

GOHEALTHY

Be the best version of you!



GO HEALTHY is a 12-week weight loss program built to support the development of healthy habits. This program targets nutrition and physical activity to support the success of developing and sustaining a healthier lifestyle.

Some of the benefits of losing weight and maintaining a healthy weight are improved blood pressure, lower cholesterol, reduced risk of heart disease, and diabetes.



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Week 1 INTRODUCTION & AWARENESS

>> SKILLS

- Mindful eating
- Record keeping
- Self-monitoring

Objective: Learn the fundamentals for a healthy life, how to set a SMART goal, and how to track progress.

Go Healthy is a lifestyle approach that focuses on developing sustainable healthy habits. You will develop a SMART goal and set weekly action steps toward your goal by using the three fundamentals: **awareness, smart food choices, and activity/movement**.

>> GO HEALTHY GOALS

- Modify your diet by slowly crowding out unhealthy foods
- Begin or increase activity/movement; add enjoyable activities, building up to 30 minutes a day, 5 times a week
- Lose at least 5% of initial body weight

>> FUNDAMENTALS FOR A HEALTHY LIFE

- Awareness/Mindfulness
- SMART Food Choices
- Activity/Movement

>> SUPPORT TOOLS

- [Guide to SMART Food Choices](#)
- inHealth [Tracking App](#)
- Coaching support



Getting started!

This week you will learn about awareness and self-monitoring. You will also discover how these cognitive strategies can affect your choices.

➤ FUNDAMENTAL 1 - AWARENESS AND SELF-MONITORING

Being aware of the difference between hunger and satiety is important to maintaining a healthy body weight and losing weight. Understanding how food makes us feel helps us to make better choices. **Hunger** prompts us to consume food, while **satiety** is the sensation of feeling full. Eating with awareness will help you savor the flavor of foods and drive you to eat less.

Mindful eating is a strategy we can use to build healthier eating habits. When we eat mindfully, we're more aware of our bodies, emotions, and the flavors and textures of food. Even if we are not aiming for weight loss, mindful eating helps us to maintain a healthy weight.

➤ WHAT IS REQUIRED?

1. **Be present and aware of what you are putting into your body.** Remember the reason why you are here. What is your vision of a happy, healthier you? Why is this important to you?
2. **Weigh yourself.** You will need a body weight scale that you can use several times a week. Weigh yourself using the same scale throughout the program. It is best to weigh yourself first thing in the morning before starting your day. Record your weight exactly as you see it, including decimal points. Use the [SMART Tracker](#) to boost your motivation in reaching your goal.
3. **Practice self-monitoring.** You will be required to track your progress throughout the program. Monitor your weight, food intake, and activity daily.
4. **Set a SMART goal and action steps to follow.** This goal should be **specific, measurable, attainable, realistic, and time bound**. Accountability when working toward achieving your goals is an important part of creating a sustainable lifestyle change.

Week 1 ASSIGNMENT

- Gradually clean out your home and work areas. Begin by removing high-calorie foods. [See red column on Guide to SMART Food Choices.](#)
- Stock up on foods from the "Any Time" and "Portion Controlled" columns. [See green and yellow columns on Guide to SMART Food Choices.](#)
- Eat lots of "green" foods, smaller amounts of "yellow" foods, and limited amounts of "red" foods. [See green and yellow columns on Guide to SMART Food Choices.](#)

Week 2 SMART FOOD GUIDE: FRUITS & VEGETABLES

➤ SKILL

- Eating low-calorie foods

Objective: Understand the Guide to SMART Food Choices.

➤ FUNDAMENTAL 2 – GUIDE TO SMART FOOD CHOICES

		LOW CALORIE, LOW FAT	➔	HIGH CALORIE, HIGH FAT
FOODS	VEGETABLES	ANYTIME FOODS 15-25 calories per ounce	PORTION CONTROLLED FOODS Average 50-75 calories per ounce	OCCASIONAL FOODS 100+ calories per ounce
		All fresh, frozen, or canned as close to natural form as possible, without added fat, sodium or sauces	All vegetables with added fats, oven baked French fries, avocados	French fries, hash browns, deep fried vegetables, potato salad, candied vegetables, vegetables with cheese
	FRUIT	All fresh, frozen, and canned in juice or sweetened with artificial sweeteners	Dried fruit, fruit canned in light syrup	Fruit juice, fruit canned in heavy syrup, sweetened applesauce, fruit roll-ups, coconut, fruit drinks
	GRAINS	Air popped or 94% fat free popcorn; reduced calorie bread products	Rice, pasta, bread, tortillas, pancakes, bagels, English muffins, unsweetened dry cereals, oatmeal, grits, cornbread, baked chips, pretzels	Biscuits, granola, sweetened dry cereals, doughnuts, crackers, muffins, French toast, croissants, taco shells, pasta with cream sauce, pasta salad, stuffing, macaroni & cheese
	PROTEIN	White fish, shrimp, crab, egg whites, egg substitute, beans, soy cheese	Chicken, turkey, 94% lean beef, ham, lean pork, salmon, tuna, crawfish, wild game, eggs, turkey sausage, veggie burgers, soy sausage	Red meat, hamburger, fried seafood, fried chicken, hot dogs, ribs, sausage, bacon, salt pork, cold cuts, nuts
	DAIRY	Skim milk, nonfat yogurt, sugar-free pudding made with skim milk, fat free cottage cheese	Low-fat milk, reduced fat cheese	Whole milk, yogurt and cottage cheese made from whole milk, whipped cream, half & half, cheese
	CONDIMENTS BEVERAGES SNACKS	Sugar substitutes, broth, hot sauce, salsa, vinegar, fat-free salad dressings, mustard, ketchup, fat-free mayo, nonstick cooking spray, condiments having < 20 calories/Tb., diet drinks, "calorie free" beverages, sugar-free Jell-O, sugar-free popsicles	Jelly, syrup, jam, sugar, low-fat salad dressing Jell-O, sherbet, low-fat ice-cream, frozen yogurt, sour cream	Margarine, butter, lard, gravy, mayonnaise, tartar sauce, peanut butter, regular salad dressings, all cooking oils, milkshakes, movie popcorn, regular soda, fruit punch, alcohol, ice-cream, chips, cake, pie, cookies, pastries, candy, chocolate

(SOURCE: ADAPTED FROM NATIONAL HEART, LUNG, AND BLOOD INSTITUTE (NHLBI), WE CAN! ENERGIZE OUR FAMILIES-PARENT PROGRAM)

