



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 1: Welcome to the PRIDE Lifestyle and Behavior Change Program	
Meeting as a group	1-1
The PRIDE Lifestyle Goals	1-2
Weight loss goals	1-2
Activity goals	1-2
Keeping track	1-4
Example of an inside page of a Keep Track book	1-5
Example of the last page of a Keep Track book	1-6
Keep Track practice page	1-7
To do next week	1-8
Session 2: Getting Started Tipping the Calorie Balance	
How much does it take to tip the balance	2-1
An example of how to tip the calorie balance	2-2
Why eat fewer calories from fat?	2-3
Calorie and fat goals	2-4
Facts about fat in foods	2-4
How to keep track of calories and fat	2-6
Reading labels	2-7
To do next week	2-9
Session 3: Ways to Eat Fewer Calories	
Weigh and measure the foods you eat	3-1
Use a meal replacement	3-2
Follow the PRIDE meal plan	3-3
Making meal replacements work for you	3-4
Guidelines for using the meal replacements and meal plan	3-5
Your plan for using the meal replacements and meal plan	3-6
To do next week	3-7
Example 1200-calorie plan using SlimFast	3s-1
PRIDE Free Foods	3s-3



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 4: Move Those Muscles

Good things about being active	4-1
F.I.T.T.	4-2
Your PRIDE Activity Goal	4-3
How to find the time to be active	4-4
How hard are you working?	4-5
Wear a good pair of shoes	4-6
When to stop exercising	4-8
To do next week	4-9

Session 5: Keys to Long-Term Weight Loss

Review of key messages for weight loss	5-1
Facts and fiction about low-carb diets	5-2
To do next week	5-4
What do low cal, low carb, fat free... really mean?	5-6

Session 6: Working With What's Around You

Food cues and how to change them	6-1
Common problem food cues	6-2
Shopping tips	6-2
Activity Cues and how to change them	6-3
To do next week	6-4

Session 7: Healthy Eating

What is Healthy Eating	7-1
The Food Guide Pyramid	7-2
Rate Your Plate	7-4
What could you do to better match the Food Guide Pyramid?	7-5
To do next week	7-6
The Rate Your Plate Worksheet	7-8



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 8: Goal Setting

Learning to Set Helpful Goals	8-1
Goal makeover (I think this is 1 word)	8-2
Setting a goal for next week	8-3
To do next week	8-4

Session 9: Problem Solving

The five steps to solving a problem	9-1
Step 1. Describe the problem in detail	9-1
Example action chains	9-2
Step 2. Brainstorm your options	9-3
Step 3. Pick one option to try	9-4
Step 4. Make a positive action plan	9-5
Step 5. Try it. See how it goes. Evaluate	9-6
The PRIDE <i>Problem Solver</i>	9-7
Make a positive action plan	9-8
To do next week	9-9

Session 10: Healthy Eating Part 2

Pick low-calorie, low-fat foods	10-1
Use lower-calorie substitutes	10-1
Use low-calorie, low-fat flavorings	10-1
Find ways to lower the calories and fat in meats you eat	10-2
Avoid frying foods. Try other, healthy ways of cooking	10-2
Healthy eating is important for losing weight and improving your overall health	10-3
If you drink alcohol	10-5
To do next week	10-6

Session 11: Being Active: A Way of Life

Make being active a part of your daily <i>routine</i>	11-1
Usual Activity and Structured Activity	11-2
Step Your Way to Success (Pedometers)	11-3
Keep It Safe	11-6
Stretch Those Muscles	11-7
To do next week	11-7
Stretching Exercises	



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 12: Eating Healthy at Holidays and Special Events

Handling Buffets and Receptions	12-1
Tips for Picnics	12-2
Dinner with friends or relatives	12-2
Tips for alcoholic beverages	12-3
Meal Makeovers	12-3
Planning Ahead Worksheet	12-4
To do next week	12-5
Tips for a healthy Thanksgiving	12s-2
Happy Halloween	12s-4

Session 13: Talk Back to Negative Thoughts

Some common negative ways of thinking	13-1
How to talk back to a negative thought	13-2
Practice	13-4
To do next week	13-5

Session 14: Four Keys to Healthy Eating Out

Plan ahead	14-1
Ask for what you want	14-2
How to ask for what you want	14-3
Work with what's around you	14-4
Be careful about the foods you choose	14-4
What's on the menu	14-5
If you drink alcohol	14-6
If you overeat	14-6
Problem solve a problem you have when you eat out	14-7
To do next week	14-8

Session 15: The Slippery Slope of Lifestyle Change

What are "Slips"?	15-1
What to do after a slip	15-2
Slips from healthy eating	15-3
Example plan of a slip from healthy eating	15-4
Slips from being active	15-5
Plan for a slip from being active	15-6
To do next week	15-7



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 16: Recipe Modification

Build a Better Recipe	16-1
Lower-Calorie, Lower-Fat Cookbooks	16-2
To do next week	16-4

Session 17: Jump Start Your Activity Plan: Muscle Training

Let's review the PRIDE activity goal	17-1
Good things about being active	17-2
Good things about muscle training	17-3
How to start a simple muscle training program	17-4
To do next week	17-6
Muscle training exercises	

Session 18: Emotions and You

What kind of eater are you?	18-1
Describe a recent time of overeating or being inactive	18-2
The vicious cycle of emotions, overeating, and being inactive	18-3
The role of negative thoughts	18-4
Flexible weight loss strategies	18-5
To do next week	18-6

Session 19: Handling Holidays, Vacations, and Weekends

Handling Weekends	19-1
Handling Holidays and Vacations	19-2
Thinking about your priorities	19-4
Saving Time for a Healthy Lifestyle During Holidays or Vacations	19-5
To do next week	19-6



PRIDE Lifestyle and Behavior Change Program Table of Contents

Session 20: Make Social Cues Work for You

Meal replacements	20-1
An action plan for cutting back on meal replacements	20-2
Social Cues	20-3
How to change problem social cues	20-4
How to add helpful social cues	20-5
Who could provide support for you?	20-6
Social cues at social events	20-7
Plan for a problem social cue	20-8
Plan to add a positive social cue	20-9
To do next week	20-10
PRIDE Meal Plans: Breakfast Menus	20-12
PRIDE Meal Plans: Lunch Menus	20-13
PRIDE Meal Plans: Dinner Menus	20-14
PRIDE Meal Plans: Snacks	20-15
PRIDE Free Foods	20-16

Session 21: You Can Manage Stress

What is stress	21-1
Ways to prevent Stress	21-2
When you can't avoid stress	21-2
PRIDE may cause stress	21-3
Plan for stress	21-4
To do next week	21-5

Session 22: Ways to Stay Motivated

Progress Review	22-1
Ways to stay motivated	22-2
Plan to stay motivated	22-5
To do next week	22-6



**PRIDE Lifestyle and Behavior Change Program
Table of Contents**

Session 23: Becoming A Weight Loss Expert

What will happen during months 7-18	23-1
A story of weight loss and regain	23-2
The key to keeping weight off	23-4
A story of weight loss without regain	23-5
Research on how to maintain weight loss	23-6
Plan to maintain weight loss	23-7
To do next week	23-8

Session 24: Celebration

Congratulations on completing the first part of PRIDE	24-1
To do next week	24-2

Session 1: Welcome to the PRIDE Lifestyle & Behavioral Change Program

Welcome to the PRIDE Lifestyle & Behavioral Change Program.

During the first six months:

You will come to the clinic **every week**.

- These group meetings are a critical part of your behavior change program. It is important that you **attend all of them**.

During the next twelve months:

You will come to the clinic **two times per month**.

- These sessions will help you maintain your behavior changes. It is important that you **attend all of these sessions**.

Meeting as a group can be a **source of support and learning** for all of us.

Here are some **guidelines for working together as a group**:

- Do not repeat to other people outside of the group anything personal that is talked about in the group.
- Please be on time to the group meetings.
- Call if you can't come.
- Complete the things you are supposed to do at home.
- Bring your PRIDE Lifestyle notebook.
- Take part in sharing your ideas with other group members.
- Let one person speak at a time.
- Let everyone have a chance to share. Be careful how much time you spend talking.
- Be willing to listen to other people's concerns. Share things that have worked for you.
- Respect other people's ideas.
- Stress the good things. Avoid putting others down.

The PRIDE Lifestyle Goals

In the PRIDE Lifestyle & Behavioral Change Program, you will learn to change your diet and physical activity to achieve weight loss.

1. **One goal is to lose about 10% of your weight or more.**

The starting weight is the weight taken at the randomization visit.

This would reduce your weight to _____ pounds.
--

A weight loss of 10% will help you feel better and be healthier.

To help you reach the weight loss goal, you will be asked to **stay under a calorie goal**. Find your starting weight below. Your calorie goal will be in the same row.

Your Starting Weight	Calorie Goal
250 pounds or less	1200-1500
More than 250 pounds	1500-1800

Your goal is to eat no more than _____ calories per day.

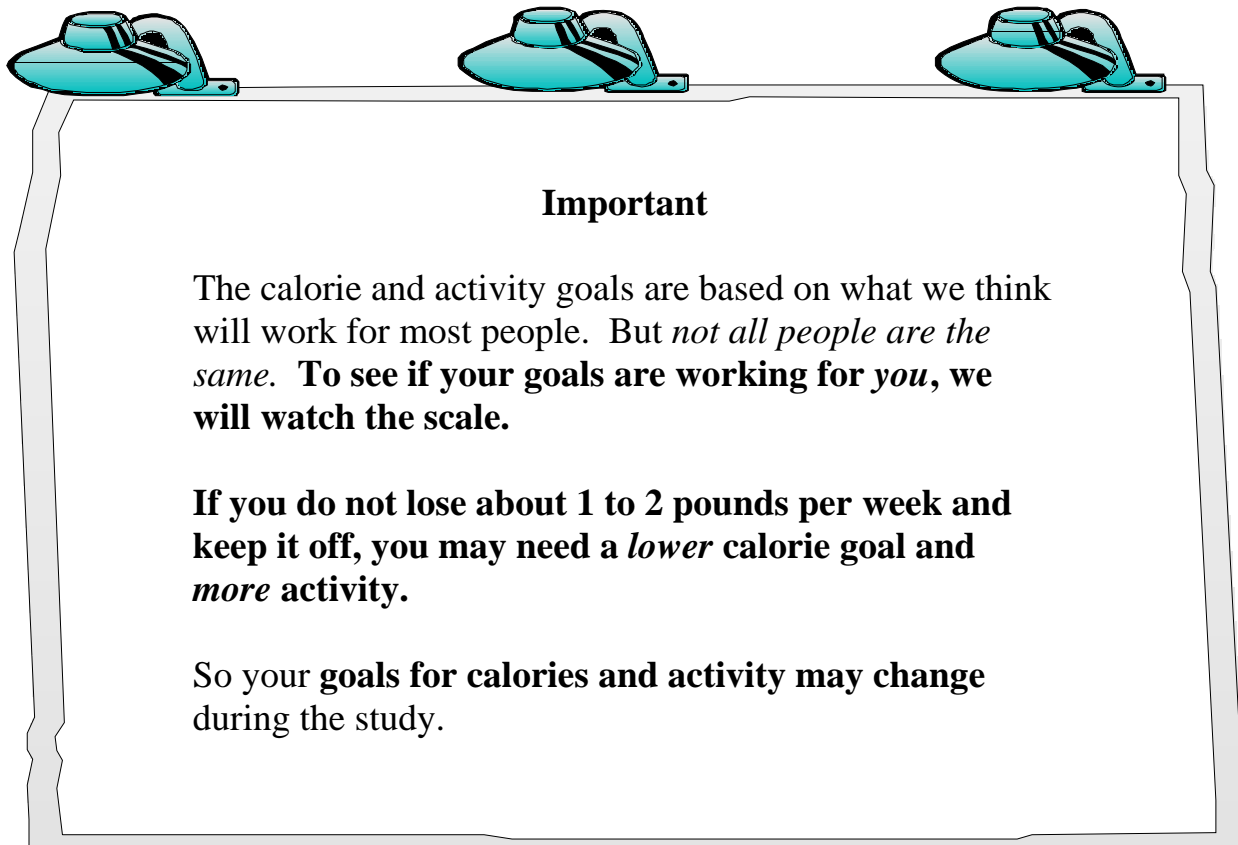
Next week we will also give you a goal for fat grams.

We will teach you different ways to help you stay under your calorie and fat gram goals. Starting with session 3, we will give you meal replacements to help you stay under calorie goal.

2. **The second lifestyle goal is to slowly build up to 200 minutes per week of moderate physical activity, like brisk walking, by Week 26.**

We recommend you **spread this over at least 5 days per week**. You will **begin with 10 minutes of walking on 5 days per week**. By Week 26, you will have moved up to walking 40 minutes on 5 days per week.

The **activity goal** will help you reach and maintain your weight loss goal. It may also make you feel better and improve your general health.



Important

The calorie and activity goals are based on what we think will work for most people. But *not all people are the same*. **To see if your goals are working for you, we will watch the scale.**

If you do not lose about 1 to 2 pounds per week and keep it off, you may need a *lower* calorie goal and *more* activity.

So your **goals for calories and activity may change** during the study.

We will use **charts of your weight** to see your progress over time. Here is an example:

Name: _____

10% weight loss goal: _____

Date	Weight	Other: _____

Keeping Track

The most important part of the PRIDE Lifestyle and Behavioral Change Program is what we call “keeping track.”

You will record:

- **Everything you eat and drink every day**
- **The calories and fat grams in all the things you eat and drink**
(You will *skip this for now*. We’ll cover it next week.)
- **Your physical activity every day**
- **Your weight every day.**

Research has shown that **keeping track is key to losing weight and being more active.**

The PRIDE **Keeping Track book** has room for **7 days**. Here are some tips for using the book:

To keep track of what you eat and drink:

- Use one line for each food and drink.
- Spelling is NOT important.
What IS important is to:
 - Be accurate.
 - Be complete (include everything).

To keep track of your activity:

- Write what you do and minutes at the bottom of each full page.
- Don’t include any activity that lasts for less than 10 minutes.
- Don’t include rest time in your total number of minutes.

To keep track of your weight:

- Weigh yourself at the same time of day. We think you should weigh yourself daily. If you weigh yourself daily, it will become a regular health habit, like brushing your teeth. You will notice many fluctuations in your weight, but what is important is the pattern of weight change over weeks and months.
- Use the same scale.
- Record your weight in the Keeping Track book.



Here's an example of an inside page of a Keeping Track book:

Date Tuesday, May 9, 2000

Weight 220

Time	Food: Amount and Description	Calories	Fat	
7:00 am	2 slices white bread	(Skip for now)	(Skip for now)	
	2 teaspoons margarine			
	2 fried eggs			
	¾ cup orange juice			
12:30 pm	1 McDonald's Cheeseburger			
	1 large McDonald's French fries			
	12 ounces Diet Coke			
6:30 pm	Beef stew:			
	½ cup cooked carrots			
	3 ounces cooked stew meat, untrimmed			
	½ cup cooked potatoes			
	4 biscuits, plain			
	12 ounces Diet Coke			
9:30 pm	2 cups ice cream			



Daily Totals _____

Type of Physical Activity	Minutes
<i>Walked to the grocery store.</i>	<i>15</i>
TOTAL MINUTES DAILY PHYSICAL ACTIVITY	

Daily Total Steps _____
(Skip for now)

On the last page of the Keeping Track book, write down your goals and record your weight and activity every day. Total the activity minutes for the week.

Skip the calories, fat gram and blank columns for now.

Here is an example:



Daily Goals

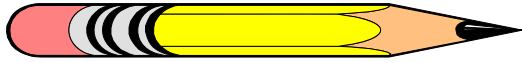
Daily Calories	Daily Fat (g)			Minutes of Activity
Skip	Skip			<i>50</i>

Weekly Summary

	Body Weight	Calories	Fat (g)		Minutes of Activity
Day 1	203	Skip	Skip		<i>10</i>
Day 2	203	Skip	Skip		<i>0</i>
Day 3	202	Skip	Skip		<i>10</i>
Day 4	203	Skip	Skip		<i>10</i>
Day 5	202	Skip	Skip		<i>10</i>
Day 6	201	Skip	Skip		<i>10</i>
Day 7	202	Skip	Skip		<i>0</i>
Average					Total <i>50</i>

Name Jane Doe

Week May 9, 2000



To do next week:



Keep Track

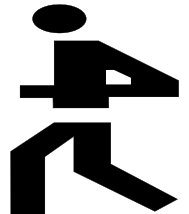
- Keep track of:
 - Your weight at the same time each day
 - **Everything you eat and drink every day** (*skip calories and fat grams for now*).
 - **The minutes you are active every day**
- It's best to **carry your Keeping Track book with you** so you can record your food and activity right away.
Where will you keep your Keeping Track book? _____
When will you complete it? _____
- For every day, **circle the foods you think are high in calories.**

Be Active

- **Walk (or do something like walking) for at least 50 minutes during the week.**
We suggest you **spread this over 5 days for 10 minutes each day.**
This will be your **activity goal for the next three weeks.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			50



Bring your completed Keeping Track, charts, and notebook to every session.

