2000	55
2200	61
2500	69

- Experiment with increasing your calories by 200-300 calories per day by moving to the next level on the above chart. Stay at this level for 1-2 weeks.
 - If your weight is stable within your target range, continue to follow this new calorie and fat gram goal.
 - Only if you are still losing weight, increase your calories and fat grams to the next highest level on the chart. Again, monitor your weight after 1-2 weeks.
- If you increase your calories, choose healthy foods following MyPlate. It doesn't take much! Adding a slice of low-fat cheese to your sandwich at lunch and including a small dinner roll and one more ounce of roasted chicken to your dinner will add 230 calories.
- Remember that it's important to keep track of your eating and activity during your calorie adjustment experiment.

- Have a plan to put into action if your weight reaches the upper limit of your target weight range. Do you need to:

Record your eating and activity more frequently in your Keeping Track book?

Weigh and measure portions of foods and beverages?

Set a lower calorie and fat gram goal?

Adjust your level of physical activity?

Wear your pedometer?

Don't let yourself return to old, less healthy eating behaviors!

Plan for monitoring your weight:

- Research suggests that people have greater success with maintaining weight loss when they weigh themselves every day.
- Weigh yourself at least once a week on _____ at _____ AM/PM.
(day) (time)

Plan for physical activity:

- Research shows that regular physical activity is a key factor in maintaining weight loss.
- Walk (or do something like brisk walking) for at least 150 minutes each week. We suggest you spread this over 5 days for 30 minutes each day so physical activity remains a regular part of your healthy lifestyle. Stay within the Rate of Perceived Exertion range of 12-16 (refer to Session 10).

**"The difference in winning or losing is most often.....
not quitting."**

Walt Disney

**"If I really want to improve my situation, I can work on the
one thing over which I have control – myself."**

Stephen R. Covey

GLB Post-Core Session Sneak Peeks

The objective of the “Sneak Peeks” section is to provide participants with a brief overview of upcoming sessions in order to pique interest and encourage attendance.

Session 14: More Volume, Fewer Calories

Have you ever still felt hungry after eating a meal? In Session 14 you will learn ways to feel fuller on fewer calories and how to choose foods that keep hunger in check.

Session 15: Balance Your Thoughts

The weight management experience requires that we take charge of our thinking patterns not unlike we take charge of the food we put in our grocery carts or the plans we make for physical activity. Thoughts have a big impact on long term success. There are several common categories of self-defeating thoughts that relate to the “mental game” of weight management and it is helpful for group members to identify and label such thoughts. In Session 15 we will focus ways to become more skillful at countering negative self-defeating thoughts with positive self-statements.

Session 16: Strengthen Your Exercise Program

As you know, well-rounded physical fitness is made up of four basic components: cardiovascular fitness (aerobic), flexibility, muscular strength, and muscular endurance. Next week we will focus specifically on resistance training (also known as strength training) which is defined as any type of physical activity in which you move your muscles against resistance. Resistance training will improve muscular strength and endurance, and improve your body’s ability to handle insulin, along with several other health benefits. A safe resistance training program can help you maintain a lifetime of physical independence by providing many proven benefits.

Session 17: Mindful Eating

Throughout GLB we have talked about healthy eating. But it is important to not only consider **what** we eat, but **how** we eat. Session 17 will focus on a concept called “mindful eating”. You will have the opportunity to practice “mindful eating” techniques.

Session 18: Stress and Time Management

We talked a little bit about stress in an earlier GLB session, but Session 18 is devoted entirely to ways to both prevent stress and handle some of the unavoidable stress in your life. We will also talk about improving time management skills. If you have stress in your life, (and who doesn’t?) you don’t want to miss this session.

Session 19: Heart Health

In our next session we will explore the latest information and recommendations about heart health. People with pre-diabetes and/or the metabolic syndrome are at a higher risk for developing heart disease. The good news is that leading a healthy lifestyle can reduce your risk and benefit your long-term heart health.

Session 20: Flexibility and Balance

As you age, your muscles naturally lose strength and size and can become less supple and stiffer. We have discussed the health and fitness benefits of regular aerobic activities, ways to improve your strength, and you have been encouraged to do gentle stretching exercises to help with flexibility. Session 20 will focus exclusively on the importance of maintaining flexibility as we age, and will review stretching exercises. (advise to wear comfortable clothing if you plan to have participants try some of the exercises).

Session 21: Standing Up For Your Health

We all know how important it is to include regular physical activity in our daily routine, but did you know that the amount of time that you spend being sedentary may also be an important factor in your health? Session 21 will provide some interesting information about the health risks related to time spent being sedentary.

Session 22: Looking Back and Looking Forward

Our time together is almost over. Next month is our last session. A lot has happened during the past year, and in Session 22 we'll spend some time reflecting on this, as well as sharing ideas to help you continue to achieve and maintain your healthy lifestyle goals over the long-run.