➤ FRUITS & VEGETABLES

- Eat fresh, frozen, or canned vegetables and fruits as close to natural form as possible – without added sauces, cheese or sugar. Choose lower-sodium canned veggies.
- Make your servings count. Juice and dried fruit are not low-calorie and do not count toward your goal of 5 servings per day.
- Starchy vegetables ARE vegetables.
- Vary your veggies and fruits. Eat different colors each day for better nutrition.
- Plan some meals around a vegetable main dish: beans, stir-fry, salad, or soup are great choices.
- Add chopped veggies to pasta sauce, lasagna, meatloaf, casseroles, rice, or pasta. This is a great way to lower calories and save money.
- Keep a bowl of fruit on the counter and cut up veggies in the fridge as a “grab & go” snack.
- Be a role model! Set a good example for children by eating vegetables and fruit at meals and snacks.
- Develop a 1-2-2 pattern. Eat 1 serving at breakfast, 2 servings at lunch and 2 servings at dinner.
- Choose restaurants that serve vegetables and fruit. If you don't see them on the menu, ask for them. Order double portions of salads and cooked vegetables. Don't forget the baked potatoes!



DARK GREEN VEGETABLES	RED & ORANGE VEGETABLES	FRUIT
Bok Choy Broccoli Collard greens Dark green leafy lettuce Kale Mustard greens Romaine lettuce Spinach Turnip greens	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Spaghetti squash Sweet potatoes Tomatoes	Apples Apricots Bananas Blueberries Cantaloupe Cherries Fruit cocktail Grapefruit Grapes Honeydew melon Kiwi Lemons, Limes Mangoes Nectarines Oranges Peaches Pears Pineapple Plums Raspberries Strawberries Tangerines Watermelon
OTHER VEGETABLES	STARCHY VEGETABLES	
Artichokes Asparagus Avocado Bean sprouts Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green beans Green peppers Iceberg lettuce Mushrooms Okra Onions Parsnips Turnips Wax beans Yellow squash Zucchini	Corn Green bananas Green peas Lima beans Potatoes Sweet Potatoes	
	BEANS AND PEAS (STARCHY)	
	Black beans Black-eyed peas Garbanzo beans (chickpeas) Kidney beans Lentils Navy beans, White beans Pinto beans Soy beans Split peas	

SOURCE: MYPLATE.GOV

➤ CAN I AFFORD TO EAT MORE VEGETABLES AND FRUITS?

Compare the cost of vegetables and fruits (per pound) to the other foods you purchase. If you buy more veggies and fruit and less meat and junk food, you will likely save money AND lose weight.

➤ LOW-CALORIE CONDIMENTS

Add flavor without loading up on calories!

- ✓ Choose condiments containing 20 calories per tablespoon or less.
- ✓ Choose fat-free or low-fat condiments.
- ✓ Use dry seasoning, low-sodium blends, or powders (garlic powder, onion powder).



- Suggestions for baked potato toppings: Spicy mustard, ketchup, sour cream, fat-free salad dressing, barbecue sauce, low-sodium seasoning blends, butter-flavored sprinkles, salsa, or cocktail sauce.
- Combine sugar-free orange marmalade with low-sodium soy sauce. Microwave for 30 seconds to create a wonderful sauce for vegetables.
- Glaze cooked carrots or a baked sweet potato with sugar-free orange marmalade or sugar-free maple syrup.
- Cook vegetables in low-sodium bouillon or water seasoned with a few drops of liquid crab boil seasoning.
- Liquid smoke seasoning (a few drops only) provides a smoky taste to beans and greens.
- Add chili seasoning mix to a combination of corn, sautéed onions, and pinto beans.
- Use fat-free dressings to marinate raw or cooked, chilled vegetables.
- Mix fat-free mayonnaise with spicy mustard, horseradish, or salsa. Use for potatoes, salad, or raw veggie dip.
- Flavor fat-free sour cream with any powdered seasoning blend to create a dip or a creamy sauce.
- Use cooking spray to sauté vegetables. Add small amounts of water as necessary to keep veggies from sticking as you sauté.
- Fresh herbs add flavor without salt. Parsley, basil, and cilantro are easy to grow at home. Snip what you need right off the plant as you are cooking. Freeze extras to use later.
- Low-sodium tomato soup or vegetable juice cocktail is the base for easy vegetable soup. Add frozen mixed vegetables or a bag of shredded cabbage.
- Top cooked spaghetti squash with tomato sauce seasoned with Italian seasoning and garlic powder. Sprinkle with parmesan cheese. Use instead of pasta.
- Spray vegetables lightly with liquid spray margarine or a light spray of olive oil once you plate them. You will add fewer calories than if you add the butter or oil to the cooking dish.

➤ WHY TRACK YOUR FOOD CONSUMPTION?

The goal of tracking is to increase your awareness of the types of food you are choosing to eat. Studies show that consistent tracking helps to hold you accountable for your daily choices, allows you to see your progress, and keeps you motivated. In addition, tracking helps you see the difference between what you “think you consumed” versus what you actually consumed.

➤ WAYS TO TRACK

Including tracking as part of your daily schedule helps to create a habit. You may choose to keep a journal, track digitally on the mobile app, or use a tracking guide linked below.

- [SMART Tracker](#)
- [Mobile App Tracker](#)

Week 2 ASSIGNMENT

- Track your food intake on the [mobile app](#) or the [SMART Tracker](#).
- Record everything you eat and drink. At the end of the day, review your tracker. On the SMART Tracker, place a check in the column that corresponds with your food choice (green, yellow, or red).

Note: For weight loss, the goal is to eat lots of “green” choices. Aim for a minimum of five fruits and vegetables a day. Eat fewer “yellow” choices, and little to no “red” choices.

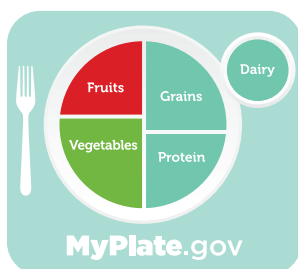


Week 3 MY PLATE AND PORTION CONTROL

> SKILL

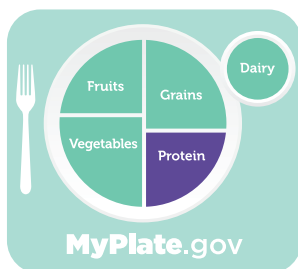
- Use portion control strategies to reduce calories at meals and snacks

Objective: Understand portion control using MyPlate.