Session 2:

Getting Started Tipping the Calorie Balance

The best way to lose weight is to “**tip the calorie balance.**”

Your weight is a result of the balance between two things:

1. The **calories** (energy) you take in by eating **food**.
2. The **calories** (energy) you use up by **being active**.



To lose weight, it's best to eat less *and* be more active.
That way, you change both sides of the balance at once.

How much does it take to **tip the balance?**

Your goals are set to help you **tip the calorie balance enough to reach your weight loss goal.**

Here are some facts:

- 1 pound of body fat stores about 3,500 calories.
- Slow, steady weight loss (1-2 pounds per week) is the best way to lose body fat.

To lose:	Tip the balance by this number of calories:
1 pound per week	3,500 per week (or 500 each day for 7 days)
1½ pounds per week	5,250 per week (or 750 each day for 7 days)
2 pounds per week	7,000 per week (or 1,000 each day for 7 days)

Here's an example:

Let's say you want to lose **1 pound per week**.

You will need to **tip the calorie balance by 500 calories each day**.

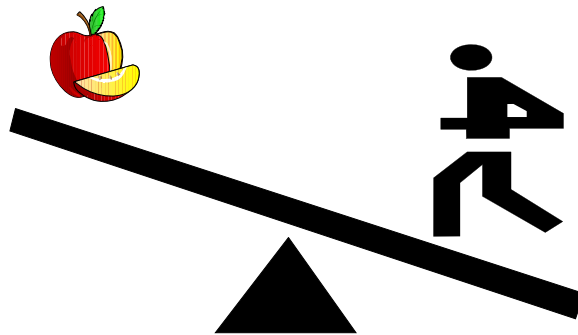
Here are some ways you could do it:

Subtract food	Add activity*
Eat 500 fewer calories each day. Like 1 peanut butter cookie and 1 (4-inch round) bagel	0 calories
0 calories	Burn 500 more calories each day. Walk 5 miles or 1 hour and 40 minutes of brisk walking.
Eat 200 fewer calories each day. Like 1 peanut butter cookie	Burn 300 more calories each day. Walk 3 miles or 60 minutes of brisk walking.
Eat 300 fewer calories each day. Like 1 (4-inch round) bagel	Burn 200 more calories each day. Walk 2 miles or 40 minutes of brisk walking.

* Rule of thumb:

1 mile of *brisk* walking (about 20 minutes) = About 100 calories

Again, it's best to change both sides of the balance at once--
eat less *and* be more active.



Eating fewer calories from any type of food can cause weight loss.

A calorie is a calorie.

However, in PRIDE you will be asked to **eat fewer calories from fatty foods in particular**. Here’s why:


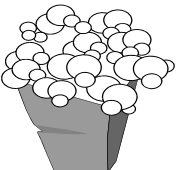
- **Fat contains more than twice the calories** as there are in the same amount of sugar, starch, or protein, and somewhat more than in alcohol.

	Fat	Starches/sugars	Protein	Alcohol
Calories/gram*	9	4	4	7

* A gram is a unit of weight. A paper clip weighs about 1 gram. A gram is also the way fat in food is measured.



So eating less fat is a quick way to cut calories.

Compare:		<i>Grams of fat</i>	<i>Calories</i>
	¼ cup peanuts	18	212
	3 cups plain, air-popped popcorn (12 times as much food!)	1	92

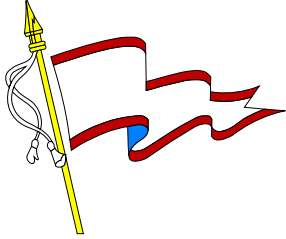
- **Fat also plays a part in heart disease.** Research has shown that eating a lot of saturated fat can increase the amount of “bad” (LDL) cholesterol in your blood. (Saturated fat is the fat that is typically found in animal fats and some plant oils.) Cholesterol is one type of fat in your blood; the higher it is, the greater your chance of having a heart attack.

Many experts recommend that **no more than 30% of your total calories come from fat**. The PRIDE fat gram goals are based on that recommendation.

Find your starting weight below.

Your calorie and fat goals are in the same row.

Circle your calorie and fat goals.



Your Starting Weight	Calorie Goal	Fat Gram Goal
<250 pounds	1200-1500	40-50
More than 250 pounds	1500-1800	50-60

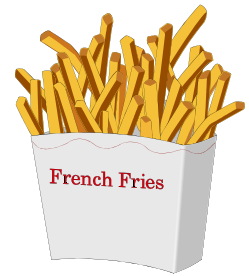
Keep in mind that **for four months, beginning next week, we will give you meal replacements** to help you reach your calorie and fat gram goals.

What kinds of foods are high in fat?

Examples:

- Most red meats
- Most hot dogs, luncheon meats, bacon, and sausage
- The skin of chicken
- Regular cheese and whole milk
- Many snacks (e.g., potato chips)
- Many baked goods (e.g., cookies, cake, muffins, biscuits)
- Refried beans made with fat
- Oil
- Butter
- Margarine
- Gravy
- Mayonnaise
- Fried foods (e.g., fried chicken, French fries, doughnuts, fried tortillas)

Most of the fat we eat (70% of it) is hidden in foods.



Let's uncover it! Here's a lunch menu:

Food	Calories	Fat Grams	Teaspoons of Fat
Fried fish sandwich	411	19	5
Large French fries	437	22	6
Apple turnover, fried	288	15	4
Milkshake, with ice cream	346	18	5
Total:	1,482	74	20 (That's about 1 stick of butter!)

Keep in mind these facts:

- **Low-fat or fat-free products still contain calories.** 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:

Low-fat fruited yogurt, ½ cup

Calories Fat (g)

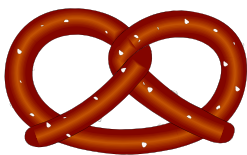
250 3

Whole milk fruited yogurt, ½ cup

292 8

- *All* types of food contain calories. The key is to **pay attention to portion size.**

For example, pretzels are low in fat but they aren't calorie-free. So Bill counts a specific number of pretzels into a bowl and then puts the bag away. He also measures margarine when he spreads it on toast in the morning.



Pretzels, hard type, 1 ounce

Calories Fat (g)

108 1

Margarine, regular, 1 teaspoon

34 4

How to keep track of calories and fat

1. Write down everything you eat and drink.

Use one line for each food and drink.

Spelling is NOT important. What IS important is to:

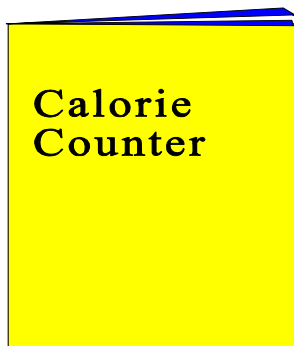
- Be accurate (measure portions, read labels).
- Be complete (include everything).



In one study, participants who self-monitored lost an average of about 1.5 pounds per week. Those who did *not* self-monitor *gained* about 1 pound per week.

2. Write down how many calories and fat grams are in every food.

- Figure out the amount of each food you ate.
- Look up each food in the Calorie Counter.



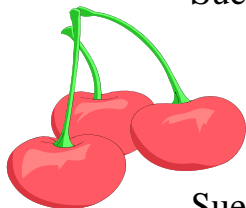
If you can't find a food, use the values for a food that's the most like it. For example, use nut bread for zucchini bread. If you have problems or questions, call your group leader.

If you eat a dish such as a casserole or stew, write down how much of each thing in the stew you ate. Such as, in a stew, how much meat did you eat? Carrots? And so on.

- Compare the serving size for the amount of food YOU ate with the information in the Calorie Counter to see how many calories and fat grams you ate.

For example:

Sue ate 1 cup of fresh cherries. In the Calorie Counter, it says:



	Serving	Calories	Fat (g)
Cherries, sweet, fresh	½ cup	52	1

Sue ate twice that much. So she ate twice as many calories and fat grams:

$$52 \times 2 = 104 \text{ calories}$$

$$1 \times 2 = 2 \text{ grams of fat}$$

- **Eat a packaged food?** Look on the label for the calories and fat grams.

Nutrition Facts

Serving Size 1 oz. (28 g/about 21 pieces) ←
 Servings Per Container 10

Amount Per Serving

Calories 150 ← **Calories from Fat** 80

	% Daily Value*
Total Fat 9 g ←	14%
Saturated Fat 2 g	10%
Cholesterol 0 mg	0%
Sodium 300 mg	12%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1 g	1%
Sugars less than 1 g	
Protein 2 g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

← Look at the **Serving Size**.
 Is this the amount you ate?

← Look at the **Calories per serving**.

← Look at the **Total Fat grams per serving**.

What if you eat a *smaller* serving than is listed on the label? You will be eating *fewer* calories and fat grams than are listed on the label.

What if you eat a *larger* serving than is listed on the label? You will be eating *more* calories and fat grams than are listed on the label.



3. Add the calories and fat grams you eat during the day.

For practice, find the foods below in the Calorie Counter.

Figure out the number of calories in the servings listed. What did you learn?

Time	Food: Amount and Description	Calories	Fat
7:00 am	2 slices white bread		2
	2 teaspoons margarine		8
	2 fried eggs		12
	$\frac{3}{4}$ cup orange juice		0
12:30 pm	1 McDonald's Cheeseburger		14
	1 large McDonald's French fries		22
	12 ounces Diet Coke		0
6:30 pm	Beef stew: $\frac{1}{2}$ cup cooked carrots		0
	3 ounces cooked stew meat, untrimmed		22
	$\frac{1}{2}$ cup cooked potatoes		0
	4 biscuits, plain		4
	12 ounces Diet Coke		0
9:30 pm	2 cups ice cream		28

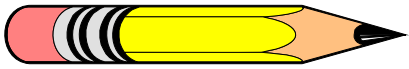


Daily Totals

112

4. Copy the total calories and fat grams for each day to the back page. Total them for the week.





To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and the minutes you are active**. Remember to complete the **back page** of the Keeping Track book, too.
- It's best to **carry your Keeping Track book with you** so you can record your food and the minutes you are active right away.
 - Where will you keep your Keeping Track book?
 - When will you complete it?
- **Do your best to stay under your calorie and fat goals.**
Remember, your calorie goal is _____ calories per day.
Your fat gram goal is _____ grams per day.

Be Active

- **Walk (or do something like walking) for at least 50 minutes per week.**
We suggest you **spread this over 5 days for 10 minutes each day.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session.

Session 3: Ways to Eat Fewer Calories

To lose weight and improve your health, it is important to stay under your calorie and fat gram goals.

In this session, we will discuss **three easy ways to eat fewer calories and less fat:**

1. **Weigh and measure** the foods you eat,
2. Use a **meal replacement**, and
3. Follow the **PRIDE meal plan**.

1. Weigh and measure the foods you eat.

Weigh and measure the foods you eat to be sure exactly how much you're eating. Otherwise, you may think you're eating less than you really are.

There are several ways to weigh and measure foods:

Metal or plastic measuring cups and spoons (for solid foods)

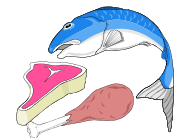
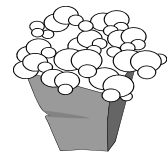
- Fill the cup. Level it off before you record.

Glass measuring cup (for liquids)

- Read the line at eye level.

Scale (for meats, cheese, etc.)

- Weigh meats **after** they are cooked.
4 ounces raw = 3 ounces cooked (about the size of a deck of cards)



Most people are surprised when they weigh and measure foods.

Our eyes can play tricks on us.

- On the back of this page, write down the name of each food on display.
- Guess the amount.
- Weigh or measure the food. Or look at the bottom of the food model. Write down the actual amount.
- Figure the fat grams and calories for the actual amount.

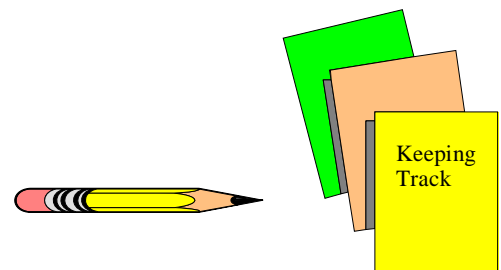
How close were your guesses to the actual amount?

What makes guessing food amounts hard to do?

2. Use a meal replacement.

Another easy way to eat fewer calories is to use what's called a "meal replacement." Meal replacements are products such as shakes or bars or frozen entrees designed to take the place of an entire meal or snack. The **benefits** of these products include:

- **Help people lose weight**
Meal replacements contain a fixed amount of calories and fat grams. This makes it easier to stay under your calorie and fat gram goals.
- **Nutritional balance**
Meal replacements are designed to be very similar to what you would eat in a nutritionally balanced meal.
- **Supported by research**
A research study looked at one group of people who tried to eat no more than 1200 calories by choosing low calorie foods. Another group used meal replacements for two meals and two snacks and chose regular foods for dinner. Those who used meal replacements lost five times as much weight.
- **No food preparation**
- **Reduces food shopping time**
- **Easy to carry and store**
- **Usually cost less than the meal they replace**
- **Allow for less exposure to foods that might tempt you to overeat**
- **Easy to self-monitor** (just write the product name and the calories and fat grams listed on the label)



3. Follow the PRIDE meal plan.

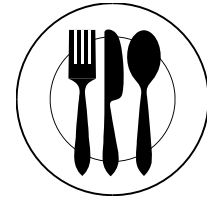
A third easy way to eat fewer calories is to follow the PRIDE meal plan.

The PRIDE meal plan is designed to help you stay under your calorie and fat gram goals. The meal plan consists of **conventional food choices** combined to provide a **healthy, portion-controlled weight loss diet**.

Research has shown that people who use meal plans lose more weight than those who try to stay under a calorie and fat goal by making their own food choices.

In PRIDE, we strongly recommend that everyone use all three ways to eat fewer calories:

1. Weigh and measure any conventional foods you eat,
2. Use meal replacements, and
3. Follow the PRIDE meal plan.



**For the next four months, you will be asked to:
Choose one of the following options:**

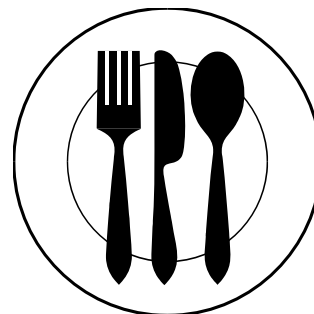
1. Shake at breakfast and lunch
Main meal at dinner from the PRIDE meal plan
One or two snacks, based on your calorie goal
2. Shake at breakfast and dinner
Main meal at lunch from the PRIDE meal plan
One or two snacks, based on your calorie goal

After four months, you may:

- **Resume eating a diet of conventional foods.** We suggest you continue to use the PRIDE meal plan as a model for healthy eating.
- **Continue using meal replacements for one meal per day.** Resume eating conventional foods for your other meals.

Making meal replacements work for you

The following questions will help you figure out how best to fit the meal replacements into your eating pattern.

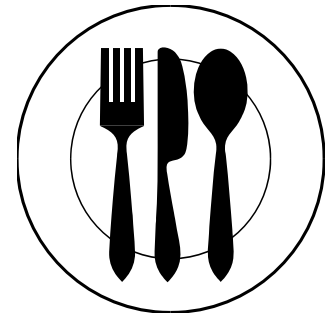


- **Would you prefer that other people do not know you are using a meal replacement?**
If you work outside the home, you may want to eat your main meal from the PRIDE meal plan at lunch rather than using a shake at work. In this case, simply use your shake at dinner.
- **Do you have trouble controlling your eating at dinner and in the evening?**
If so, a good plan would be to eat your main meal from the PRIDE meal plan at lunch and have a shake at dinner. Think about using your dinnertime to take your walk!
- **Would using a meal replacement at dinner get in the way of your family's meal?** If you want to eat dinner with your family, use the meal replacements at breakfast and lunch. Eating your main meal from the PRIDE meal plan at dinner would provide healthy choices for the whole family.
- **Are your weekday and weekend meal schedules different?**
You may choose to use the meal replacements at different meals depending on your schedule. Weekdays you might prefer the meal replacement at breakfast and dinner.

Keep in mind:
If you use the meal replacements and PRIDE meal plan,
you will be **highly likely to**
reach your weight loss goal

Here are some **guidelines** for using either the meal replacements and meal plan:

- **Follow the plan** for meal replacements and one meal per day **as closely as you can**. It's easier to follow the plan in the long term if you **don't eat other foods at work or at home**. Eating other foods usually makes people hungry for more of them. Following the plan exactly also makes keeping a food record easy. There is little to write.
- **Do not use meal replacements for more than two meals per day**. Always include a main meal of regular foods.
- **Follow the meal plan carefully**. The meal plan is designed to provide what you need for health in addition to the meal replacements.
- To help you get enough vitamins and minerals, we suggest you **take a multivitamin daily**.
- **Sometimes you may not be able to use a meal replacement as planned**. Such as, you may forget to take a shake to work with you for lunch. Or you may need to eat out with clients, co-workers, or family members. In that case, **follow the meal plan for the main meal at that meal or snack**.
- Keep these points in mind when you use the **meal plan**:
 - When you buy packaged products, **look at the food label** to find the calories and fat grams. Choose products that contain no more than the values given in the food lists
 - **Prepare all foods without added fat (unless included in the meal plan)**.
 - **Weigh and measure the foods you eat**. Serving sizes given are *after* cooking (if any) and with only the parts to be eaten. For example, meats are weighed after cooking and with no bone.





