

Healthy Lifestyles Workshop

Living Healthy for Life

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Objectives

- Adopting Lifestyle Changes
- Menu Planning
- Portion Control
- Identifying Healthy Snacks
- Tips to remember
- Healthy Recipes

Lifestyle Changes

Lifestyle	Keep food records. Eliminate environmental triggers to eating Identify high-risk situations for overeating. Separate eating from other activities.
Attitudes	Develop reasonable weight-loss goals. Avoid “all or none” thinking. Focus attention away from the scale and toward behavior. Uncouple weight from self-esteem.
Relationships	Understand the key role of social support to health. Identify supportive others. Match personal style to support-seeking activities. Be specific in making support requests.
Nutrition	Resist the temptation of popular fad diets. Eat with your health in mind; do not concentrate on what should be “off-limits.” Eat with moderations in mind Maximize fiber. Develop a tailored plan.



Menu Planning

A NEW WAY TO LIFE

Planning Meals

Eating well takes practice and planning. A good balance of the right foods, along with regular exercise can help you feel better and stay healthier.

Create a meal plan that:

- works with your schedule
- keeps your weight on track

Make Your Meals Count

- How many meals should you eat a day?
- Snacks
 - Snacks can help curb hunger while adding a nutritious energy boost to your day. But that means choosing foods wisely.
 - Opportunity to fit in another serving of [whole grains](#), [fruits](#), or [vegetables](#)! (lower in fat and calories compared to salty snacks and sweets)
 - Between 100 – 200 calories
 - Plan ahead and pack a healthy snack!

Sneaking Fruits and Veggies in Your Diet

FRUITS:

- **Blend 'em:** Make a breakfast smoothie with frozen strawberries, low-fat yogurt, juice and ice. Try different combos. Very ripe bananas are perfect to chop and freeze for smoothies.
- **Freeze 'em:** Freeze fresh fruit while it is in season and then eat it all year long. Try peaches, berries, melon, etc.
- **Breakfast:** Put fresh or thawed fruit on cold cereal or oatmeal. Mix blueberries or bananas into your pancake batter. Top a whole-wheat bagel with peanut butter and bananas. Don't eat breakfast without a fruit!
- **Dessert:** Drizzle lemon yogurt over bananas and strawberries and sprinkle with granola; dip frozen bananas in chocolate sauce; make your own fresh fruit popsicles.
- **Salads:** Try these fruit combinations in a green salad: pears, blue cheese, cranberries and walnuts; apples, cranberries, fat-free feta cheese and pecans; strawberries and greens with a sweet dressing.
- **Snacks:** Mix dried fruit with nuts and your favorite cereal for a snack mix. Slice pears, apples or banana chunks and dip in peanut butter or melted chocolate.

Sneaking Fruits and Veggies in Your Diet

VEGETABLES:

- **Two is better than one:** Eat a vegetable and a salad at dinner to help you reach five vegetable servings a day. Eat your salad first so you can eat a smaller dinner portion.
- **Snack on 'em:** Dip carrots in hummus, celery in natural peanut butter, zucchini, broccoli and red peppers in low-fat ranch. Mix it up!
- **Add to your entree:** Sauté your favorite vegetable mixture and add it to burritos, pasta, stir fry, pizza, casseroles, over fish or chicken, etc. Start with onions and garlic, and then add your favorite combination. Be creative!
- **Start slow:** Add veggies to tried-and-true recipes. Chop them small or finely grate them so you won't notice the change. Gradually add more.
- **Sandwich them:** Try turkey with romaine, tomato and cucumber; hummus with avocado, tomato and sprouts; baked tofu with avocado, low-fat cream cheese, spinach and olives, etc.
- **Warm salad:** Sauté any vegetables (onions, garlic, zucchini and mushrooms sautéed with olive oil and a splash of lime juice), then toss them with leafy greens and add a low-fat cheese and your choice of protein.

The background of the slide features abstract, artistic splashes of yellow and gold watercolor paint on a white surface. The splashes are concentrated at the top and bottom edges, with thin, radiating lines extending across the white space. The overall effect is bright and energetic.