VEGGIES & FRUIT | MINIMUM 5 SERVINGS PER DAY

1 serving = 1 full cup raw or cooked
1 hand-sized piece
1 cup dried beans or peas
2 full cups salad greens



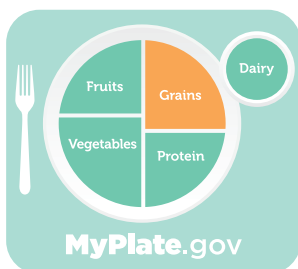
PROTEIN | 4-6 OUNCES PER DAY

Chicken, turkey
Fresh pork, lean ham
Lean hamburger, round steak, roast and brisket
Fish
Shrimp, crab, oysters and crawfish
Dried peas and beans (1 cup)
Eggs
Cottage Cheese, low-fat or fat-free

PROTEIN (1/4 plate)

Start lean. Remove poultry skin, choose red meat with little fat, and trim visible fat before cooking. Avoid sausage and bacon. Choose ground beef with at least 90% lean.

Keep it lean. Bake, broil, or grill. Avoid fried or breaded choices. Prepare beans and vegetables without added meat. Try to include at least 8 ounces of fish every week. Use beans as a protein source one time per week.



GRAINS | 4 - 5 SERVINGS PER DAY

Pasta

Rice, white or brown

Bread

Oatmeal, grits

Dry cereal, ready to eat

Tortillas

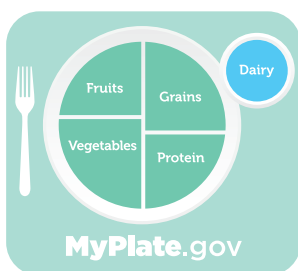
Popcorn

GRAINS (1/4 of the plate)

What counts as a serving? 1 slice of bread, 1 cup of cereal, 1/2 cup pasta, rice, or cooked cereal, 3 cups popcorn

Choose whole grains such as whole-wheat bread and pasta, brown rice, oatmeal, whole-wheat flour as a baking ingredient, whole-grain ready-to-eat cereals and popcorn.

Keep it low fat. Reduce servings of cheese, cream sauce, butter, and gravy.



DAIRY* | 1-2 SERVINGS PER DAY

Fat-free or skim milk

Lactose-free skim milk

Soy milk, calcium fortified

Fat-free yogurt

1 serving = 1 cup

*If you do not use dairy, consider taking a calcium supplement.
Talk to your healthcare provider about what is best for you.

Week 3 ASSIGNMENT

- Use the [Guide to SMART Food Choices](#), to measure your daily consumption. How many “red”, “yellow,” and “green” foods are you consuming?
- Continue to track your food and drink intake in the [mobile app](#) and/or the [SMART Tracker](#).

Week 4 CALORIE DENSITY: HOW DO CALORIES IMPACT WEIGHT?

> SKILLS

- Understand how to balance calories
- Learn how to read food labels

Objective: Use the concept of calorie density to make food choices that are personally satisfying and aid in weight management.

For successful weight management, there is no dispute that calories count. But, as humans, we tend to eat until we “feel” full. The feeling of fullness, not the calorie level, is the signal that allows us to stop eating. Since we cannot “feel” calories, successful weight managers use the concept of calorie density. Calorie density is the measurement of calories per bite.

Low calorie density foods are 15 to 25 calories per bite. These foods contain water and fiber that lower calories while increasing the weight of the food. When you eat your “normal amount” of food, the calories are relatively low. Examples of these foods are found in the *Guide to SMART Food Choices* in the “Anytime Foods” (green column). Water-based soups are also a low-calorie density choice.

High-calorie density foods are 100 to 200 calories per bite. These foods are typically dry foods containing fat and sugar which increase calories without added weight. By the time you feel full, you may have eaten hundreds of calories in just one food. Examples of these foods are found in the *Guide to SMART Food Choices* in the “Occasional Foods” (red column).



➤ STRATEGIES FOR LOWERING CALORIE DENSITY (GETTING FULL BY EATING FEWER CALORIES)

- Add vegetables to pasta or rice to increase volume and lower calories.
- Eat fruit instead of drinking fruit juice. Choose fresh fruit instead of dried fruit.
- Eat cooked cereal such as oatmeal or grits instead of dry cereal. Add fruit for even fewer calories.
- Eat raw vegetables instead of veggie chips.
- Eat 94% fat-free microwave popcorn instead of other salty snacks like pretzels or baked chips.
- Read labels to make the connection between calories and food volume (1 oz. = 30 grams).

The Buffet Principle

When we are faced with lots of food variety and large quantities of food, the normal signal that tells us to stop eating does not work as well. Here are a few tips to avoid this trap.

- Order off the menu and skip the buffet. Even better, don't go to a restaurant that offers a buffet. It's a set-up for failure.
- At home, serve the meal from the stove instead of family style at the table (except for veggies). Men eat 29% more calories if food is on the table. Women eat 10% more if food is on the table.
- Avoid buying in bulk or "family pack" items – except for veggies and fruit. Be especially careful about buying high-calorie dense foods in bulk like cold cereal, crackers, chips, or peanut butter.
- Portion out snacks instead of eating them directly from the large package or purchase 100-calorie snack packages and limit to one per day.
- Serve yourself on a smaller plate so the food will look "bountiful" to the brain. We typically register food amounts more strongly with our eyes, not our stomachs.

Ways to find calories in food include: ■ Lists of calories in common foods ■ Nutrition Facts labels ■ Online tools ■ Smart phone or computer apps

Reading Food Labels

Food labels break down the nutrients, vitamins, and minerals per serving of the food.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

SOURCE: CENTERS FOR DISEASE CONTROL

- 1. Serving size:** All the numbers on this label are for a 2/3-cup serving. If you eat double, the numbers double.
- 2. Packaged total servings:** This package contains 8 servings. If you eat the whole thing, you are eating 8 times the number of calories, carbs, fat, etc., shown on the label.
- 3. Total Carbohydrates:** This section shows you the types and total of carbs in the food. If you are working to manage blood sugar, the most important information is total carbohydrates.
- 4. Dietary fiber, sugars vitamins, and minerals:** These elements are shown by indention and are included in the 37 grams of total carbohydrate. Dietary Fiber is beneficial and largely non-digestible. Sugars can be natural or added and they have a fast impact on blood sugar.
- 5. Calories:** This food provides 230 calories per 2/3 cup. Choose foods with lower calories, saturated fat, sodium, and added sugars. Use this information to decide if you have enough calories in your daily budget to afford this food.

Week 4 ASSIGNMENT:

- As you track what and how much you are eating, begin to increase your awareness around calories by monitoring food labels.
- Track your food and drink intake in the [mobile app](#) and/or the [SMART Tracker](#).