Make a **plan** for how you will use the meal replacements and the **PRIDE meal plan**. Include options for when you can't use a meal replacement

	Where	When	Plan	Other Options
Breakfast				
Lunch				
Snack				
Dinner				
Snack				



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and the minutes you are active.**
- Follow your plan for using the **meal replacements or meal plan.** Call your group leader if you have any questions or concerns.
- **Talk with your family and friends** about the meal replacements and meal plan. Ask for their support. Answer their questions.

Be Active

- Walk (or do something like walking) for at **least 50 minutes per week.** We suggest you **spread this over 5 days for 10 minutes each day.**

Make a **plan for how active you will be next week:**

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session



Here is an **example 1200-calorie plan using Slim Fast.**

	Where	When	Plan	Other Options
Breakfast	Home	7:00 am	1 Slim Fast shake	Cold cereal Milk Fruit juice
Lunch	Work	12:00 noon	1 Slim Fast shake	Turkey breast sandwich with mustard, lettuce, tomato Apple
Snack			None	
Dinner	Home	6:30 pm	Low-calorie frozen entree (≤ 300 calories, ≤ 10 grams fat) Vegetable (1 serving) Diet margarine (2 tsp.) Salad Salad dressing (1 serving) Fruit	
Snack	Home	9:00 pm	Fruit	Nonfat yogurt with aspartame

PRIDE Meal Plan: Main Meal

Each menu below contains **500-600 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

- Salad (see Free Food list)
 - Salad dressing, low-calorie or fat-free (1 serving)
 - Fish or poultry, cooked without fat, skin removed (1 serving)
 - Pasta, potato, or rice (1 serving)

- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)



Menu 2

- Salad (see Free Food list)
 - Salad dressing, low-calorie or fat-free (1 serving)
 - Low-calorie frozen entree (≤300 calories, ≤10 grams fat)
 - Vegetable (1 serving)
 - Margarine, low-calorie (1 serving)
 - Fruit (1 serving)

Menu 3 (Vegetarian)

- Salad (see Free Food list)
 - Salad dressing, low-calorie or fat-free (1 serving)
 - Beans, cottage cheese, tofu, or hummus (1 serving)
 - Rice (2 servings) or 1 serving of pasta or potato
 - Vegetable (1 serving)
 - Margarine, low-calorie (1 serving)
 - Fruit (1 serving)

Other

Food	Amount	Calories	Fat (g)	Food	Amount	Calories	Fat (g)
Fish or poultry, cooked without fat				*Cauliflower, cooked	1 cup ckd	34	0
Fish, fresh or frozen, no fat or breading	3 oz	90	1	*Corn whole kernel, cooker	½ cup ckd	66	0
Turkey, ground, lean (breast only)	3 oz	160	8	*Green beans, cooked	1 cup ckd	38	0
Turkey, light meat, skin removed	3 oz	140	3	*Peas, green, cooked	½ cup ckd	62	0
Chicken, white meat, skin removed	3 oz	141	3	*Peas, snow, cooked	1 cup ckd	50	0
Vegetarian meat alternatives				*Peppers, bell, cooked, chopped	1 cup ckd	38	0
Cottage cheese, 1% milk fat	½ cup	82		*Spinach, cooker	1 cup ckd	54	0
*Hummus (chick pea dip), plain	2 Tbsp	79	4	*Squash, summer, cooked	1 cup ckd	44	0
Tofu, regular, no fat added	½ cup	94	6	*Squash, acorn, butternut, or hubbard	½ cup ckd	50	0
*Beans and peas, dried, no fat added	½ cup ckd	129	1	Marinara sauce, jarred (any with ≤ 100 calories and ≤ 2 grams of fat per cup)	1 cup	100	2
*Chickpeas (garbanzos)	½ cup ckd	134	2	Fruit			
Pasta, potato, or rice				*Apple, 2 ¾" diam.	1 each	81	0
Pasta, white or *whole wheat, plain	1 cup ckd	197	1	*Orange, fresh, 2 5/8" diam	1 each	62	0
Rice, white, *wild, or *brown	½ cup ckd	105	1	*Peach, fresh, 2 ½" diam. Or	1 each	100	2
Potato, mashed, made with skim milk and no fat added	1 cup	156	0	canned (water)			
*Potato, baked in skin	Medium	220	0	*Pear, fresh, 2 ½" diam, or	1 each	98	1
Potato, boiled without skin	Medium	116	0	canned (water)			
*Sweet potato or yam, baked in skin	½ cup	131	0	*Pineapple, fresh or canned in	½ cup	38	0
Vegetables				Juice			
*Broccoli, cooker	1 cup ckd	52	0	*Banana, 8" long	½ fruit	48	0
Brussels sprouts cooked	1 cup ckd	66	0	Margarine or salad dressing, low-calorie, reduced-fat or fat-free			
*Cabbage, red or green, cooked	1 cup ckd	32	0	Salad dressing, fat-free	1 Tbsp	16	0
*Carrots, cooked	1 cup ckd	70	0	Salad dressing, low-calorie	1 Tbsp	43	1-3
				Margarine, low-calorie	2 tsp	34	4
				Frozen entrees or dinners, low-calorie			
				Choose any with ≤ 300 calories and ≤ grams of fat			

PRIDE Free Foods

The following foods are virtually free of calories and fat

Salad greens and raw vegetables

- Cabbage
- Carrot
- Celery
- Endive
- Lettuce
- Mushrooms
- Onion
- Peppers
- Radishes
- Romaine lettuce
- Spinach
- Sprouts
- Summer squash
- Tomato
- Zucchini

Drinks

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

Condiments

- Artificial butter flavorings (e.g., Butter Buds)
- Catsup (1 Tablespoon)
- Horseradish
- Hot sauce
- Mustard (check label)
- Picante sauce
- Pickles (dill, unsweetened)
- Taco sauce
- Vinegar

Sweet substitutes

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

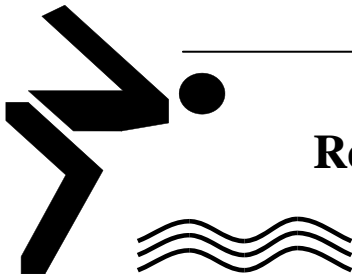
Miscellaneous

- Herbs
- Lemon juice
- Nonstick pan spray
- Soy sauce
- Spices
- Worcestershire sauce

Session 4: Move Those Muscles

In the past, what has gotten in the way of your being active?

What is the difference between being “busy” and being “active?”



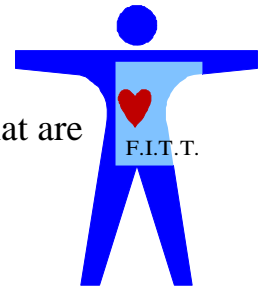
Research shows that being more active will:

- Help you lose weight and keep it off.
- Improve your blood sugar control by making the body more sensitive to insulin.
- Help you feel better.
- Make you more physically fit.
- Make it easier for you to do your daily work, like climbing stairs.
- Lower your risk for some kinds of cancer.
- Lower your risk for heart disease.



Being active:

- Raises HDL cholesterol (the “good” cholesterol in the blood).
- Lowers triglycerides.
- Lowers blood pressure.



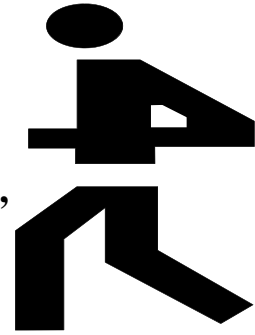
Not all ways of being active will strengthen your heart, only those that are “F.I.T.T.”

F.I.T.T. stands for Frequency, Intensity, Time, and Type of Activity. In PRIDE, we will always keep the F.I.T.T. principles in mind.

	What to do:
<p>Frequency (How often you are active)</p>	<ul style="list-style-type: none"> • Try to be active on most days of the week (at least 5 days per week). • Increase slowly.
<p>Intensity (How hard you are working while being active: how fast your heart beats)</p>	<ul style="list-style-type: none"> • Work hard but not too hard. Keep your intensity similar to a brisk walk. • Breathe fast enough that you can talk but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.
<p>Time (How long you are active)</p>	<ul style="list-style-type: none"> • Stay active for at least 10 minutes in a row without breaks. • Slowly increase to 40 minutes per day over the first 26 weeks. (To do this, you will increase your activity every few weeks.) • The total minutes of activity you do per week should be your activity goal for the week or more.
<p>Type of activity</p>	<ul style="list-style-type: none"> • Do heart fitness activities--those that make your heart work, such as brisk walking, riding your bike, others _____. • Use large muscle groups (such as legs and arms). • Last 10 minutes or longer.

Your PRIDE Activity Goal:

Slowly build up to 200 minutes per week of moderate physical activity, like brisk walking, by Week 26.



- This will be in addition to any activity in your job.
- Pick things you LIKE that are similar to brisk walking.
Examples: _____

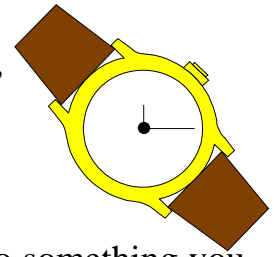
- Be active for at least 10 minutes in a row.
- Spread the weekly total over 5 days (or more) per week.

How you will progress:

Weeks 1-3: Walk 50 minutes per week (10 minutes on 5 days per week).
Weeks 4-5: Walk 75 minutes per week (15 minutes on 5 days per week).
Weeks 6-9: Walk 100 minutes per week (20 minutes on 5 days per week).
Weeks 10-13: Walk 125 minutes per week (25 minutes on 5 days per week).
Weeks 14-17: Walk 150 minutes per week (30 minutes on 5 days per week).
Weeks 18-21: Walk 175 minutes per week (35 minutes on 5 days per week).
Weeks 22-on: Walk 200 minutes per week (40 minutes on 5 days per week).

Always check with the PRIDE Program staff before changing your activity program.

Many people say, “I would be more active if I could find the time.”



You can find the time to be active. Here’s how:

- Set aside **one block of time on 5 days a week** to be active. Do something you like. For example, get up early and walk the dog before work.
- Look for **short periods of free time (at least 10 minutes)** during the day. Use the time to be active. For example, walk during your coffee break, for part of your lunch hour, and/or between meetings at work.
- Park further away from the store or where you work.



Make a written plan for every day of the week. Plan what activity you will do. Plan when and for how long you will do it.

Here’s an example:

Day	What I will do	When	Minutes
Monday	Walk the dog	7:00 am	10
Tuesday	Walk during coffee break	10:00 am	10
Wednesday	Ride a bike	7:00 am	10
Thursday	Walk during coffee break	10:00 am	10
Friday	Walk the dog	7:00 am	10
Saturday			
Sunday			
Total minutes for the week:			50

Record the activity you do in your **Keeping Track** book.

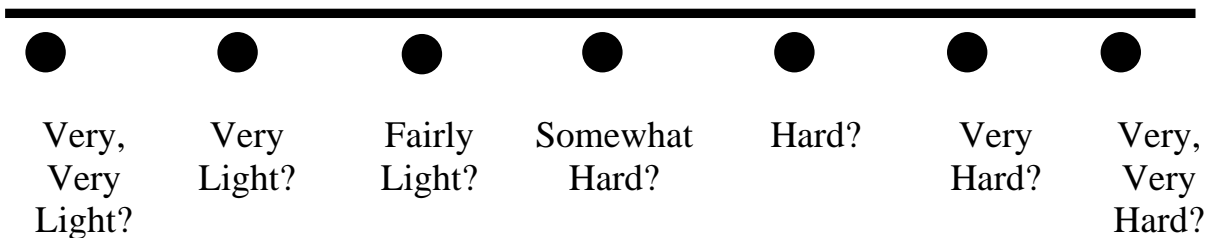
How hard are you working?



Most people have a good sense of how hard they are working when they're being active. Listen to your body.

Rate yourself on the following scale while you're being active.

How hard are you working?



Examples

“I’m not working hard at all. I can talk and even sign easily.”

“I’m working and breathing a little harder than usual. I can still talk easily.”

“I’m working and breathing somewhat hard. I can talk fairly easily.”

“I’m working hard and breathing deeply. I can still talk.”

“I’m working very hard. I can’t catch my breath or talk”

Right now:

- Stay in the range between “fairly light” and “somewhat hard.”

Talk with your group leader.

Over time, you may be able to progress to the range between “somewhat hard” and “hard.”

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you now have shoes that fit well and support your feet. But here are some hints if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more stores you trust. Try on various styles and brands.
- The people in the store can help you find a good fit. They can also help you choose the shoe best suited for the kind of things you do.

Look for a good fit.

- Wear the kind of socks you'll wear when you're active. Cotton socks are best.
- If possible, go to the store right after you've been active. That way, your feet will be the size they are when you're warmed up.
- The shoes should feel good right away. Try them on and walk around. They should NOT need to "stretch out" later.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should NOT pinch or slip around when you walk.
- The shoes should bend easily at the ball of your feet (just behind your toes).



Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as walking, running or aerobic dance. They will give you the kind of support needed for what you will be doing.

If you have diabetes, it is very important to look at your feet after exercising or once every day to be sure you do not have any sores, cuts, or blisters.

Report any cuts, sores, or blisters to your own doctor and your group leader.

When to stop exercising

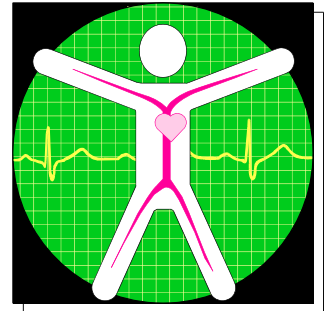
Being active is usually quite safe. But in rare cases, problems can happen. Be aware of some of the signs and symptoms of when to stop exercising.

- **Chest pain or discomfort**

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness

Where: Possibly in the:

- Center of the chest,
- Spread throughout the front of the chest, or
- Spreading to the shoulder(s), arm(s), neck, and back



What to do: **Stop and sit or lie down.**

- If it doesn't go away after 2-4 minutes, go to an emergency room.
 - If it does go away, but returns each time you exercise, see your doctor.
- **Unusual shortness of breath, sweating, feeling lightheaded, or feeling sick to your stomach.**

What to do: **Call your doctor.**

- If it doesn't go away after 2-4 minutes, go to an emergency room.
- If it does go away, but returns each time you exercise, see your doctor.
These may or may not be signs of something serious, like a heart problem.

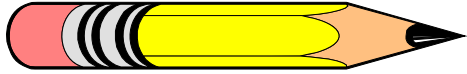
When exercising, watch for:

- **Unusual foot pain or numbness**
- **Severe muscle soreness**
- **Joint pain or swelling**
- **Blisters, ulcers, redness or tenderness**

What to do: Call your doctor if these occur and notify your group leader

In future sessions, we will talk about some ways to **warm up** before you are active and **cool down** after you are active. This will help so you don't hurt yourself.

For now, **start slowly** and **gradually slow down** when you are finished.



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and minutes you are active.**
Record only the time you are *doing* the activity. (Don't include breaks.)
- Stay under your **calorie and fat gram goals.**

Be Active

- **Walk (or do something like walking) for at least 75 minutes per week.**
We suggest you **spread this over 5 days for 15 minutes each day.**
This will be your new activity goal for the next two weeks.
 - Include a friend or family member if you like.
 - Plan activities you **LIKE** to do.

Make a **plan for how active you will be** next week:

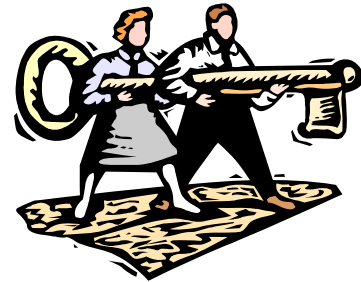
	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (75 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to the next session.

Session 5:

Keys to Long-Term Weight Loss

At this point in the program, it is helpful to review the key messages for weight loss.



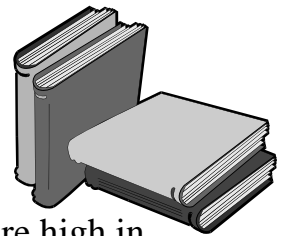
- To lose weight, it is best to eat less and exercise more. Changing both your eating and exercise will make the greatest change in your energy balance.
- Keeping a record of your eating and exercise lets you see the progress you have made and can help you identify areas that you would like to change more.
- Remember to record everything you eat and your activity in the Keep Track Book.
- Weigh yourself daily.
- Increasing activity will help you “tip the energy balance”. Keep trying to do a little more activity each week. For next week, your goal will be 75 minutes or 15 minutes each day for 5 days in the week.
- The key dietary change for weight loss is to eat fewer calories. Look back at your diary. What foods do you eat that are highest in calories?

- Fat has more calories than protein or carbohydrates, so foods with a lot of fat will be higher in calories. By decreasing the fat you eat, you can decrease your calories.

- Using meal replacement products has been shown to improve weight loss.

Using meal replacements makes it easier to stay under your calorie and fat goal.

What About the Popular High-Protein, Low-Carbohydrate Diets?