Menu Planning

PORTION CONTROL

Choose My Plate

Balancing Calories

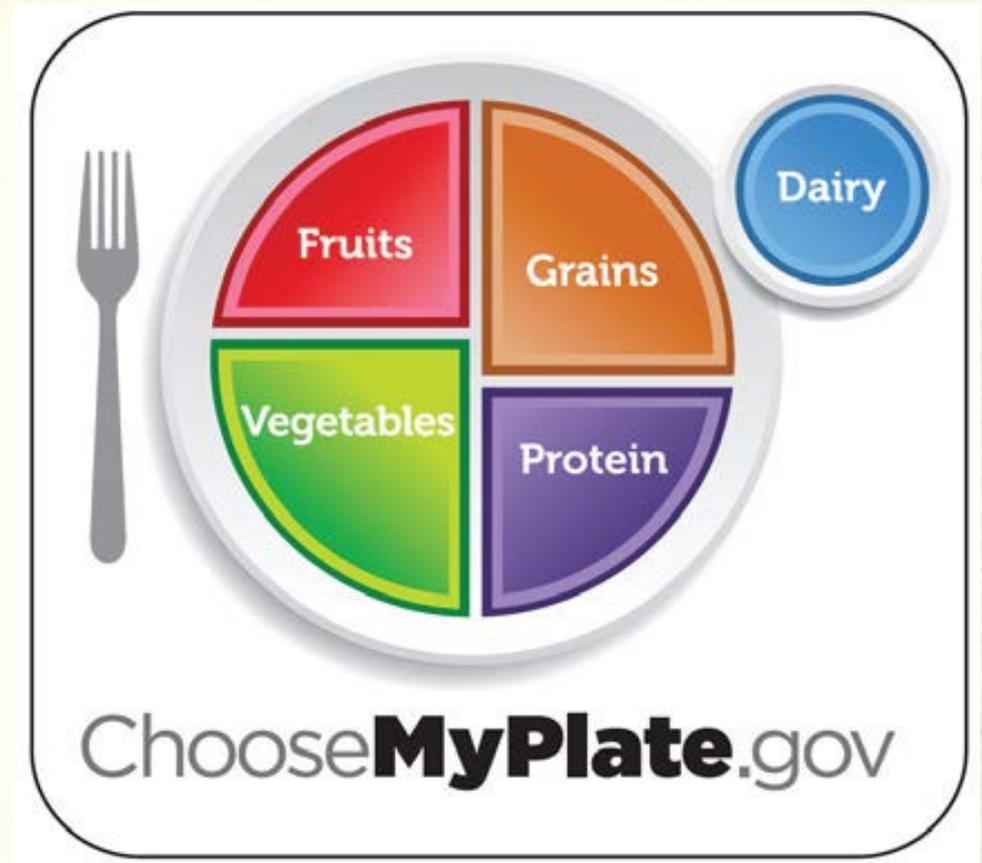
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Those high in sodium. Compare food labels and choose the lowest.



Healthy Lunches

- Make sure your lunch is balanced.
- Lean or low-fat protein along with carbohydrates in your lunch keep your body fueled for the afternoon.
- Combination of protein and fiber from whole grains, beans, nuts, vegetables and/or fruit - satisfying and nutritious.
- Leftovers
- Sandwiches
 - Use a variety of whole-grain breads, pitas, and wraps.
 - Choose lean fillings – sliced eggs, tuna fish, cheese or lean meats.
 - Jazz it up- assorted greens, sprouts, sliced cucumbers, onions, or tomatoes.

Keep Your Lunch Healthy and Safe

- Don't forget – Lunches with meat, fish, poultry, or dairy need to be kept refrigerated.
- Toss your lunch in the refrigerator at work.
- If you don't have access to refrigeration, invest in a lunchbox, Thermos, reusable plastic containers, plastic baggies, and ice packs to keep your lunch at the proper temperature.



Great Ideas

TIPS TO REMEMBER

Tips

- Know your portion sizes beforehand, and if you aren't sure, use measuring cups and spoons!
- Avoid mindless snacking in front of the TV, reading, or while driving
- Stock up on healthy options and avoid shopping when you are hungry to decrease temptation the store
- Women: 2-3 servings of fruit and 3-5 servings of vegetables per day.
- Men: 3-4 servings of fruit and 4-5 servings of vegetable per day.

Healthy Recipes

- <http://www.diabetes.org/food-and-fitness/food/cookbooks/>
- <http://www.diabetes.org/food-and-fitness/food/recipes/>
- <http://www.webmd.com/food-recipes/snacks-and-starters-recipes-directory>
- <http://www.webmd.com/food-recipes/guide/health-cooking-recipes>
- <http://www.kraftrecipes.com/recipes/healthy-living/healthyliving.aspx>

References

- American Diabetes Association
- American Heart Association
- WebMD
- National Heart, Lung, Blood Institute
- MyRegence – Blue Cross Blue Shield
- Kraft Foods