Week 5 ACTIVITY/MOVEMENT: ALTERNATIVES TO HELP YOU STAY ACTIVE

> SKILLS

- Understand benefits of movement
- Ways to track physical activity

Objective: Identify opportunities to get moving and tracking.

> FUNDAMENTAL 3 - ACTIVITY/MOVEMENT

We know 150 minutes each week sounds like a lot of time, but it's not. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. For example, you could break 150 minutes of physical activity down to 30 minutes a day, 5 days a week. You can even break it up into smaller chunks. Find the balance that works for you.



BOOST YOUR MOOD



SHARPEN YOUR FOCUS



REDUCE YOUR STRESS



IMPROVE YOUR SLEEP

SO GET MORE ACTIVE — AND START FEELING BETTER TODAY.

How much activity do I need?

MODERATE-INTENSITY AEROBIC ACTIVITY

Anything that gets your heart beating faster counts.



AND



MUSCLE-STRENGTHENING ACTIVITY

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

SOURCE: MYPLATE.GOV – TIPS FOR INCREASING PHYSICAL ACTIVITY

Strategies

- Just starting out. Begin with 10 minutes daily. Build toward 30–60 minutes.
- Multiple short bouts can add up to 30–60 minutes daily.
- Mix it up! Variety can keep you going. Walk, garden, bowl, dance, or take a class.
- Dress for success! Proper shoes and comfortable clothes will prevent injury and fatigue.

➤ MORE WAYS TO INCREASE PHYSICAL ACTIVITY

At Home

- Join a walking group in your neighborhood or at the mall. Recruit a buddy for support and encouragement. Push the baby in the stroller, pull toddlers in a wagon or let older children accompany you on a bike ride.
- Walk up and down the field while watching your children play sports.
- Walk the dog.
- Clean the house. Wash the car. Mow the grass.
- Walk more, drive less.
- While watching TV, walk in place, get on a piece of exercise equipment or do stretches.
- Plant and care for a vegetable or flower garden.
- Play with your children. Shoot hoops, dance, play hide and seek.
- Exercise in your living room using a DVD or find a fitness channel on TV.

At Work

- Park 5–10 minutes away.
- Replace a coffee break with a walk break. Ask a co-worker to go with you.
- Join an onsite or nearby gym. Don't forget to bring your workout clothes with you.
- Look for worksite wellness-sponsored activities.

At Play

- Walk, jog, skate, cycle, dance, bowl.
- Swim or try water aerobics.
- Take a class in martial arts, dance or yoga.
- Play golf. Use a push cart or carry your clubs.
- Canoe, row, or kayak.
- Play tennis or racket ball.
- Play basketball, softball, soccer, or volleyball.
- Take a nature walk.



1. You could track:

- Calories burned
- Distance
- Number of steps
- Speed
- Weight lifted; Time active

2. Ways to measure include:

- Clock or watch
- Fitness tracker
- Pedometer
- Smart phone or computer apps

3. Ways to record include:

- Fitness tracker
- Smart phone or computer apps
- Spiral notebook
- Spreadsheet
- Voice recording



Week 5 **ASSIGNMENT:**

- In addition to tracking what you eat, begin to track your activity.
- Set a goal for the week to try out a new activity/movement. For example, take the stairs instead of the elevator. No matter what activity you choose, track your movement in the [mobile app](#) or the [SMART Tracker](#).



Week 6 CALORIES VS ACTIVITY

> SKILL

- Balancing physical activity and calorie maintenance

Objective: Set a goal for weekly activity and understand how to burn more calories.

Losing weight and maintaining a lower body weight are about balance. Body weight goes up or down depending on your diet and exercise habits. The relationship of diet and exercise to weight can be explained by the calorie balancing equation below.



$$\text{CALORIES IN (FOOD)} - \text{CALORIES OUT (PHYSICAL ACTIVITY)} = \text{MAINTENANCE CALORIES}$$

Know Your Maintenance Calories

Maintenance calories are simply the number of calories you require to maintain your current weight or your goal weight.

Women Body weight x 10 calories per pound

Men Body weight x 11 calories per pound

Note: the smaller your body weight, the lower the calories it takes to maintain your weight. To keep weight off, you will need to learn to live at a lower calorie level for the rest of your life.

200 lbs. x 10 calories /lb. = 2000 calories

150 lbs. x 10 calories/lb. = 1500 calories

120 lbs. x 10 calories /lb. = 1200 calories

Weight Loss Target

Choose a calorie target at least 500 calories below your current maintenance calories, but not lower than 1200 calories. Adding physical activity lowers your calories. Counting calories takes lots of skill and most people are not accurate. It's easier to use the fundamentals to lower calories. If you are not losing weight, your calories are too high, and you need to do more of the fundamentals. The following table is a guide for calorie plans:

FOOD	CALORIES			
	1200-1300	1400-1500	1600	1800-2000
Veg/fruit	5 servings	5 servings	5 servings	5 servings
Grains	4 servings	4 servings	6 servings	6 servings
Dairy, skim	2 cups	2 cups	2 cups	2 cups
Protein	4 ounces	4 ounces	5 ounces	6 ounces
Fat/Oil	Sparsingly - less than 1 Tablespoon per day			

**If you do not use dairy, you may increase lean protein by two ounces. You may want to consider taking a calcium supplement. Talk to your healthcare provider about what is right for you.*

Week 6 ASSIGNMENT:

- Set a calorie target as you continue to monitor and be aware of what you are consuming daily.
- Keep track of the amount of physical activity in the [mobile app](#) and/or the [SMART Tracker](#).
Make sure you are maintaining a balance.



Week 7 MAXIMIZE SUCCESS USING THE FUNDAMENTALS

> SKILL

- Ability to adjust your routine based on your progress

Objective: Use personal tracking information or journals to meet goals.

Each of the fundamentals is powerful for lowering calories and supporting weight loss BUT practicing all the fundamentals every day is even more powerful for weight loss.

Higher fundamentals = lower calories = lower weight

It may not always be easy to practice the fundamentals consistently, but it is important to assist you in creating a healthy and sustainable lifestyle.

Awareness/Mindfulness

- Take time to reflect on your daily choices. Writing a plan is an opportunity to problem-solve or help overcome any obstacles.

SMART Food Choices

- Keep tracking so that you are accountable for your choices.
- Revisit the Guide to SMART Food Choices. Is there an opportunity to increase “green” foods and decrease “red” foods?

Activity/Movement

- Are you ready to build on your progress? If you are walking daily, are you ready for a new challenge? How about intensifying your activity with a little strength training? Find something you enjoy bumping it up notch!

As you review these fundamentals, let the relationship between your weight and the level of fundamentals you are accomplishing guide you in determining your next steps.