Atkins, The Zone, Sugar Busters.... Many popular weight loss diets are high in protein and low in carbohydrate. Do these diets work? Review the claims below and the truth related to each one.

Note: Keep in mind that **any diet with fewer calories than you usually eat will result in weight loss.**

But can you *stick with it* for the long-term?

The Claim

- People in the United States are getting fatter because we are eating too much carbohydrate.

The Truth

- People in the United States are getting fatter because we are **eating too much** and **not being active enough.**

The Claim

- Eating too much carbohydrate causes high levels of insulin in the blood. This leads to insulin resistance which causes weight gain.

The Truth

- Being overweight is *linked with* insulin resistance. However, there is **no scientific evidence** that weight gain is *caused by* insulin resistance or that eating too much carbohydrate causes insulin resistance.
- Eating too much carbohydrate will cause higher blood sugars afterwards and contribute extra calories as well. The truth is that **moderation in both carbohydrates and fats is important to lose weight successfully.**

The Claim

- You'll lose weight on the diets because they are low in carbohydrate.

The Truth

- You may lose weight on the diets because they **contain fewer total calories than most people consume.** Most of the diets range from 1000-1800 calories. Also, many cause **ketosis.** In ketosis, the body breaks down fat stores, producing toxic wastes called ketones. To flush out the ketones, the kidneys pull water from the body. **It's the loss of water, not fat, that results in quick weight loss.**

The Claim

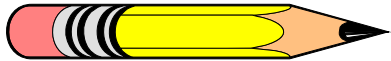
- The diets will improve your health.

The Truth

- There have been **no scientific studies on the long-term health effects of these diets.** Concerns have been raised about losing too much water and that the diets may increase the risk of heart disease and certain cancers due to the high-fat foods.

The fact is, many overweight adults *do* eat too many calories from carbohydrate-rich foods when they cut back on fat.

The key to healthy weight loss is to **cut back on *total calorie intake*, get more exercise, and choose carbohydrates** (whole grains, fruits, and vegetables) **that are high in fiber and nutrients.**



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active.**
- Stay under your **calorie and fat gram goals.**

Be Active

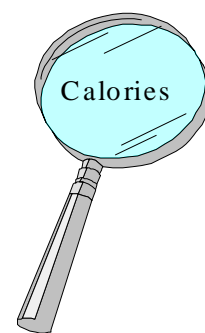
- **Increase your activity to at least *75 minutes per week*.**
We suggest you **spread this over 5 days for 15 minutes each day.**
- Plan things you LIKE to do that are like brisk walking.

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (75 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session.

Supplement to Session 5: Be careful to read the label.



The claims on food labels can be confusing.
Always check the number of calories and fat grams per serving.
Always check the serving size.

Calorie Claims

Claim	What it means	Is it low in calories?
Low Calorie	The food has 40 calories or less per serving. Foods naturally low in calories (like canned mushrooms) cannot be labeled low calorie.	Yes, if you eat the serving size given on the label
Reduced Calorie	The food has at least 33% fewer calories than the normal form of the same food.	Can't be sure
Diet or Dietetic	The food may be low calorie, reduced calorie, or useful for people on special diets, like low in sodium).	Can't be sure
Sugarless or Sugar Free	The food has no table sugar. It <i>may</i> contain corn syrup, sorbitol, fructose, honey, or other sweeteners. If these are present, they must be listed on the label.	Can't be sure
No Sugar Added	No table sugar has been added to sweeten the food. The food may have sugar in it naturally. It may have calories from fat or other carbohydrate sources.	Can't be sure
Light or Lite	This has no standard meaning. For example, the food may be low in sugar but high in calories if it is high in fat.	Can't be sure
Natural	This usually means the food has no artificial color or flavors, no chemical preservatives, and no other man-made ingredients.	Can't be sure

Carbohydrate Claims

Claim	What it means	Is it low in calories?
Low Carb, Net Carbs or Impact Carbs	These claims have no standard meaning. For example, the food may be low in carbohydrates, but high in fat and artificial sweeteners.	Can't be sure

Fat Claims

Claim	What it means	Is it low in calories?
Fat Free	The food has no fat. The food could have calories from sugars or other sources.	Can't be sure
Low Fat	There is 25% less fat in the food than the normal form of the same food. This does not always mean the food is low in fat.	Can't be sure
__ % Fat Free	This refers to the percentage of fat by weight of a product. This is not the percentage of calories from fat.	Can't be sure
Cholesterol Free or No Cholesterol	The food has no cholesterol. It may still be high in fat and calories.	Can't be sure
Low Cholesterol	The food has less than 20 milligrams of cholesterol per serving. It may be high in fat.	Can't be sure
Reduced Cholesterol	The cholesterol in the food has been cut by 75%.	Can't be sure

*** Warning:**

Fat-free or sugar-free does *not* mean calorie-free.

In fact, some low-fat, fat-free, or sugar-free products are still high in calories.

Check the label. Look at the foods below:



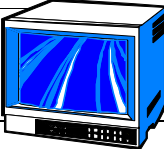
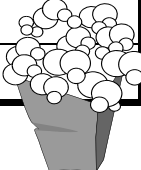
	Calories	Fat grams
Sugar-free ice cream (½ cup)	90	3
Nonfat frozen yogurt (½ cup)	100	0
Regular ice cream (10-12% fat) (½ cup)	143	7

Session 6:

Working With What's Around You

What "cues" you (or makes you want) to eat?

- Hunger
- What you're thinking or feeling
- What other people say and do
- Sight and smell of food
- Certain activities that make you think about food, like watching TV or reading magazines

"Cue"	Makes you want to eat:
You see a carton of ice cream.	Ice cream
You turn on the TV. 	Potato chips (if you often eat potato chips while watching TV)
You go to the movies.	Popcorn 

When you respond to a food cue in the same way, over and over again, you build a **habit**. For example, if you usually eat potato chips while watching TV, turning on the TV can make you hungry for potato chips, even if you just left the dinner table.

How can you change problem food cues and habits?

1. **Stay away from the cue.** Or keep it out of sight.
2. **Build a new, healthy habit.** Practice responding to the cue in a healthy way. Add a new cue that helps you lead a healthy life.

Don't forget, it takes **time** to break an old habit or build a new one.

Common problem food cues


At home:	Living room:	TV, telephone, candy dishes
	Kitchen:	Ready-to-eat foods (ice cream, cheese, cookies), foods being cooked, leftovers
	Dining room:	Serving dishes on table, large dinner plates, leftovers on plates
At work:	Bakery on the way to work, high-calorie/fat foods (for example, doughnuts, high-fat coffee creamers, and candy) in public areas, in your desk, or in a nearby vending machine	

Don't forget:

1. Keep high-calorie, high-fat foods out of your house and work place.

Or keep them out of sight. *Out of sight is out of mind.*

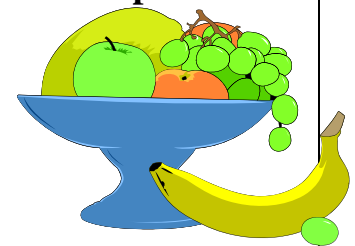
**Keep lower-calorie, lower-fat choices easy to reach,
in sight, and ready to eat.**

Such as:  Fresh fruits, raw vegetables (already washed and cut up), nonfat
dips, pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O,
sugar-free popsicles

2. Limit your eating to one place.

3. Limit the things you do while you eat.

4. Eat slowly- take at least 20 minutes to eat.



Where you shop:

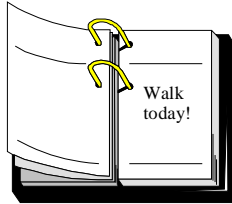
Shopping tips

- Make a shopping list ahead of time. Stick to the list!
- Don't go shopping when you're hungry.
- Avoid sections in the store that are tempting to you, if you can.
- Ask the grocery store manager to order low-calorie, low-fat foods you want.
- Only use food coupons for low-calorie, low-fat foods, not for high-calorie, high-fat foods.

Activity Cues

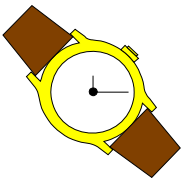
1. Add positive activity cues to your life.

- Keep these in sight:



Walking shoes, exercise bag, mat, bike
Exercise videos and magazines
Photos and posters of being active
Other things to remind you to be active

- Set up an "activity date" with a friend or family member.
- Set a timer or alarm on your watch to remind you to be active.
- Others:

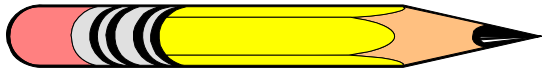


2. Get rid of cues for being inactive.

- **Limit TV watching.** Or be active while you watch TV.
- Don't pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.
- Others:

You can make food and activity cues
work **FOR** you,
not against you.





To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and minutes you are active.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 100 minutes per week.** We suggest you spread this over 5 days for 20 minutes each day. **This will be your activity goal for the next 4 weeks.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 minutes or more):			

Get rid of one problem *food* cue.

- What problem food cue will you get rid of?

- What will you need to do to get rid of it?

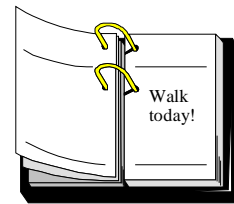
- What problems might you have? What will you do to solve them?

Add one positive cue for *being more active*.

- What activity cue will you add? _____

- What will you need to do to add it?

- What problems might you have? What will you do to solve them?



Before the next meeting, answer these questions:

- Did you follow your plans above? ___ Yes ___ No ___ Almost
- What problems did you have?

- What could you change next week?

Bring your Keeping Track, charts, and notebook to every session.

Session 7: Healthy Eating

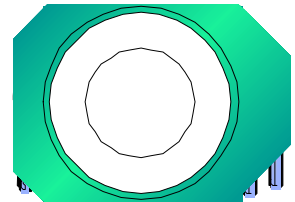
Eating fewer calories (and less fat) is essential to losing weight. It's also one important part of healthy eating.

Some of the other parts of healthy eating include:

... the way you eat.

A regular pattern of meals is important.

A regular pattern will keep you from getting too hungry and losing control. Try not to go more than 4 hours between meals.



Eat slowly.

If you eat slowly, you will:

- Digest your food better.
- Be more aware of what you're eating.
- Be more aware of when you're full.

Try pausing between bites. Put down your fork or spoon. Enjoy the taste of your food.

Don't worry about cleaning your plate.

Serve yourself smaller portions to begin with and use a smaller plate.

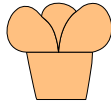
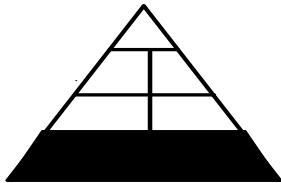
... what you eat overall.

The Food Guide Pyramid: *Low-Calorie, Low-Fat Choices*

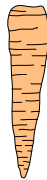
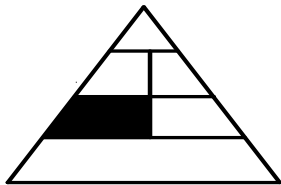
The Food Guide Pyramid is a guide to healthy eating.

List some low-calorie, low-fat foods you enjoy in each of the food groups below. Note: Each food group has a range of servings.

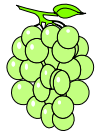
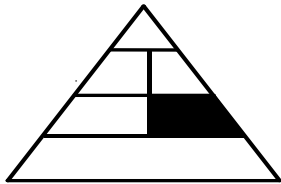
You may not be able to meet all of them while reducing calories.



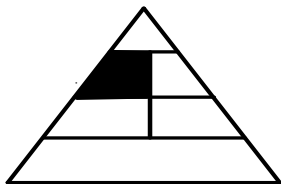
Breads, cereals, rice, pasta (6-11 servings)



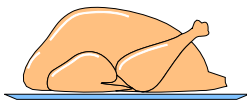
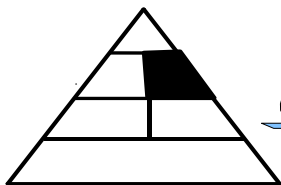
Vegetables (3-5 servings)



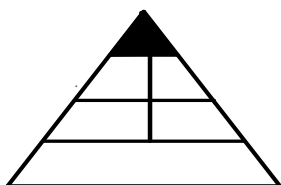
Fruit (2-4 servings)



Milk, yogurt, cheese (2-3 servings)

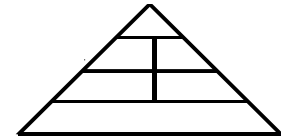


Meat, poultry, fish, dry beans, eggs (2-3 servings)




Fats, sweets, alcohol (use only small amounts)
Choices that are lower in fat and calories:

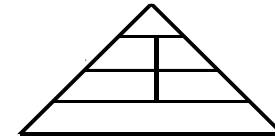
The Food Guide Pyramid







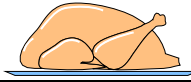

Note: While reducing calories, you may not be able to meet the recommended servings for every group.

Group	Example low-calorie, low-fat foods (choose these)	High-fat (or high-sugar) foods (limit or avoid these)
 Breads, cereals, rice, pastas (6-11 servings)	<ul style="list-style-type: none"> ▪ 1 slice bread or tortilla ▪ ½ bagel, English muffin, pita bread ▪ 4-6 crackers ▪ ½ cup cooked cereal, pasta, bulgur, rice ▪ ¾ cup dry cereal 	<ul style="list-style-type: none"> ▪ Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas ▪ Granola-type cereals
Vegetables (3-5 servings)	<ul style="list-style-type: none"> ▪ 1 cup raw vegetables ▪ ½ cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> ▪ Vegetables with butter/margarine, cream, or cheese sauces ▪ Fried vegetables, olives, avocados
Fruits (2-4 servings)	<ul style="list-style-type: none"> ▪ 1 small fresh fruit ▪ ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> ▪ Fruits in pastry (as in pies), coconut ▪ High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 servings)	<ul style="list-style-type: none"> ▪ 1 cup skim or 1% milk ▪ 1 cup low- or nonfat yogurt ▪ 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> ▪ 2% or whole milk ▪ Regular cheese (>2 grams fat/ounce) ▪ High in sugar: yogurt with added sugar
Meat, poultry, fish, dry beans, eggs (servings)	<ul style="list-style-type: none"> ▪ 2-3 ounces cooked lean meat, poultry (without skin), or fish ▪ ½ cup tuna, canned in water ▪ ½ cup cooked dry beans, lentils, split peas ▪ 1 egg or ¼ cup egg substitute 	<ul style="list-style-type: none"> ▪ Peanuts, peanut butter, all nuts ▪ Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) ▪ Chicken or turkey with skin ▪ Tuna canned in oil ▪ Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit)	<ul style="list-style-type: none"> ▪ Low-fat substitutes: ▪ Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream ▪ Low-fat whipped topping ▪ Fat-free frozen yogurt ▪ Diet soft drinks ▪ Lite syrup 	<ul style="list-style-type: none"> ▪ Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream ▪ Half and half, whipped cream ▪ Cakes, cookies, ice cream, candy, cupcakes ▪ Honey, jelly, syrup, sugar ▪ Soft drinks

Rate Your Plate





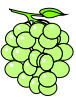



Write down the foods and amounts you ate yesterday in each pyramid group. Figure the total servings per group. How does what you ate compare to the range of recommended servings? (Keep in mind that, while reducing calories, you may not be able to meet the recommended servings for every group.) **If you are following the Slim Fast meal replacement plan, we can provide you with the breakdown of nutrients to determine how many servings one Slim Fast contains from each of the Pyramid Groups.**

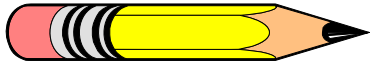
Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Ranges
Bread, cereal, rice, pasta 						6-11 servings
Vegetables 						3-5 servings
Fruit 						2-4 servings
Milk, yogurt, cheese 						2-3 servings
Meat, poultry, fish, dry beans, eggs 						2-3 servings
Fats, sweets, alcohol 						Only small amounts

What could *you* do to better match the Food Guide Pyramid?

(While reducing calories, you may not be able to meet the recommended servings for every group.)

If you are on the meal replacement plan, you may only be able to modify one of your meals.

Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Ranges
Bread, cereal, rice, pasta 						6-11 servings
Vegetables 						3-5 servings
Fruit 						2-4 servings
Milk, yogurt, cheese 						2-3 servings
Meat, poultry, fish, dry beans, eggs 						2-3 servings
Fats, sweets, alcohol 						Only small amounts



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and minutes you are active.**
- Stay under your **calorie and fat gram goals.**
- Also, fill out the **Rate Your Plate Y form every day.**

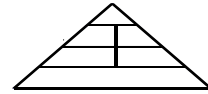
Be Active

- Walk (or do something like walking) for **at least 100 minutes per week.**
- We suggest you **spread this over 5 days for 20 minutes each day.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 minutes or more):			

Do your best to follow the Food Guide Pyramid.



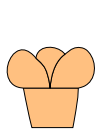
Answer these questions before our next meeting:

Did you make any changes during the week to better match the Food Guide Pyramid? If yes, what were they?

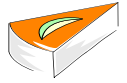
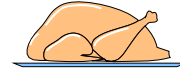
What problems did you have? Did you solve them? If so, how?

Bring your completed Keeping Track, charts, and notebook to every session.





Rate Your Plate Y



Check (Y) one box for every serving that you eat from the Food Guide Pyramid groups. The starred boxes show you the minimum number of servings recommended. (Refer back to page 3 for serving sizes.)

Note: If you are using meal replacements, you may will not be able to cover all servings for every food group, but you can capture the food groups based on the nutritional breakdown of the Slim Fast product.

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Date: _____

Bread, cereal, rice, pasta	*	*	*	*	*	*							
Vegetables	*	*	*										
Fruit	*	*											
Milk, yogurt, cheese	*	*											
Meat, poultry, fish, dry beans, eggs	*	*											
Fats, sweets, alcohol													

Session 8: Goal Setting

To help you change your behaviors, it is good to set goals. But some goals are helpful and some are not so helpful. What makes a goal helpful?



Learning to Set Helpful Goals

Helpful goals are:	Example
Positive	I will plan dinner menus with no more than 500 calories. (Instead of negative: I will stop eating so much.)
Specific	I will walk 40 minutes on Tuesday after work. (Instead of vague: I will get more exercise.)
Something under your control	I will stop buying cartons of ice cream and ask my husband to only eat ice cream when he eats out. (Instead of what you can't control: I will get my husband to stop eating ice cream.)
Time limit	I will lose 2 pounds by June 15. (Instead of open-ended: I will lose 2 pounds.)
Small enough so you can reach them	I will walk 30 more minutes this Wednesday night. (Instead of: I will walk 60 more minutes every night of the week.)
Broken into small steps	I will buy carrots and celery at the grocery store, cut them into sticks, and put them in the refrigerator in small plastic bags for my lunches this week. (Instead of not broken down: I will eat carrots and celery sticks for lunch.)
Related to a reward	I will buy a copy of my favorite magazine if I pack my lunch three times this week. (Instead of: I will pack my lunch three times this week.)



Goal Make Over

Take this not-so-helpful goal	Make it:	Example of a more helpful goal
I will stop watching so much TV after dinner.	Positive	
I will stop eating dessert.	Positive	
I will walk more.	Specific	
I will eat less bread.	Specific	
My kids will stop eating cookies for snack.	Under your control	
My boss will stop bringing doughnuts in for everyone on Friday mornings.	Under your control	
I will take the dogs for a walk in the park.	Time specific	
I will eat salads with low-calorie dressing.	Time specific	
I will start swimming again.	Small enough	
I will never eat ice cream again.	Small enough	
I will go swimming after work on Tuesdays.	Broken into small steps	
I will go to restaurants that have more low-calorie choices on the menu.	Broken into small steps	
I will walk the dogs for 30 minutes tomorrow.	Related to a reward	
I will eat fruit for a bedtime snack tonight.	Related to a reward	

Setting a goal for next week

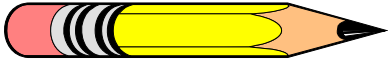
What goal would you like to set for the next week? The goal can be about your eating or your exercise behavior.

Is your goal:	Yes	If No, how can you revise it?
Positive?		
Specific?		
Under your control?		
Time limited?		
Small enough?		
Broken into small steps?		
Related to a reward?		

What is your revised goal for next week?

What problems do you anticipate in reaching that goal?

How will you solve them?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and the minutes you are active.**
- Stay under your **calorie and fat gram goals.**

Be Active

- **Increase** your activity to **at least 100 minutes per week.**
We suggest you **spread this over 5 days for 20 minutes each day.**
- Plan things you **LIKE** to do that are like brisk walking.

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 minutes or more):			

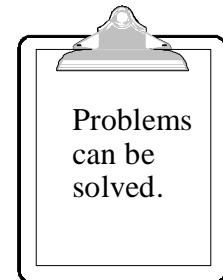
Work to achieve the goal you set for the next week.

Bring your completed Keeping Track, charts, and notebook to every session.

Session 9: Problem Solving

Many things can get in the way of being more active and eating fewer calories and less fat.

But problems **can** be solved.



The five steps to solving a problem:

1. Describe the problem in detail.

Be specific.

Look at what led up to the problem.

Find the **action (or behavior) chain**.

Try to see the steps (links) in the action chain.

Look for:

- Things that “cue” you (or make you want) to eat high-calorie, high-fat foods, overeat, or not be active.
- People who don't support your efforts to lose weight and be more active.
- Thoughts or feelings that get in your way.

Example:

Sarah is a busy woman with a job and family.
Yesterday she ate a fair number of cookies when she came home from work. And she watched TV after dinner instead of taking the walk she had planned.

Here are the related action chains.



Links: Ate Cookies

- Sarah didn't eat lunch.
- Her boss was critical.
- Sarah felt stressed and upset.
- She came home tired, upset, and hungry.
- She went right to the kitchen.
- She saw cookies on counter.
- She ate the cookies.



Links: Watched TV

- A friend who usually walks with Sarah after dinner called to say she couldn't come.
- Her husband started cutting the grass.
- Her daughter started watching a family TV program.
- Sarah sat down on the couch to watch TV.

2. Brainstorm your options.

Here are some possible **options for the links that led up to Sarah eating cookies.**

Links

Sarah didn't eat lunch

Her boss was critical.
Sarah felt stressed and upset.

Sarah came home tired, upset, and hungry.

She went right to the kitchen.

She saw cookies on counter.

Some of Sarah's Options

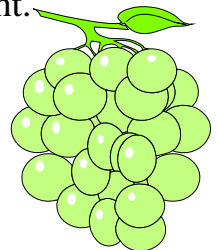
- Quit her job. (Just kidding.)
- Pack a quick bag lunch.

- Talk with her boss about solving the problems at work.
- Take a break.
- Get support from a co-worker.

- Go for a walk after work to unwind.

- Enter house through different door.
- Plan something to do the minute she gets home (like getting out in the yard to rake leaves, reading a novel for 15 minutes).

- Don't buy cookies
- Keep cookies out of sight.
- Keep fruit in sight.



Here are some possible **options for the links that led up to Sarah watching TV** instead of going for a walk



Links

A friend who usually walks with Sarah after dinner called to say she couldn't come.

Her husband started cutting the grass

Her daughter started watching a family TV program.

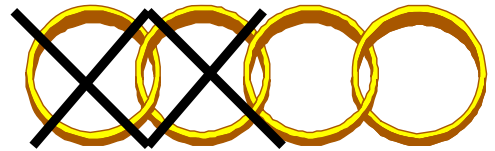
Sarah sat down on the couch to watch TV.

Some of Sarah's Options

- Call another friend who might like to walk.
- Plan to listen to a favorite tape or radio program while walking if friend cancels.
- Ask her husband to walk with her today and cut the grass tomorrow.
- Ask her daughter to walk with her instead of watching the program.
- Tape the program to watch together tomorrow.
- Carry the TV around the block twelve times. (Just kidding.)
- Ride exercise bike, walk on treadmill, or lift weights while watching TV.

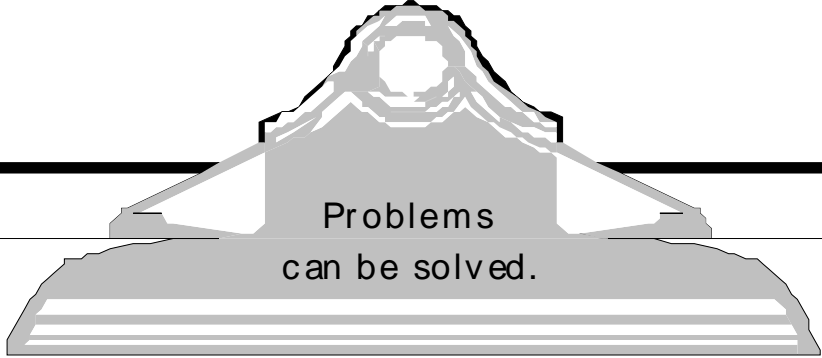
3. Pick one option to try.

Weigh the pros and cons of each option.
It is best to **break as many links as you can.**
Begin to attack links **as early in the chain as you can.**



Choose options that are **likely to work for you** and ones **you can do.**

4. Make a positive action plan. *Example for Sarah:*



Problems
can be solved.

- | | |
|--|---|
| I will ... | Pack a quick bag lunch. |
| ○ When? ... | For Tuesday and Thursday next week. |
| ○ I will do this first ... | Shop for the foods.
Pack lunch the night before. |
| ○ Roadblocks that might come up, and how I'll handle them ... | Might forget.
Find a healthy sandwich place with quick service.
Order a turkey sandwich by phone. |
| ○ I will do this to make my success more likely ... | Ask a friend who also brings bag lunches to work to join me for lunch on Tuesday. |
| ○ How can we help you? | Ask Counselor for easy ideas for bag lunches. |
| ○ My reward will be ... | Buy a magazine on Friday. |

Note:

Problem solving is a process.

Reward yourself for *any* changes you make, even if you don't reach your final goal.

You deserve credit for each step along the way.

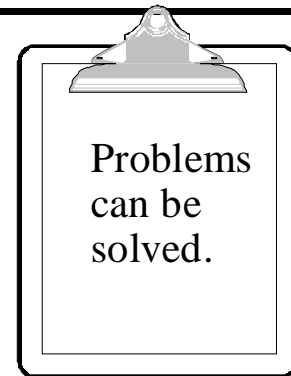
5. Try it. See how it goes. Evaluate.

Did you follow your action plan?

Did the action plan help?

If not, what went wrong?

Problem solve again.



You may need to create

two or three different action plans before you succeed.

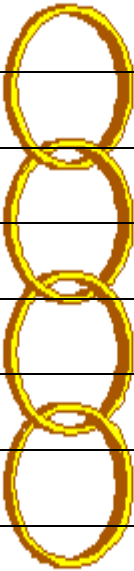
Problem solving is a *process*. Don't give up!

The PRIDE *Problem Solver*

Choose a problem you've had reaching your weight or physical activity goals in the past few weeks. Or think of a problem that might get in the way of your goals in the next month or so.

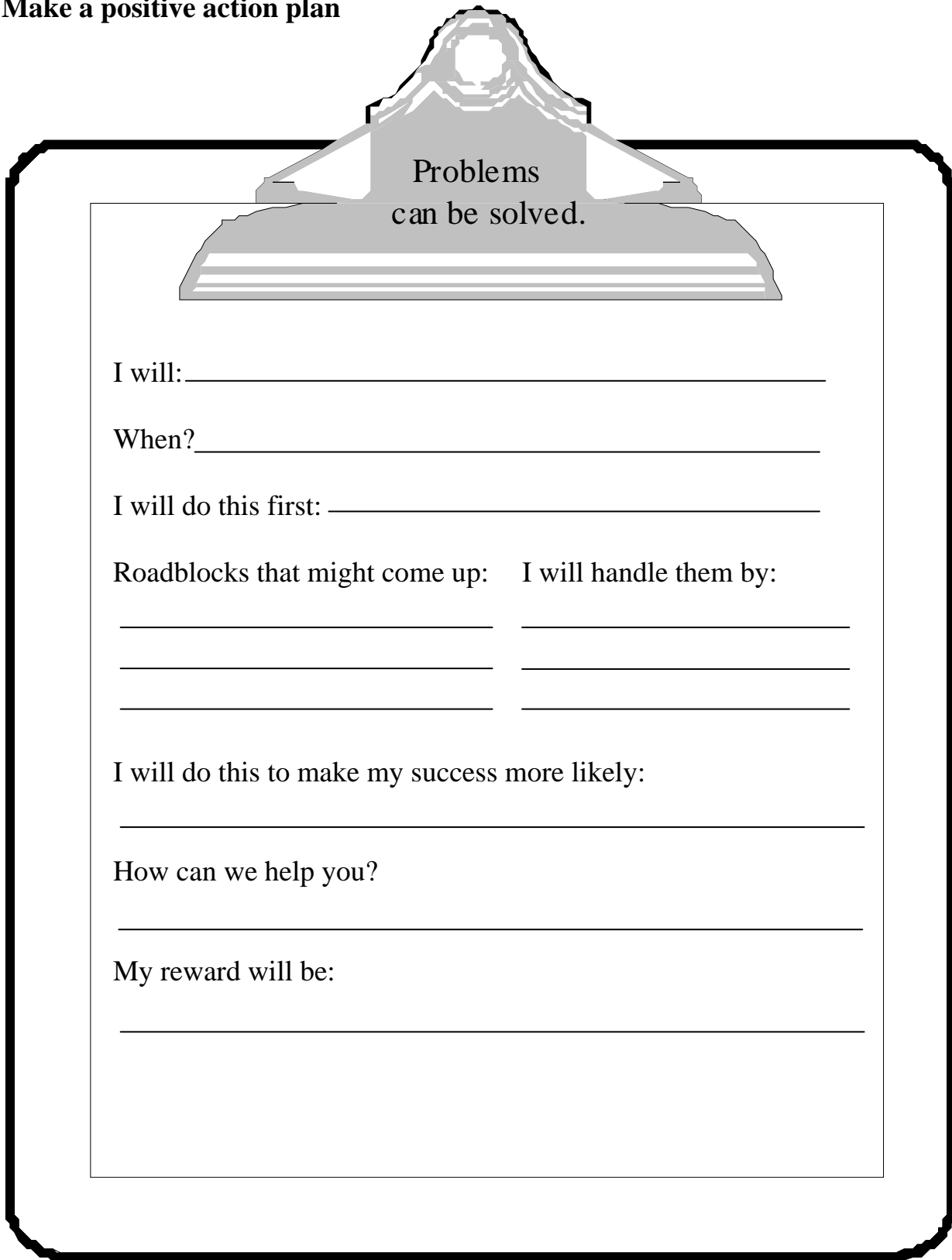
Describe the problem in detail. Be specific.

Find the action chain. Brainstorm options for each link.
(Having trouble? Flip back to the examples we gave you.)

Find the action chain.	Brainstorm your options.
Links	Options
	

Pick one option. Is it very likely to work? Can you do it?

Make a positive action plan



Problems
can be solved.

I will: _____

When? _____

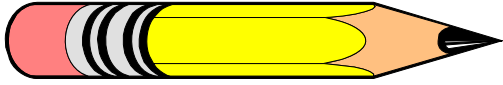
I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?

My reward will be:



To do next week:

Keep Track

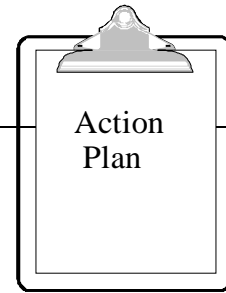
- Keep track of your **weight, calories, fat grams and minutes you are active.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 100 minutes per week.** We suggest you **spread this over 5 days for 20 minutes each day.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 or more):			



Do your best to follow your action plan.

Before the next meeting, answer these questions:

• Did you follow your plan? ____ Yes ____ No ____ Almost

• What problems did you have?

• What could you change next week?

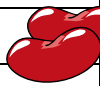
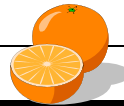
Bring your completed Keeping Track, charts, and notebook to every session.



Session 10: Healthy Eating Part 2

To lose weight, it is important to reduce your calories. A key strategy for reducing calorie intake is to reduce the high fat foods you eat. Eating low-calorie, low-fat foods will help you follow the Food Guide Pyramid.

Instead of high-calorie, high-fat foods, pick low-calorie, 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-calorie, high-fat foods, use lower-calorie substitutes.

(Note: Another option would be to use smaller amounts.)



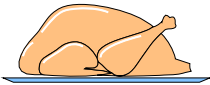
Use low-fat or fat-free:	
<ul style="list-style-type: none"> • Margarine • Mayonnaise 	<ul style="list-style-type: none"> • Cheese, cream cheese • Salad dressing
Skim or 1% milk	
Other:	



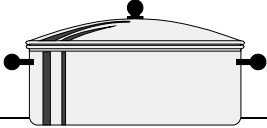
Instead of flavoring foods with fat, use low-calorie, low-fat flavorings

To flavor these foods:	Use these low-fat, low-calorie flavorings (remember to count the calories):
Potatoes, vegetables	<ul style="list-style-type: none"> • -Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa  • Herbs, mustard, lemon juice
Bread	<ul style="list-style-type: none"> • Nonfat cream cheese, low-fat margarine (small amount), all fruit jams
Pancakes	<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 without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat

Find ways to lower the calories and 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 the skin from chicken and 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 defatted gravy, Tabasco, lemon juice, or herbs.	
Other:	

Avoid frying foods. Try other, healthy ways of cooking.

Poach, boil, or scramble eggs (or egg whites) with nonstick pan spray or use a nonstick pan. 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:	

Healthy eating is important for losing weight and improving your overall health.

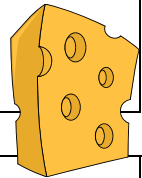
Here are some general guidelines:

To help reduce your risk of heart disease:

Limit the amount of saturated fat you eat.

The following foods are high in saturated fat:

- Fatty meats, meat drippings, poultry skin
- High-fat dairy products (like regular cheese and milk, cream, ice cream, butter)
- Lard
- Palm oil
- Coconut, coconut oil



Limit the amount of cholesterol you eat.

Cholesterol is a fat-like substance found only in animal foods.

Cut down on these foods:

- Egg yolks
- Organ meats (like liver, kidney, sweetbread, brain)
- High-fat dairy products (like regular cheese and milk, cream, ice cream, butter)
- Meat and meat products, poultry, and some fish and shellfish

Limit the amount of trans fat you eat.