Week 7 ASSIGNMENT:

- Revisit the fundamentals and tracking. What has been your biggest challenge so far? Cultural connections? Comfort foods? Finance? Awareness? Food choices? Activity/Movement?
- Track your movement in the [mobile app](#) and/or the [SMART Tracker](#).

Week 8 **MANAGING STRESS, SLEEP, AND EMOTIONAL EATING**

SKILLS

- Recognizing triggers for emotional overeating
- Developing replacements

Objective: Understand the importance of sleep and rest in managing emotions.

Emotional eating is very common. In fact, we eat in response to emotions more often than we eat in response to hunger. The action of chewing helps to relax us. Often, there are changes in brain chemicals in response to certain foods that help soothe us. Additionally, eating often serves as a “time out” and allows us to collect ourselves, process our thoughts, and manage stress.

Recognize your triggers

Common triggers for emotional eating are stress, frustration, anger, boredom, fatigue, depression, anxiety, and worry. In the big picture of weight management, whether we eat in response to hunger or emotion, success remains a calorie task. If emotional eating is not compromising your calorie management, you have nothing to fix. But, if emotional eating is creating a calorie problem, it may be helpful to recognize your triggers to develop a replacement tool that will support lower calories.

Tips for working with emotional eating

- Listen to yourself. If you find yourself saying, “My problem is, I eat when I’m _____.” Make a list of alternate activities or low-calorie foods that would provide an emotional release.
- When you eat, focus on your food. Try not to be distracted by the TV, phone, or a computer while eating. Make a point to savor each bite.
- Physical activity is a powerful tool for releasing physical tension, reducing anxiety, producing calming brain chemicals, and providing a “time-out.” A 10-minute bout of physical activity, whether it be high intensity or slow mindful exercise, reduces depression and anxiety. Regular physical activity helps you feel more confident and comfortable with your body. The combination of these benefits can reduce food cravings, making you less likely to use food as a coping mechanism.
- Change WHAT you eat. Get full on low-calorie foods like huge salads, raw vegetables, fruit, popcorn, sugar-free popsicles, gum, or gelatin.
- Change your environment. Step out for some fresh air. Go for a short walk or sit in the sunshine.

- Practice relaxation breathing. Close your eyes, imagine you are in a favorite place and slowly inhale and exhale for a few minutes. Repeat often throughout the day.
- Create a list of non-food distractions such as crafts, word puzzles, gardening, physical activity, calling a friend, or reading.
- Start a gratitude journal to record how you are feeling and what you are grateful for each day.
- If you experience ongoing feelings of depression, seek the advice of your physician. Explore available benefits within your Employee Assistance Program (EAP).

How does Sleep affect weight

In adults, sleeping four hours a night, compared with 10 hours a night, appears **to increase hunger and appetite** for calorie-dense foods high in carbohydrates. Observational studies also suggest a link between sleep restriction and obesity.

Tips for a better night's sleep

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Week 8 **ASSIGNMENT:**

- Make one behavior change around emotional eating or getting a better night's sleep and track it. Track in the [SMART Tracker](#).

Week 9 DINING OUT, SOCIAL EVENTS, AND HOLIDAYS

> SKILLS

- Planning to support success through special occasions
- Practice the fundamentals

Objective: Understand the benefits of planning ahead.

Dining Out

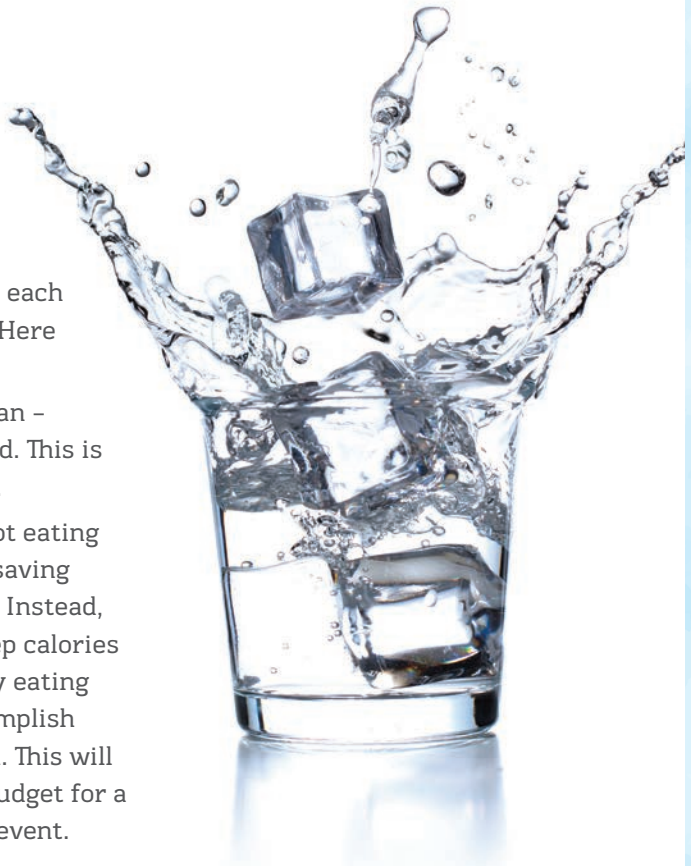
Dining out, for pleasure or convenience, can be a huge challenge to calorie balancing. The most important strategy is to meet your daily goals, no matter what, using all the fundamentals. Here are some tips:

- Plan. Read the menu before you go and narrow your choices. You are much more likely to make healthier choices if you are prepared.
- Manage hunger. Eat a piece of fruit or some raw veggies before you go. A small snack can prevent excessive hunger that leads to overeating.
- Skip the complimentary starters. Ask that the bread, chips, or similar items not be brought out while you are waiting for your meal to arrive. Do ask for a calorie-free beverage as soon as possible.
- Ask lots of questions when ordering. Ask how the food is prepared so you can request a modification, if necessary. Ask about the sides. Choose baked or grilled fish, order sauces and salad dressing on the side. Skip high-fat condiments like butter, olive oil, mayonnaise, and cheese. Exchange the fries for a steamed veggie or a salad.
- Build a meal from vegetable sides like a baked potato, salad, and water-based soup.
- Ask to box half of your entrée before it gets to the table or split an entrée with your meal companion. Restaurants often serve two to three times what is considered a standard serving.
- Start with a veggie salad. Ask for double or triple vegetables with your entrée. Veggies help fill you up, without adding extra calories.
- Skip the fancy drinks. Start with water and start sipping. Water can slow you down and help you feel full sooner. If you are ordering an alcoholic drink, choose light beer, wine, or liquor mixed with tonic water or diet soda. Skip the margaritas, daiquiris, or other exotic cocktails. These are loaded with sugar and calories.
- Choose a restaurant, including fast food, where you can get what you need: lean protein and lots of vegetable choices.