Trans fat is created by companies that make food when they add hydrogen to liquid vegetable oils. This makes the oils more solid, as in margarine or shortening. This process is called “hydrogenation.”

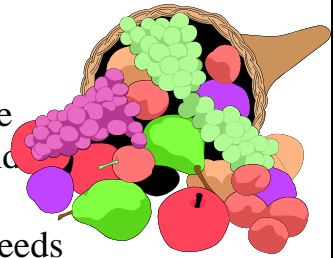
Check the ingredient list on food labels for the words “hydrogenated” or “partially hydrogenated.” Avoid these foods. (The softer the margarine, the less trans fat it contains. Squeeze margarines have less fat than stick margarine.)

Eat high-fiber foods.

Fiber helps lower blood cholesterol and triglycerides. Fiber prevents constipation and slows the absorption of sugars after a meal. Fiber also makes a low-calorie meal plan more satisfying and filling, which may help you lose weight. (To avoid constipation, increase fiber slowly, and drink plenty of water.)

The following foods are high in fiber:

- Dried beans and peas
- Whole grain products (such as 100% whole wheat or rye bread or crackers, whole wheat or bran cereals, oatmeal and oat bran, whole wheat pasta, brown rice)
- Whole fruits and vegetables, with the edible skins and seeds

**To help manage your blood pressure:****Limit the amount of sodium you eat.**

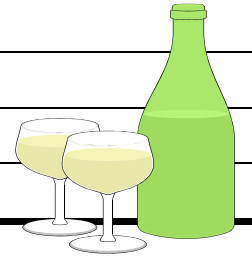
Sodium is found in table salt, seasonings like soy sauce and barbecue sauce, salty snacks such as potato chips and crackers, salty or smoked meats and fish, lunch meats, foods prepared in brine such as pickles, and many processed foods such as frozen entrees, canned or dried soups, baked goods, and fast foods.

Add fruits and vegetables and low fat dietary products to your diet. Several studies have shown that a diet high in fruits, vegetables, and low fat dairy products can lower blood pressure.

If you drink alcohol...

1. Keep in mind that alcohol contains calories. The calories in alcohol are “empty.” They contain relatively few nutrients.

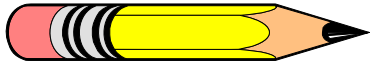
1 gram of carbohydrate or protein	4 calories
1 gram of alcohol	7 calories
1 gram of fat	9 calories



2. Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	90	0
Wine coolers (12 oz)	About 200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1½ oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made with cream	225	7
Alexander w/gin (3 oz), made with cream	236	9
Grasshopper (3 oz), made with cream	253	9
Eggnog (1 cup)	342	19

3. Alcohol may raise triglyceride levels and blood pressure.
4. Alcohol may make you less careful about your healthy eating plans.
5. If you do drink alcohol, follow these tips:
 - Dietary guidelines recommend no more than two drinks per day for men and no more than one drink per day for women.
 - Sip slowly. Make one drink last a long time.
 - Notice the effects of drinking. Stop before over-doing it.



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams and minutes you are active.**
- Stay under your **calorie and fat gram goals.**
- **Try a new low fat product or low calorie, low fat flavoring or add some variety to your diet by trying a new type of fruit or vegetable.**
- **Dress to exercise at next week's session**

Be Active

- Walk (or do something like walking) for **at least 125 minutes per week. This will be your activity goal for the next four weeks.**
We suggest you **spread this over 5 days for 25 minutes each day.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

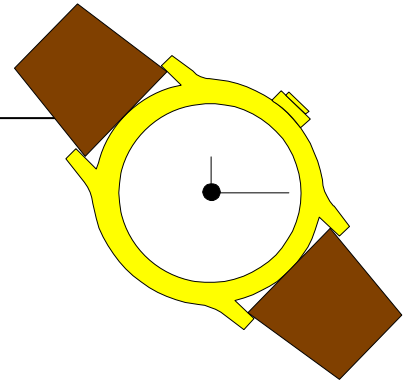
Bring your completed Keeping Track, charts, and notebook to every session.

NOTE: Dress in comfortable clothes for next week's session.

We are going to practice some stretching exercises together.

Session 11:

Being Active: A Way of Life



Make being active a part of your daily *routine*.

What gets in the way of being active?

You *can* find the time to be active.

- Set aside **one block of time on 5 days a week** to do an activity you like. You could get up early and walk the dog before work. Or try cutting your TV time in half and walk instead. Or be active while you watch TV (such as riding an exercise bike, lifting weights, or walking in place).

When can you set aside up to 40 minutes to do an activity you like?

- Look for **short periods of free time (at least 10 minutes)** during the day. Use the time to be active. Walk during your coffee break, for part of your lunch hour, and between two meetings at work.

When during the day might you have some free time (at least 10 minutes)?

Usual Activity and Structured Activity

All kinds of physical activity help your health.
 An active lifestyle includes “usual activity” and “structured activity.”

An Active Lifestyle

Usual Activity

Lasts less than 10 minutes in a row

You don't work as hard as when you are taking a brisk walk.

Such as:
 When you shop at the mall, park your car further away and walk.


At work, walk up the stairs instead of taking the elevator.

Structured Activity

Lasts more than 10 minutes in a row without breaks.

You work as hard as when you are taking a brisk walk.

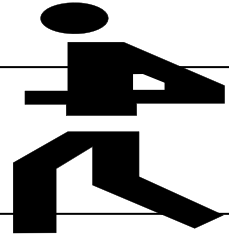
Such as:
 Brisk walking
 Bicycle riding
 Swimming
 Hiking
 Aerobic dancing
 Cross-country skiing



Think of “usual activity” as making active choices throughout the day.

Inactive Choice (Limit)	Active Choice
Take elevator or escalator.	Walk up the stairs.

Step Your Way to Success



Your everyday activity is important to your health, but it is hard to record.

In PRIDE, you will **use a pedometer to measure how active you are overall.**

- Most activity requires you to move around. The pedometer will measure how many steps you take while moving around.
- For most people, the more steps you take, the more active you are. Studies have shown that:
 - The least active people take about 2,000 to 4,000 steps per day.
 - Moderately active people take about 5,000 to 7,000 steps per day.
 - **The most active people take at least 10,000 steps per day.**

In PRIDE, your goal is to **slowly increase your steps to an average of 10,000 steps per day or more on most days** and to **maintain this level of activity.**



Here's how you can do it!

Starting tomorrow, you should wear the pedometer.

Wear the pedometer, and record your steps every day.

Clip the pedometer on when you first get up in the morning.

- Clip it to your clothes at your waist. (See the drawing in the instructions.)
- Make sure it is secure and doesn't jiggle. For example, don't let it flap around in a pocket.
- Make sure it isn't tilted.

Take the pedometer off at night before you go to sleep.

Write down the number of steps you took that day in your Keeping Track book. Reset the pedometer for the next day.

Don't open the case. If you think the batteries may need to be changed, return the pedometer to your Counselor.

Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow

How many steps do you take each day?

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Average Steps per Day _____

Below is a chart to help you increase your steps over the coming months.
Continue adding steps in this way until you reach 10,000 steps per day or more.

Session	How to increase	Goal
12	Average steps per day for Session 11 () + 250	
13	Average steps per day for Session 12 () + 250	
14	Average steps per day for Session 13 () + 250	
15	Average steps per day for Session 14 () + 250	
16	Average steps per day for Session 15 () + 250	
17	Average steps per day for Session 16 () + 250	
18	Average steps per day for Session 17 () + 250	
19	Average steps per day for Session 18 () + 250	
20	Average steps per day for Session 19 () + 250	
21	Average steps per day for Session 20 () + 250	
22	Average steps per day for Session 21 () + 250	
23	Average steps per day for Session 22 () + 250	
24	Average steps per day for Session 23 () + 250	

Keep It Safe

Being active is usually quite safe.

But in rare cases, problems can arise (such as with running or jogging).

The best approach is to prevent problems and keep it safe.

Prevent sore muscles or cramps.

- Only increase **a little at a time** how often, how hard, and how long you're active.
- Wear good and comfortable shoes.
- Drink plenty of water before, during, and after being active.
- Wear socks that fit well, are comfortable, and keep your feet dry.
- Warm-up before and cool-down after every activity.

Warm-up (Most warm-ups take only 5 to 15 minutes.)

1. Do whatever activity you plan to do but at a lower intensity (lower heart rate) for a brief time. This may mean walking slowly for a few minutes before speeding up.
2. Do a few minutes of mild stretching if you plan to do something more vigorous than walking.

Cool-down (Most cool-downs take only 5 to 15 minutes.)

1. Do whatever activity you have been doing, but at a lower intensity (lower heart rate) for a brief time.
2. Do a few minutes of mild stretching, especially if you've done something more vigorous than walking.

If you do get a muscle cramp:

- Stretch the muscle, then massage it. Repeat.
- If there is still pain, put ice on the cramp for a few minutes. Then repeat the massage and stretching.

If you have any other injury that is affecting your ability to exercise, talk with your Counselor for guidance.

Stretch Those Muscles

Your body is like a rubber band.

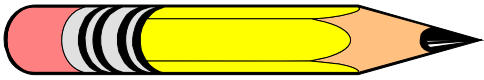
Your muscles will become less flexible as you age and when you are not active. This makes movement more difficult. For this reason, stretching is important.

Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and hurting yourself. Stretching also helps you be more flexible and feel relaxed.

How to Stretch

- Do a short warm-up *before* stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Stretch within your own limits. Don't compete.
- Breathe slowly in and out. Do NOT hold your breath.
- Relax, enjoy, and feel good about yourself.

Important: Never stretch if you have pain before you begin.
If a stretch causes pain, stop doing it. *Listen to your body!*



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps**. Don't record activities that last less than 10 minutes.
- Stay under your **calorie and fat gram goals**.

Be Active

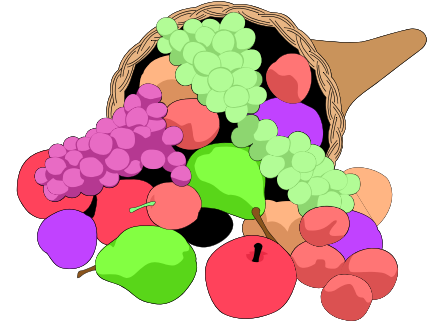
- Walk (or do something like walking) for **at least 125 minutes per week**. We suggest you **spread this over 5 days for 25 minutes each day**. Warm up, cool down, and **do the stretches you've learned**.
- Wear your pedometer
- **Record your steps each day**
- **Do more "usual activity" throughout the day.**
What I will do: _____

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			

Bring your completed Keeping Track, charts, and notebook to the next session.

Session 12: Eating Healthy at Holidays and Special Events

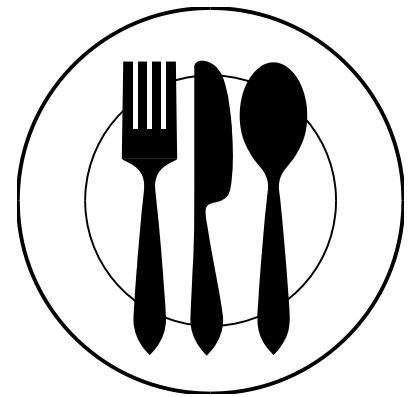


It is often hard to eat a healthy diet during holidays and special events. Here are some tips that may help you.

Handling Buffets and Receptions

Imagine that you are at a buffet-style party. There are many low- and high-calorie foods to choose from. Everyone is standing, mostly near the table of food and drinks.

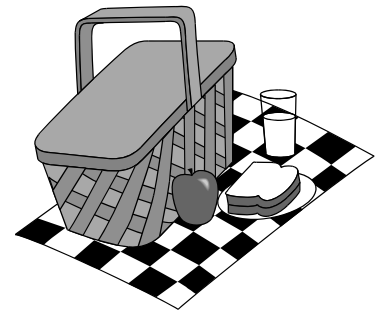
1. Set a reasonable calorie and fat gram goal for this meal for yourself. Explain why you chose it.
2. Practice standing at a distance from the buffet table.
3. Practice “buffet tips.” Examples: Survey the scene. Decide how to approach it. Use the smaller plate. Fill up with lower-calorie items first. Eat the best and leave the rest.
4. Practice eating slowly and “mindfully,” tasting and enjoying each item.
5. Focus on non-food aspects (such as background music, conversation).
6. Role play ordering a low-calorie drink from a bartender.
7. Practice “nursing” a drink.
8. Role play responding to a waiter who brings a tray of high-calorie appetizers. Role play talking to a friend nearby who insists you have some.



Tips for Picnics

Many summer parties include a picnic. There's Memorial Day, the Fourth of July, Labor Day, the staff picnic, and the trip to the amusement park. Here are some tips for keeping your goals.

- Before you go to the picnic, eat something low-calorie (e.g., fruit, low-calorie yogurt). Don't arrive starving.
- Offer to bring a dish that is low in calories.
- Be last in line at the buffet. You'll be less likely to go back for seconds.
- Stay away from potato chips, dip, and nuts. Save your calories and fat grams for foods you rarely get a chance to eat.
- Try to choose just one favorite. Take a moderate amount.
- Watch out for potato salad, macaroni salad, and coleslaw. Mayonnaise adds a lot of calories and fat grams.
- Healthy choices at a picnic include fresh vegetables, fruit, and baked beans.
- Try to talk to people who aren't eating and who aren't standing by the food table.
- Do something active instead of eating. Join a softball or volleyball game, throw a Frisbee, or play tag with the kids.



Dinner with friends or relatives

- Talk to your hostess about your new approach to healthy eating
- Offer to bring a low calorie item (salad or vegetable tray)
- Take small helpings of foods that are served

Many of the ideas for picnics may also help you keep your goals at dinners with friends and relatives.

If you're the hostess:

- If you are the hostess, you are in control of what is served. So think about how you can serve a healthy meal. Guests will enjoy a meal that helps them be healthy.
- Offer low-calorie choices (e.g., vegetable tray, fruit platter, and fat-free hot dogs).

- Cut back on calories and fat as much as you can. For example, use light cream cheese and reduced-calorie mayonnaise or sour cream in recipes.
- Send your guests away with any leftovers that are too tempting to keep around.

Tips for alcoholic beverages

Alcohol has calories (7 calories per gram); combining it with a mixer adds more calories. Alcohol can also lower your will power and make you feel hungrier. For all those reasons alcohol can work against your healthy eating. Here are some tips for alcoholic beverages:

- Drink alcoholic beverages only with your meal or after you have eaten.
- Drink light beer instead of regular beer.
- Alternate between drinking an alcoholic and a non-alcoholic beverage (e.g., water, diet soda).
- “Nurse” a drink for a long time.

Meal Makeovers

Many holidays involve traditional favorite foods. Here are some tips for eating healthy on those holidays:

- Use low-fat products in preparing traditional dishes
- Add fruits and vegetables to the meal
- Eat smaller portions; Use smaller plates
- Pick the foods that are special and skip foods you eat all the time (such as dinner rolls).

Don't forget: if you do eat too much, get back on track at the very next meal.

Despite the challenges, healthy eating and being active *are* possible during holidays and vacations. The key is to plan ahead.

Think about a holiday, vacation, or special event that is in the near future.

1. What problems might come up?



2. Choose one problem. List some ways to handle it.

**3. Choose the best solution. What will you need to do to make that happen?
How will you handle things that might get in the way?**



4. Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 125 minutes per week.** We suggest you **spread this over 5 days for 20 minutes each day.**
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total minutes for the week (100 minutes or more):

Follow your action plan for a holiday, vacation, or special event that's in the near future. If it applies, include your plan to save time by doing less and streamlining healthy eating and being active.

Action
Plan

Before the next meeting, answer these questions:

- Did you follow your action plan?
____ Yes ____ No ____ Almost

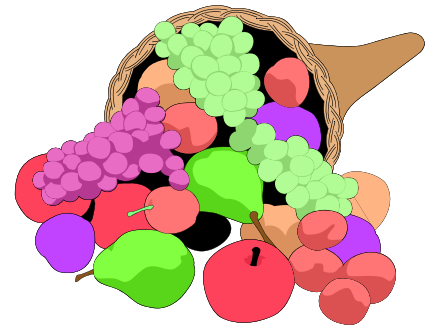
- What problems did you have?

- What changes could you make next week?

Bring your completed Keeping Track, charts, and notebook to every session



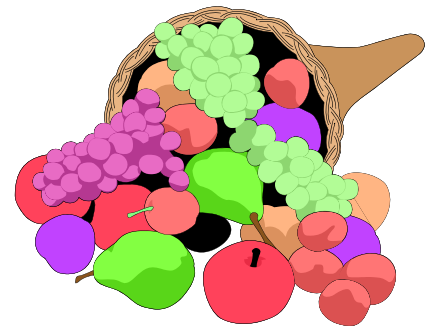
Supplement to Session 12: Happy Thanksgiving!



Thanksgiving doesn't have to be a nutrition disaster. What are some healthier alternatives to the traditional menu items on the left: write your ideas in the right-hand column.