Social Events

Social events and holidays can pack on the calories in a short time. Most of us think about the holidays as that period between Halloween and New Year's Day, but each month seems to present a holiday. Here are more ideas on planning ahead.

- Plan, plan, plan. Write a plan – don't just plan in your head. This is a serious step for success.
- Avoid the temptation of not eating all day for the purpose of saving calories for a social event. Instead, prior to a social event, keep calories low and manage hunger by eating only veggies & fruit. Accomplish your physical activity goal. This will give you a larger calorie budget for a restaurant meal or social event.
- When serving your plate, use the MyPlate strategy. Serve half your plate with veggies first.
- Always keep a calorie-free beverage in your hand. Position yourself away from the food table and concentrate on socializing.
- Limit your event to one day. Minimize leftovers. Get back to your routine as quickly as possible.
- Self-monitor your weight every day. If morning weight goes up, drink lots of water to flush out fluid retention due to higher sodium foods or alcohol.
- Limit your alcohol intake. A 12-ounce bottle of beer has around 150 calories, and four ounces of wine has approximately 100 calories. Those empty calories can add up fast.



Week 9 ASSIGNMENT:

- Identify 3 strategies for planning ahead. [SMART Goal Journal](#)

Week 10 MOTIVATION

> SKILL

- Embrace the process of change

Objective: Self-Efficacy/Self-Compassion.

Changing behavior can be challenging but rewarding. Remember and reflect on your health goals and motivators. Why do you want to change your lifestyle?

Challenges will be ongoing!

The constant challenge can be mentally exhausting. With time and practice, success will get easier. Staying focused on your progress will motivate you to reach your ultimate health goal.

MOTIVATION KEEPS YOU GOING!

Motivation - It's "why" we do something. Motivation helps to guide and maintain behavior change.

Successful People

- Have a strong vision of what makes you happy
- Identified values and goals
- Enlist a support group of family and /or friends
- Have established accountability
- Refer to the fundamentals to solve problems
- Reward yourself for the progress you have made

Week 10 ASSIGNMENT:

- Identify your progress - big or small.
- Write down how you rewarded yourself for the progress you've made.

[SMART Goal Journal](#)

Week 11 HEALTH MANAGEMENT

> SKILL

- Practicing the fundamentals as lifetime tools for managing weight, blood pressure, cholesterol, diabetes, and insulin resistance

Objective: Know your numbers and how to manage them.

HEALTH MARKERS OVERVIEW	
LIPIDS: DESIRABLE LEVELS	
Total	< 200 mg/dL
LDL (Least Desirable)	< 100 mg/dL
HDL (Highly Desirable)	≥ 60 mg/dL
Triglycerides	< 150 mg/dL
PHYSICAL ACTIVITY GUIDELINES (TOTAL PER WEEK)	
Muscle/strength training 2 or more days, plus	
150 minutes of moderate-intensity aerobics (e.g. brisk walking), or	
75 vigorous-intensity	
(Can be a mix of both vigorous and moderate aerobic activity)	
BMI (WEIGHT (LB)/HEIGHT (IN) ² X 703	
Underweight	Below 18.5
Normal/healthy Weight	18.5-24.9
Overweight	25-29.9
METABOLIC SYNDROME (MUST HAVE 3 OF 5 TO BE DIAGNOSED)	
Large Waistline	Abdominal obesity/apple-shaped figure ■ ≥ 35" for women ■ ≥ 40" for men
High Triglycerides	≥ 150 mg/dL
Low HDL	■ ≤ 50 mg/dL for women ■ ≤ 40 mg/dL for men
High Blood Pressure	≥ 130/85 (or only 1 or 2 numbers)
High Fasting Blood Sugar	≤ 100 mg/dL ■ 100-125 prediabetes ■ ≥ 126 diabetes
BLOOD PRESSURE (2017)	
Normal	< 120/80 mmHg
Prehypertension (elevated)	120 to 129 mmHG (systolic) < 80 mmHG (diastolic)
Hypertension	130/80 mmHG
ALCOHOL	
Binge Drinking 2-3 hours	4+ drinks for women 5+ drinks for men
A1c	
Normal	Below 5.7%
Prediabetes	5.7% - 6.4%
Diabetes	6.5% or above

Weight loss can have many benefits, including lowering blood pressure, cholesterol, and blood sugars. In addition, weight loss can improve energy levels, physical mobility, general mood, and self-confidence. You are on the right path to potential life changing behaviors and outcomes!

The Fundamentals are High-Impact Lifestyle Behaviors

- Use awareness of thoughts and emotions to make smarter choices
- Accomplish 30-60 minutes of physical activity daily
- Use portion control and the [Guide to SMART Food Choices](#)

Additional Healthy Behaviors

- Limit alcohol to 1-2 drinks per day, and don't drink and drive.
- Avoid tobacco and side-stream smoke.
- Always buckle your seatbelt.
- Complete an annual physical or wellness exam to know your numbers! Have regular cancer screenings as recommended by your doctor.
- Limit sun exposure and use sunscreen.

Week 11 **ASSIGNMENT:**

- Schedule your annual visit with your primary care physician and become familiar with your numbers.



Week 12 CONGRATULATIONS ON YOUR PROGRESS! WHAT'S NEXT?

> SKILL

- Practice ongoing accountability to the fundamentals

Objective: Set a plan for maintaining a healthy lifestyle.

The goal for **Go Healthy** is to lose at least 5% of your program start weight. Review your progress over the last 12 weeks. Now, it's time to determine your next step.

If you would like to lose more weight...

Consider consulting with a personal health coach and continuing to be mindful in making healthy choices daily and setting small, attainable goals.

If you are ready to maintain your current weight...

- Continue to practice the fundamentals. To keep weight off, you must maintain healthy behaviors. The fundamentals will continue to be your core plan.
- It is **extremely important to continue monitoring your body weight on a scale.**
- Continually review your motivators to help you stay focused.

Beware of the feeling of wanting to "take a little break."

If you revert to old behaviors, you will soon be back to your higher weight.

Week 12 ASSIGNMENT:

CONGRATULATIONS! BEST OF LUCK ON MAINTAINING YOUR WEIGHT AND CONTINUING A HEALTHY LIFESTYLE.