<i>Traditional Menu</i>	<i>Calories</i>	<i>Fat (grams)</i>	<i>Healthy Changes</i>	<i>Calories</i>	<i>Fat (grams)</i>
<i>Fresh raw vegetables (1/2 cup)</i>	50	0			
<i>Vegetable dip (2 Tablespoons)</i>	60	4			
<i>Dark turkey (5 ounces)</i>	262	10			
<i>Gravy (1/2 cup)</i>	58	4			
<i>Stuffing (1 cup)</i>	340	18			
<i>Cranberry sauce (1/4 cup)</i>	90	0			
<i>Potatoes, mashed with butter and whole milk (1/2 cup)</i>	130	6			
<i>Vegetable casserole (3/4 cup)</i>	135	7.5			
<i>Dinner roll with butter</i>	100	6			
<i>Sweet potatoes, candied with brown sugar and butter (1/2 cup)</i>	164	3.4			
<i>Pumpkin pie with whipped cream</i>	350	20			
<i>Traditional total:</i>	1739	79			
	<i>This meal is 41% fat.</i>				

Supplement to Session 12: Happy Thanksgiving!



Here are some simple suggestions for making your traditional dinner healthier.

<i>Traditional Menu</i>	<i>Calories</i>	<i>Fat (grams)</i>	<i>Healthy Changes</i>	<i>Calories</i>	<i>Fat (grams)</i>
<i>Fresh raw vegetables (1/2 cup)</i>	50	0	<i>No change</i>	50	0
<i>Vegetable dip (2 Tablespoons)</i>	60	4	<i>Made with low-fat sour cream</i>	35	2
<i>Dark turkey (5 ounces)</i>	262	10	<i>White turkey (3 ounces)</i>	129	3
<i>Gravy (1/2 cup)</i>	58	4	<i>Use only 1/4 cup</i>	29	2
<i>Stuffing (1 cup)</i>	340	18	<i>1/2 cup serving</i>	170	9
<i>Cranberry sauce (1/4 cup)</i>	90	0	<i>No change</i>	90	0
<i>Potatoes, mashed with butter and whole milk (1/2 cup)</i>	130	6	<i>Mashed with non-fat sour cream</i>	82	0
<i>Vegetable casserole (3/4 cup)</i>	135	7.5	<i>Steamed vegetables (1/2 cup)</i>	25	0
<i>Dinner roll with butter</i>	100	6	<i>Don't add butter</i>	60	2
<i>Sweet potatoes, candied with brown sugar and butter (1/2 cup)</i>	164	3.4	<i>Mashed with sugar-free syrup (no butter)</i>	56	0
<i>Pumpkin pie with whipped cream</i>	350	20	<i>No whipped cream</i>	320	17
<i>Traditional total:</i>	1739	79	<i>Healthier Total:</i>	1126	35
<i>This meal is 41% fat.</i>			<i>This meal is 28% fat.</i>		

You save 643 calories and 44 grams of fat by making these small changes!

Supplement to Session 12:



TIPS FOR A HEALTHY THANKSGIVING



Use Low-Fat Products

Try skim milk, reduced-calorie margarine, fat-free sour cream and reduced-fat cheese.



Eat Smaller Portions

There are so many good foods! Take smaller portions (1/2 cup or less) of several different things!



Pick Your Favorites

You don't have to eat everything that is served. Pick the foods that are special and skip foods you eat all the time (like dinner rolls)!



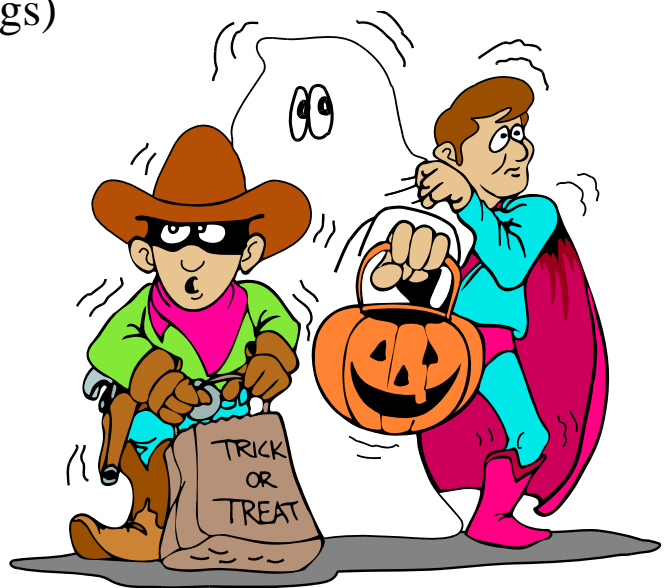
Take a Walk Before or After Dinner!

Invite your friends and family to walk with you. Walking briskly will burn off extra calories.

Supplement to Session 12: Happy Halloween!

To avoid temptation, you may want to give out some of these Halloween treats instead of candy:

- Pens or markers
- Stickers
- Money (change)
- Gum
- Inexpensive toys
- Erasers
- Gift certificates to restaurants
- Pads, post-its
- Decorative pencils
- Trading cards (baseball, etc.)
- Balloons
- Popcorn or pretzels (mini-bags)
- Sugar-free lifesavers
- Candy that you don't like!



Session 13: Talk Back to Negative Thoughts

At times, we all have had negative thoughts about our eating and exercise behaviors.

Negative thoughts can lead you to eat more and not be active.

A vicious cycle of self-defeat can result.

Look at the thoughts below:

Thought: "I'm tired of working so hard. I'm sick of being in PRIDE. I can never eat what I want."

Result: You eat potato chips.

Thought: "I did it again. I'll never lose weight."

Result: You feel bad and eat more.



Examples	Some common negative ways of thinking:	
"Look at what I did. I ate that piece of cake. I'll never be able to do well in PRIDE."	Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure; • Being on or off the program.
"I don't have the willpower." "I have to buy these cookies just in case friends drop in."	Excuses	Blame something or someone else for our problems. We don't mean to go off the program, but we "can't help it."
"I should have eaten less of that dessert."	Should	Expect to be perfect. A set-up for disappointment. Leads to anger and resentment.
"Mary lost two pounds this week, and I only lost one."	Not As Good As	Compare ourselves to someone else. Blame ourselves for not being good enough.
"This program is too hard. I might as well forget it."	Give Up	Defeat ourselves. Often follows the other kinds of negative thoughts.

Negative thoughts are often a result of setting **goals that are out of reach**. We may not even be aware of these goals. Still, we may be hard on ourselves when we don't reach them.

Example A You expect to lose at least 1 pound *every* week.

One week you lose only ½ pound.

At the PRIDE group meeting, you feel very disappointed.

You think, "I'll never succeed at this program. I might as well give up."

You go home and start eating cookies.

Don't let negative thoughts get the better of you.

Talk back to them

How to talk back to a negative thought

1. Catch yourself. Think, "I'm doing it to myself."
Uncover the negative thought and the goal that's out of reach.
2. Think about shouting, "**STOP!**" to yourself.
Picture a huge, red stop sign.
3. Talk back with a **positive thought** that relates to a **goal you can reach.**



Example B You feel guilty about eating a candy bar after lunch.

The negative thought: "I'm a failure."

The goal that's out of reach: To be perfect as you follow your eating plan.

STOP!

Talk back with a positive thought and a goal you *can* reach:

"One candy bar isn't enough to ruin the entire day.

I can cut back on something at dinner.

My goal is to follow my eating plan *most of the time.*"

How would you talk back to the negative thought in Example A above?






Here are some more examples:

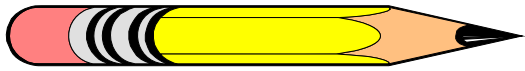
Negative thought:	Some positive ways of thinking related to realistic goals.
<p>Good or Bad</p> <ul style="list-style-type: none"> • "I can never eat dessert again." • "Look at what I did. I didn't walk today. I'll never get in shape." 	<p>Work toward Balance</p> <ul style="list-style-type: none"> • "I can eat that dessert and then cut back on something else." • "One slip-up isn't the end of the world. I can get back on track."
<p>Excuses</p> <ul style="list-style-type: none"> • "It's too cold to take a walk." • "I don't have the willpower." 	<p>It's Worth a Try</p> <ul style="list-style-type: none"> • "I can try going for a walk and stop if it gets too cold." • "It's hard to change old habits, but I'll give it a try and see how it works."
<p>Should</p> <ul style="list-style-type: none"> • "I should have eaten less dessert." • "I have to write down the minutes I'm active and steps." 	<p>It's My Choice</p> <ul style="list-style-type: none"> • "It was my choice. Next time I can decide not to eat so much." • "I'm writing down my minutes and steps because it helps me walk more."
<p>Not As Good As</p> <ul style="list-style-type: none"> • "Mary lost two pounds this week, and I only lost one." 	<p>Everyone's Different</p> <ul style="list-style-type: none"> • "It's not a race. Mary and I can lose weight at different rates and both succeed."
<p>Give Up</p> <ul style="list-style-type: none"> • "This program is too hard. I might as well forget it." • "I'll never get it right." 	<p>One Step at a Time</p> <ul style="list-style-type: none"> • "I've learned something about what's hard for me." • "I'll try something different next time."

Practice:

1. In the chart below, write examples of negative thoughts you've had about your eating or exercise. Can you uncover the goals that are out of reach?
2. Say each thought out loud, then say, "Stop!"
3. Talk back, again out loud, with a positive thought related to a goal you *can* reach. Write it down.



Negative thought and goal that's out of reach	STOP!	Positive thought related to a goal you <i>can</i> reach
		
		
		
		
		



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 125 minutes per week.**
We suggest you **spread this over 5 days for 25 minutes each day.**
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

Practice talking back to negative thoughts.

- Catch yourself thinking negative thoughts.
- Write them in your Keeping Track book.
- Practice stopping them and talking back with positive thoughts related to goals you can reach.



Before the next meeting, answer these questions:

- Did you practice talking back to negative thoughts? ___ Yes ___ No
- What problems did you have?

- What could you change for next week?

**Bring your completed Keeping Track, charts, and notebook to every session.
Bring a menu from a local restaurant to next week's session.**



Session 14:

Four Keys to Healthy Eating Out

Many people find it difficult to eat fewer calories and less fat when eating out. (“Eating out” includes buying take-out food and eating it at home.)

There are four basic keys to healthy eating out.

1. Plan ahead.

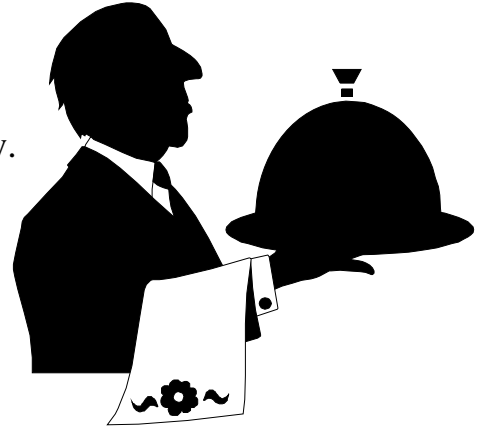
- Call ahead to ask about low-calorie, low-fat choices.
- Be careful where you eat out. Go somewhere that offers low-calorie, low-fat choices.
- Eat fewer calories and less fat during other meals that day.
- Eat a little something before you go out. Or drink a large glass of water.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.
- Carry a snack with you in case the meal is not served right away.



2. Ask for what you want. Be nice but firm.

Ask for the foods you want:

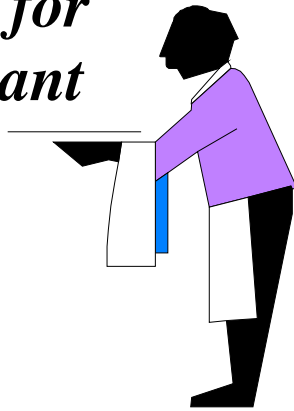
- Ask for low-calorie, low-fat foods.
- Ask if foods can be cooked in a different way.
- Don't be afraid to ask for foods that aren't on the menu.



Ask for the amounts you want:

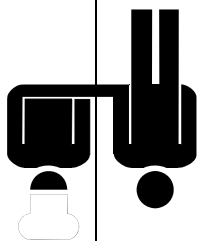
- Ask how large the portions are.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have what you don't want to eat put in a container to take home.
- Keep in mind that most restaurant serving sizes are larger than what we would suggest you eat.

How to ask for what you want



Many people find it hard at first to ask a waiter or waitress for something special. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy diet.
- Begin with "I", not "You." For example, "I would like the fish broiled with lemon juice instead of butter" instead of "You don't have low-fat fish on the menu."
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.



Wishy-washy

"Oh, well. I guess they couldn't broil the fish."

Threatening

"Look, you said you would broil my fish! I'm not paying for this!"

Firm and friendly

"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"

3. Work with what's around you.

- Be the first to order so others don't influence your choices
- Keep foods off the table that you don't want to eat.
- Ask that your plate be taken away as soon as you finish.

4. Be careful about the foods you choose.

Watch out for these high-calorie, high-fat words on menus:

- Au gratin
- Breaded
- Buttered or buttery
- Fried, deep fried, French fried, batter fried, pan fried
- Gravy
- Scalloped
- Seasoned
- Southern style
- Cheese Sauce
- Creamed, creamy, in cream sauce
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped

Look for these low-calorie, low-fat words, instead:

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Roasted
- Steamed
- Stir-fried

- Watch out for sauces. For example, grilled foods are often brushed with melted butter. Ask for no sauce or for sauces to be served on the side.
- Think about what you really *need* to eat.
- Trim visible fat off meat.
- Take skin off chicken.



What's on the menu?

You can make lower-calorie choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is cooked and served. Note: Most restaurants serve a tossed salad--a low-calorie choice if topped with lemon juice, vinegar, or a low-fat dressing.



GO with lower-calorie choices	CAUTION with high-calorie choices
<p>Pizza</p> <ul style="list-style-type: none"> • Plain cheese pizza (ask for half the cheese or low-fat cheese) • Onions, green peppers, mushrooms 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni) • Olives
<p>Burger Place (fast food)</p> <ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce • Broiled, extra lean burger 	<ul style="list-style-type: none"> • Regular hamburger, cheeseburger • French fries • Fried fish or chicken • Mayonnaise-based sauces
<p>Mexican</p> <ul style="list-style-type: none"> • Heated (not fried) tortillas • Grilled chicken or beef fajitas • Soft tacos (corn or flour tortillas) • Salsa 	<ul style="list-style-type: none"> • Enchiladas • Chili con queso • Fried tortillas, tortilla chips • Sour cream, guacamole • Crisp tacos
<p>Chinese and Japanese</p> <ul style="list-style-type: none"> • Stir-fried chicken • Stir-fried vegetables • Steamed rice • Soup • Teriyaki 	<ul style="list-style-type: none"> • Egg foo yung • Fried chicken, beef, or fish • Fried rice or noodles • Egg rolls • Fried won ton • Tempura
<p>Italian</p> <ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce • Minestrone soup 	<ul style="list-style-type: none"> • Sausage • Lasagna, manicotti, other pasta dishes with cheese or cream • Fried or breaded dishes (like veal or eggplant Parmesan)
<p>Seafood</p> <ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon • Plain baked potato 	<ul style="list-style-type: none"> • Fried fish • Fried vegetables • French fries
<p>Steakhouses</p> <ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts) • Fried fish or chicken • Onion rings, other fried vegetables • French fries

If you drink alcohol

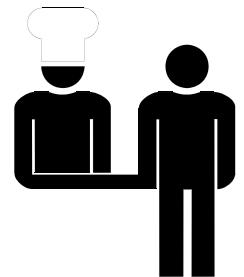
- Don't drink alcohol on an empty stomach.
- If you have diabetes, be sure to wear your diabetes ID bracelet.
- Don't forget that alcohol is high in calories.
- Sip slowly.
- Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.



If you overeat

- Keep in mind that when you overeat (eat more calories than you should for that meal), it results in excess calories.
 - Taking a walk after dinner is an option.

Describe a problem you have when you eat out:



Choose one of the four keys to healthy eating out. Make an action plan.



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?

My reward will be:



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps.**
- Stay under your **calorie and fat gram.**

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week.** We suggest you **spread this over 5 days for 30 minutes each day.** This will be your activity goal for the next 4 weeks.
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (150 minutes or more):			

Follow your action plan related to eating out.

Before the next meeting, answer these questions:

- Did you follow your action plan?

___ Yes ___ No ___ Almost

- What problems did you have?

- What could you change next week?



Bring your completed Keeping Track, charts, and notebook to the next session.