Appendix A MISSION AND VALUES/CIRCLE OF LIFE/ ACTION ITEMS

Personal motivators help determine if you are ready to do the work necessary to lose weight or continue to work to keep weight off. Motivation will help to guide and maintain healthy behavior change.

- What is your vision of a happy and healthy you? What are you doing?
Who is with you?
- How would you like things to be different with your health?
- If you had your ideal health vision, what impact would it have on your life?
- Ask: What motivates me right now? What is important to me, and why is it important?

WHAT'S IMPORTANT TO ME?

Put a check in the box for the goal(s) that are important to you. Write in your own goal if you don't see it on the list.

HEALTH GOALS: I WANT TO PROTECT OR IMPROVE MY HEALTH BECAUSE

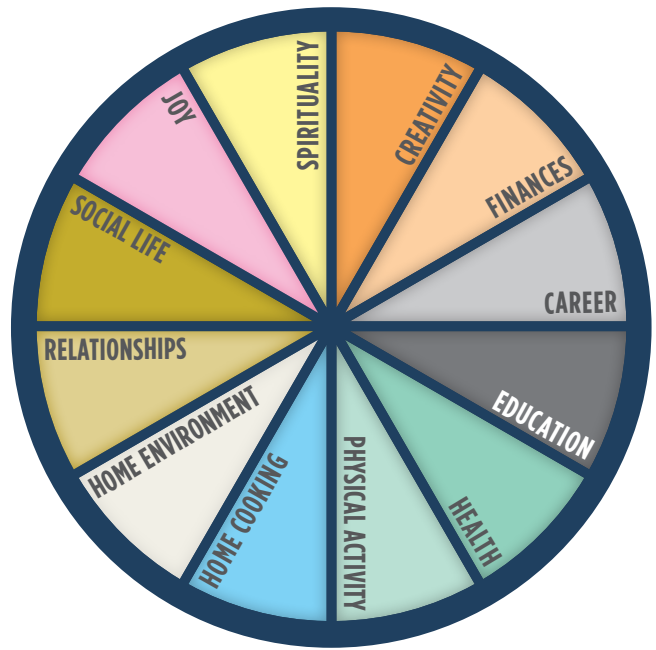
- ☐ I want to improve my blood pressure, cholesterol, diabetes, or insulin resistance.
- ☐ I want to take less medicine or avoid taking more medicine.
- ☐ I want to maintain my independence as I get older.
- ☐ I want to minimize the influence of my family health history.
- ☐ I want to feel better, look better, and have more energy.
- ☐ I want to spend less money on healthcare including insurance.
- ☐ I want to spend less time at medical appointments.

Other _____

How important to you is it to make these changes on a scale of 1-10 (1 not being important and 10 being very important)?

How confident are you in your ability to make these changes on a scale of 1-10 (1 not being confident and 10 being very confident)?

When things get tough, remind yourself of your goals and motivators. Your personal reasons to succeed will help keep you moving forward.



WHAT DOES YOUR LIFE LOOK LIKE?

- Place a dot on the line in each category to indicate your level of satisfaction within each area.
- Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between.
- Connect the dots to see your Circle of Life.
- Identify imbalances. Determine where to spend more time and energy to create balance.

SOURCE: INSTITUTE FOR INTEGRATIVE NUTRITION

Appendix B SMART GOAL TRACKER

GOAL SETTING

Identify the areas you would like to focus on, the goals you would like to achieve, and the action steps that will get you there.

1. What area(s) of your health would you like to focus on now? What specific long-range outcome(s) would you like to achieve?

For example, losing 30 pounds in 6 months, stopping smoking, improving overall fitness, etc.

Focus: _____

What 3–6-month SMART goal(s) would help you meet the outcome you desire?

For example, exercising three times a week on Monday, Wednesday, and Friday after work for an hour each time, eating a 1,500-calorie well-balanced diet daily, etc.

Your SMART goal should be:

Specific: Your goals should be clear and concise. If your goal is not specific, it is difficult to know when your action begins and when it is complete.

Measurable: A goal should be measurable so you can track your progress. You need to have clear criteria for progress and completion when taking action on a goal. Keeping track of your progress can be inspiring.

Action-Oriented: A goal should include action, and that action should be in your direct control.

Realistic: A goal should be realistic. It is best to work on small lifestyle changes that are easy to complete. Focus on the small steps instead of feeling overwhelmed by the big picture.

Timed: A goal should be tied to a timetable for completing specific, measurable, and realistic action.

Smart Goal: _____

What are the SMART steps you want to start in Week One to begin working on your 3–6-month goal(s)?

For example, do you need to purchase any equipment such as a bike or bike helmet, running shoes, or gym membership? Do you want to start exercising this week for 20 minutes at a time to work up to your goal of one hour each time? Do you need to speak with a medical provider for clearance for a new exercise program? Do you need to meet with a nutritionist to plan a well-balanced diet? Make sure the SMART steps meet the same criteria as the SMART goals.

Appendix C SMART TRACKER

LIVE A HEALTHY LIFE! NAME _____ BMI _____ CURRENT WEIGHT _____ GOAL WEIGHT _____

WEIGHT	DAY/ DATE	VEG/ FRUIT	PHYSICAL ACTIVITY
DAILY GOALS			
V/F ____ SERVINGS			
PA ____ SERVINGS			
AVG. WEIGHT	TOTALS		

WEIGHT	DAY/ DATE	VEG/ FRUIT	PHYSICAL ACTIVITY
DAILY GOALS			
V/F ____ SERVINGS			
PA ____ SERVINGS			
AVG. WEIGHT	TOTALS		

WEIGHT	DAY/ DATE	VEG/ FRUIT	PHYSICAL ACTIVITY
DAILY GOALS			
V/F ____ SERVINGS			
PA ____ SERVINGS			
AVG. WEIGHT	TOTALS		

WEIGHT	DAY/ DATE	VEG/ FRUIT	PHYSICAL ACTIVITY
DAILY GOALS			
V/F ____ SERVINGS			
PA ____ SERVINGS			
AVG. WEIGHT	TOTALS		

1 VEGETABLES & FRUITS

Guideline:
Minimum 5 servings daily
A serving = 1 cup
1 hand size piece
Choose veggies and fruits
as close to natural form
as possible, i.e. without
added fat, sugar, or sauce

2 PHYSICAL ACTIVITY

Guideline:
Minimum 30-60 minutes daily

Strategies to try:

- Multiple short bouts
- Different types of activity
- Schedule with friends & family
- Lunch time walking
- Indoor DVDs, Gym

ADULT BMI CHART

	HEALTHY WEIGHT <i>(in pounds)</i> (BMI IS 19 TO 24)						OVERWEIGHT <i>(in pounds)</i> (BMI IS 25 TO 29)					OBESE <i>(in pounds)</i> (BMI IS 30 TO 35)					
HEIGHT	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272

Appendix D GUIDE TO SMART FOOD CHOICES

FOODS	LOW CALORIE, LOW FAT		HIGH CALORIE, HIGH FAT
	ANYTIME FOODS <i>15-25 calories per ounce</i>	PORTION CONTROLLED FOODS <i>Average 50-75 calories per ounce</i>	OCCASIONAL FOODS <i>100+ calories per ounce</i>
VEGETABLES	All fresh, frozen, or canned as close to natural form as possible, without added fat, sodium or sauces	All vegetables with added fats, oven baked French fries, avocados	French fries, hash browns, deep fried vegetables, potato salad, candied vegetables, vegetables with cheese
FRUIT	All fresh, frozen, and canned in juice or sweetened with artificial sweeteners	Dried fruit, fruit canned in light syrup	Fruit juice, fruit canned in heavy syrup, sweetened applesauce, fruit roll-ups, coconut, fruit drinks
GRAINS	Air popped or 94% fat free popcorn; reduced calorie bread products	Rice, pasta, bread, tortillas, pancakes, bagels, English muffins, unsweetened dry cereals, oatmeal, grits, cornbread, baked chips, pretzels	Biscuits, granola, sweetened dry cereals, doughnuts, crackers, muffins, French toast, croissants, taco shells, pasta with cream sauce, pasta salad, stuffing, macaroni & cheese
PROTEIN	White fish, shrimp, crab, egg whites, egg substitute, beans, soy cheese	Chicken, turkey, 94% lean beef, ham, lean pork, salmon, tuna, crawfish, wild game, eggs, turkey sausage, veggie burgers, soy sausage	Red meat, hamburger, fried seafood, fried chicken, hot dogs, ribs, sausage, bacon, salt pork, cold cuts, nuts
DAIRY	Skim milk, nonfat yogurt, sugar-free pudding made with skim milk, fat free cottage cheese	Low-fat milk, reduced fat cheese	Whole milk, yogurt and cottage cheese made from whole milk, whipped cream, half & half, cheese
CONDIMENTS BEVERAGES SNACKS	Sugar substitutes, broth, hot sauce, salsa, vinegar, fat-free salad dressings, mustard, ketchup, fat-free mayo, nonstick cooking spray, condiments having < 20 calories/Tb., diet drinks, "calorie free" beverages, sugar-free Jell-O, sugar-free popsicles	Jelly, syrup, jam, sugar, low-fat salad dressing Jell-O, sherbet, low-fat ice-cream, frozen yogurt, sour cream	Margarine, butter, lard, gravy, mayonnaise, tartar sauce, peanut butter, regular salad dressings, all cooking oils, milkshakes, movie popcorn, regular soda, fruit punch, alcohol, ice-cream, chips, cake, pie, cookies, pastries, candy, chocolate

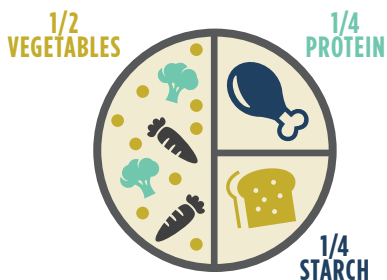
(SOURCE: ADAPTED FROM NATIONAL HEART, LUNG, AND BLOOD INSTITUTE (NHLBI), WE CAN! ENERGIZE OUR FAMILIES-PARENT PROGRAM)

DARK GREEN VEGETABLES		RED & ORANGE VEGETABLES	FRUIT
Bok Choy Broccoli Collard greens Dark green leafy lettuce Kale Mustard greens Romaine lettuce Spinach Turnip greens		Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Spaghetti squash Sweet potatoes Tomatoes	Apples Apricots Bananas Blueberries Cantaloupe Cherries Fruit cocktail Grapefruit Grapes Honeydew melon Kiwi Lemons, Limes Mangoes Nectarines Oranges Peaches Pears Pineapple Plums Raspberries Strawberries Tangerines Watermelon
OTHER VEGETABLES		STARCHY VEGETABLES	
Artichokes Asparagus Avocado Bean sprouts Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green beans Green peppers Iceberg lettuce Mushrooms Okra Onions Parsnips Turnips Wax beans Yellow squash Zucchini		Corn Green bananas Green peas Lima beans Potatoes Sweet Potatoes	
		BEANS AND PEAS (STARCHY)	
		Black beans Black-eyed peas Garbanzo beans (chickpeas) Kidney beans Lentils Navy beans, White beans Pinto beans Soy beans Split peas	

SOURCE: MYPLATE.GOV

Portion Size Guide

IT IS ESSENTIAL TO KEEP TRACK OF JUST HOW MUCH YOU ARE EATING WHEN TRYING TO MAINTAIN A HEALTHY LIFESTYLE. IT'S ALL TOO EASY TO MISJUDGE CORRECT PORTION SIZES. HERE ARE SOME EASY COMPARISONS TO HELP YOU FIGURE OUT HOW MANY SERVINGS ARE ON YOUR PLATE.



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES: Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS: Low-fat proteins are good for your heart and better for your waistline. Bake, broil or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES: Whole-grain starches are good for your heart and keep you feeling fuller longer. While food like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 CUP = BASEBALL



1/2 CUP = LIGHTBULB



1 OZ OR 2 TBSP = GOLF BALL



1 TBSP = POKER CHIP



1 SLICE BREAD = CASSETTE TAPE



3 OZ CHICKEN OR MEAT = DECK OF CARDS



3 OZ FISH = CHECKBOOK



1 OZ LUNCH MEAT = COMPACT DISC (CD)



3 OZ MUFFIN OR BISCUIT = HOCKEY PUCK



1 1/3 OZ CHEESE = 3 DICE

GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc (CD)
- 1/2 cup cooked rice = lightbulb
- 1/2 cup of cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

DAIRY

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen = lightbulb
- 1/2 cup ice cream = lightbulb

FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cups grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

FATS & OILS

- 1 tbsp butter as spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

MEATS, FISH & NUTS

- 3 oz lean meat/poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 23 almonds
- 1/4 cup pistachios = 23 pistachios

SWEETS & TREATS

- 1 piece chocolate = dental floss pkg.
- 1 brownie = dental floss pkg.
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

Appendix E **MOBILE APP TRACKING INSTRUCTIONS**

- Log in to the [inHealth app or portal](#)
- Click on Health Tracking to the left of your screen
- Click on what you are tracking
- Enter the date and your data

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