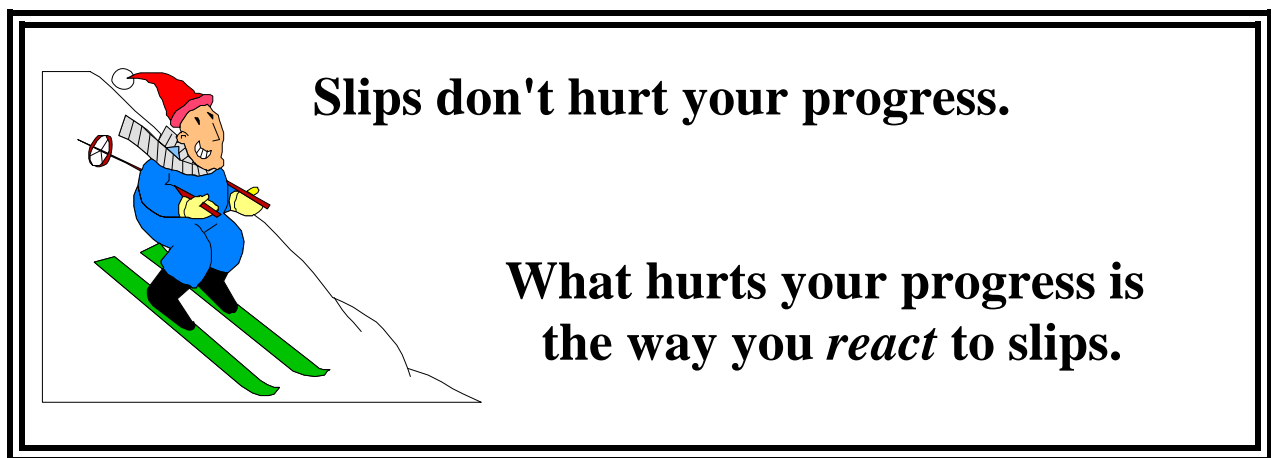


Session 15:

The Slippery Slope of Lifestyle Change

“Slips” are:

- Times when you don't follow your plans for healthy eating or being active.
- A **normal** part of lifestyle change.
- To be expected.



What are some common things that cause you to slip from healthy eating?



What are some common things that cause you to slip from being active?

What causes you to slip is learned. It is a **habit**.

The way you react to slips is also a habit.

You can learn a new way to react to slips to get back on your feet again.

What to do after a slip:

First, remember two things:

- ≡ **Slips are normal and to be expected.**
99.99% of all people on their way to losing weight and being more active have slips.

- ≡ **No one time of eating too much or not being active, no matter how extreme, will ruin everything.**
The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip: 1. **Talk back to negative thoughts with positive thoughts.**

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."



2. **Ask yourself what happened.**

Learn from the slip. Can you avoid it in the future? Manage it better?

3. **Regain control the very next time you can.**

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. **Talk to someone supportive.**

Call your Individual Counselor or a friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.



5. **Focus on all the positive changes you've made.**

You are making life-long changes. Slips are just one part of the process.



Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

How can you avoid this slip in the future?

Make a realistic plan for how to get back on your feet the next time you slip:

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



Example Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

When I'm under pressure from deadlines at work, I buy pastries at the coffee shop next door.

How can you avoid this slip in the future?

I can bring fruit to work for a snack and take a quick walk to work off stress.

Make a realistic plan for how to get back on your feet the next time you slip:

Problems
can be solved.

I will: *Bring fruit to work*

When? *The day after I slip*

I will do this first: *Buy fruit that I like (pears, apples)*

Roadblocks that might come up: I will handle them by:

Forget to pack it

Keep lunch bag on counter

Run out of fruit

Buy single serving canned

fruit salad and keep in

desk at work with spoons

I will do this to make my success more likely:

Self-monitor snacks at work

How can we help you?

Review my self-monitoring records

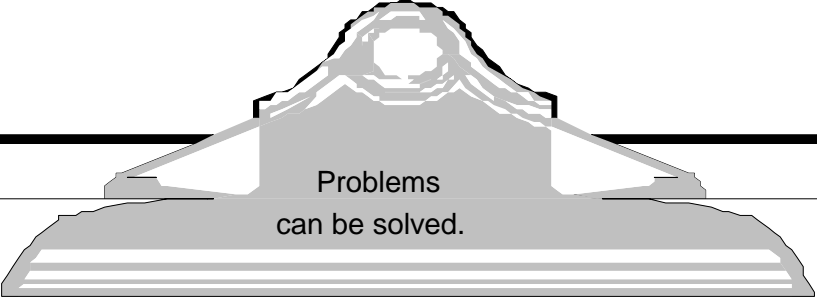


Slips from being active:

Describe something that commonly causes you to slip from being active:

How can you avoid this slip in the future?

Make a realistic plan for how to get back on your feet the next time you slip:



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



Example Slips from being active:

Describe something that commonly causes you to slip from being active:

I get home from work, and I watch TV instead of walking like I planned.

How can you avoid this slip in the future?

Keep my walking shoes on the mat right inside the front door. Stay away from the TV room until after I walk.

Make a realistic plan for how to get back on your feet the next time you slip:

Problems
can be solved.

I will: *Keep a self-monitoring card of my walks after work.*

When? *Starting next week*

I will do this first: *Put a pen and index card on the table by the front door.*

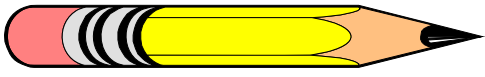
Roadblocks that might come up:	I will handle them by:
<i>I get home late from work</i>	<i>Ask husband ahead of time to start cooking dinner if I'm late. Plan a simple meal he can prepare.</i>

I will do this to make my success more likely:

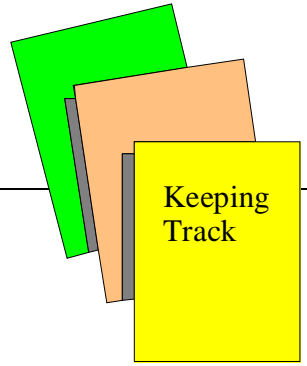
Buy a magazine for myself if I walk three times next week.

How can we help you?

Help me stay positive when I miss a walk I'd planned.



To do next week:



Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week.** We suggest you **spread this over 5 days for 30 minutes each day.**
- **Add 250 steps per day** to your average steps per day.

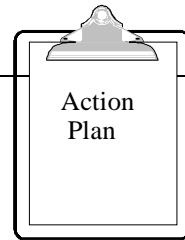
Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (150 minutes or more):			

Do your best to follow your action plans for handling slips.



Before the next meeting, answer these questions:

- What caused the slip? _____
- Did you follow your plans? ___ Yes ___ No ___ Almost
- What problems did you have?

- What could you change next week?

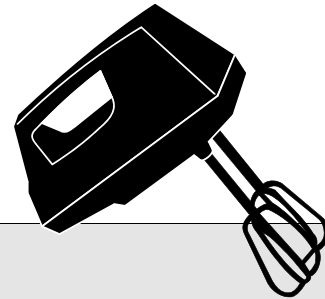
Bring your completed Keeping Track, charts, and notebook to every session.



Session 16: Recipe Modification

Build a Better Recipe

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

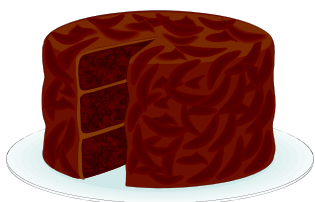


Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (look on the back of the cocoa box)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned skim milk
Whole eggs	2 egg whites, egg substitute
Mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

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

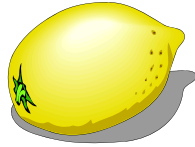
- Try cutting the amount of margarine/butter by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!

Keep in mind that these recipes may still be high in calories.
Eat them only rarely, and take small portions.



Lower-Calorie, Lower-Fat Cookbooks

A Low fat Lifeline for the 90's. Valerie Parker. Lafayette Publications, 52 Condolea Court, Lake Oswego, OR 97035, 1990.



All-American Low-Fat Meals in Minutes. M.J. Smith, DCI Publishing, Inc., Minneapolis, MN 55447-9727, 1990.

Controlling Your Fat Tooth. Joseph C. Piscatella. Workman Publishing, New York, NY 10003, 1991.

Cooking Á la Heart. Linda Hachfeld and Betsy Eykyn. Appletree Press, Inc., Mankato, Minnesota 56001, 1992.

Cooking Light Cookbook. Oxmoor House, Inc., Birmingham, AL 35201, 1992 (Published once a year.)

Down Home Healthy Cooking. National Cancer Institute, 1995.

Food for Life: The Cancer Prevention Cookbook. Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1986.

Graham Kerr's Creative Choices Cookbook. Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.

Graham Kerr's Smart Cooking. Graham Kerr. Doubleday, New York, NY, 1991.

Healthy Heart Cookbook, The. Oxmoor House, Inc., Birmingham, AL 35201, 1992.

Jane Brody's Good Food Book: Living the High-Carbohydrate Way. Jane E. Brody. Bantam Books, New York, NY, 1985.

Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining. Jane E. Brody. Bantam Books, New York, NY, 1990.

Lean and Luscious. Bobbie Hinman and Millie Synder. Prima Publishing, Rocklin, CA 95677, 1987.

Lean and Luscious Meatless. Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1992.

Light-Hearted Seafood. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1989.

Low Fat and Loving It. Ruth Spear. Warner Books, Inc., New York, NY 10103, 1991.

Low-Fat Way to Cook, The. Oxmoor House, Inc., Birmingham, AL, 1993.

Mexican Light Cooking. Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.

Month of Meals (there are several editions on the following topics: Classic Cooking, Ethnic Delights, Meals in Minutes, Old-Time Favorites, Vegetarian Pleasures). American Diabetes Association (for a free catalog, call 1-800-232-6733).

New American Diet, The. Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.

Not Just Cheesecake. Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1988.

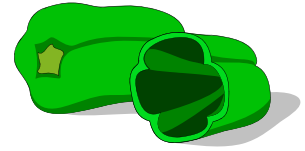
Over 50 and Still Cooking: Recipes for Good Health and Long Life. Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc., San Leandro, CA, 1990.

Que Bueno: Five a Day Cookbook. Bonnie Jortberg, MS, RW. Colorado Department of Public Health and Environment.

Quick and Delicious Low-Fat, Low-Salt Cookbook, The. Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.

Quick and Easy Diabetic Recipes for One. Kathleen Stanley, Connie Crawley. American Diabetes Association (for a free catalog, call 1-800-232-6733).

Quick & Healthy, Volume II. Brenda J. Ponichtera. ScaleDown, The Dalles, Oregon 97058, 1994.



Quick & Healthy Recipes and Ideas.

Brenda J. Ponichtera. ScaleDown, The Dalles, Oregon 97058, 1994.

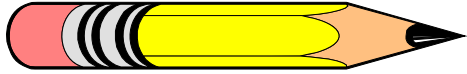
Seafood: A Collection of Heart-Healthy Recipes. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1986.

Six Ingredients or Less: Cooking Light & Healthy. Carlean Johnson. C.J. Books, Gig Harbor, WA 98335, 1992.

Snack to Your Heart's Content. Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.

Southern But Lite. Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second Printing, February, 1990.

Sunset Low-Fat Cookbook. Sunset Publishing Corporation, Menlo Park, CA, 1992.



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, steps, and minutes you are active.**
- Stay under your **calorie and fat gram goals.**
- **Try a new low calorie recipe, a new low calorie/low fat product, or try a new fruit or vegetable to add variety to your eating habits.**

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week.**
We suggest you **spread this over 5 days for 30 minutes each day.**
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (130 or more):			

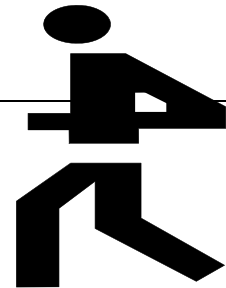
Bring your completed Keeping Track, charts, and notebook to every session.

Dress for exercise next session.



Session 17: Jump Start Your Activity Plan: Muscle Training

Let's review the PRIDE activity goal.



Slowly build up to **200 minutes per week of moderate physical activity**, like brisk walking, by **Week 26**.

We suggest you **spread this over at least 5 days per week**.

For example:

Weeks 1-3: Walk 50 minutes per week (**10 minutes** on 5 days per week).
Weeks 4-5: Walk 75 minutes per week (**15 minutes** on 5 days per week).
Weeks 6-9: Walk 100 minutes per week (**20 minutes** on 5 days per week).
Weeks 10-13: Walk 125 minutes per week (**25 minutes** on 5 days per week).
Weeks 14-17: Walk 150 minutes per week (**30 minutes** on 5 days per week).
Weeks 18-21: Walk 175 minutes per week (**35 minutes** on 5 days per week).
Weeks 22-26: Walk 200 minutes per week (**40 minutes** on 5 days per week).

To help you reach this goal, you are expected to:

- **Keep track** of how long you are active.
- **Wear a pedometer** to measure the steps you take.
Slowly increase your steps to an average of **10,000 steps per day or more**.

Research shows that being more active will:

- Help you lose weight and keep it off.
- Lower your blood sugar by making the body more sensitive to insulin.
- Help you feel and look better.
- Make you more physically fit.
- Make it easier for you to do your daily work, like climbing stairs.
- Lower your risk for some kinds of cancer.
- Lower your risk for heart disease. Being active raises HDL cholesterol, lowers triglycerides, and lowers blood pressure.



To help you become more active, we have taught you how to do the following:

- **Work with what's around you.**

Example: Set up a regular walking date with a friend or family member.

- **Solve problems.**

Example: What if your friend can't walk with you as planned?
Ride an exercise bike instead.

- **Talk back to negative thoughts.**

Example: Negative thought: "Look at what I did. I didn't walk today. I'll never get in shape."
Talk back: "One slip-up isn't the end of the world. I can get back on track."

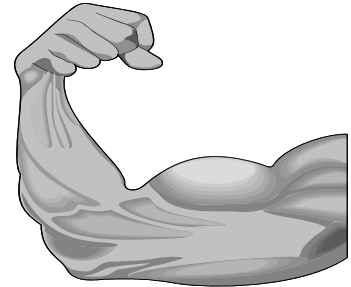
Over time, boredom with your activity plan may cause you to slip back into old habits of not being active.

One way to **prevent boredom** is to **add something new**.

Until now, our focus has been on aerobic forms of exercise such as walking. We suggest **adding muscle training** (also called strength training).

Muscle training is **good for you in many ways**:

- Builds muscle strength and endurance.
- Improves balance and coordination.
- Helps you look good by firming and toning the muscles. It does *not* make them bulky or large.
- Makes it easier to do daily chores such as carrying things, shoveling snow, or yard work
- Prevents the loss of muscle tissue common with aging and weight loss.
- Keeps bones strong. This lowers your risk of osteoporosis (weak bones).

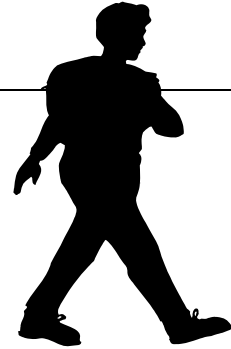


However, keep in mind that muscle training:

- **Burns *fewer* calories** than the same amount of time spent brisk walking.
- **Does not improve your heart fitness** as much as brisk walking.

Important:

Use muscle training as an *addition* to your walking program, *not* to replace it.



Here's how to start a simple muscle training program:

- **Warm up for 5-10 minutes.**

This will reduce your chance of getting hurt and increase your range of motion. You can use your walk as a warm-up or walk in place for a few minutes. Follow this by doing a few stretches for the muscles you will be using (refer to earlier sessions).

- **Follow the instructions to the letter**, such as those attached.

You may have been taught to do sit-ups with your legs straight out. Now we know it's important to bend your knees to prevent back problems.

- **Move slowly and smoothly. Never hold your breath.**

This will prevent a dangerous rise in blood pressure.

- When you **lift**: *Breathe out, and count 1-2.*
- **Hold** the position for 1 count.
- When you **release**: *Breathe in, and count 1-2-3-4.* Be careful to control the speed with which you release the movement. This will avoid stressing the joints.

- Do each exercise **through the full range of motion**.

If you can't do this, decrease the amount of resistance.

- **Keep it slow and steady.**

Add more resistance gradually to develop muscle strength.
At the same time, be careful not to do too much.

You may want to slowly repeat each exercise 12-20 times (this is called a "set"). Then work up to doing 2-3 sets of each exercise each time.

- When using the exercise bands, it's **okay to do the exercises every day**.

But if you use too much resistance, or if your muscles are very sore, it's best to take a day off to allow your muscles to rest and recover.

- **Cool down.**

After the exercises, stretch the muscle groups used. Do each stretch three times and hold 30-60 seconds.

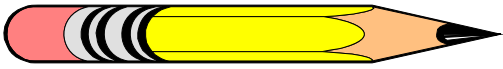
Over the next few sessions,
you will learn different muscle training exercises.

When you perform all of the exercises as a group, keep in mind the following:

After you exercise muscles on one side of a joint, exercise those on the other side. This will maintain balance and prevent injury.

For example, if you exercise the muscles that bend the elbow (biceps), then exercise the muscles that straighten the elbow (triceps).

To begin, try the muscle training exercises at the end of this session.



To do next week:

Keep Track

- Keep track of your **weight, fat grams, calories, the minutes you are active, steps, and muscle training exercises** (see below).
- Stay under your **calorie and fat gram goals**.

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week**. We suggest you **spread this over 5 days for 30 minutes each day**.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day
- On **three days this week**, do the **muscle training exercises** given.

Here's how to **record muscle training exercises** in your Keeping Track.

(Note: You don't need to record the specific exercises or the minutes.)

Kind of Physical Activity	Minutes
Walk	30
Exercise band	

Remember:

Use muscle training exercises as an *addition to your walking program, not to replace it.*

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (150 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session.



Session 18: Emotions and You

What kind of eater are you?

Read below to see which one seems the most like you.

1. **I try to eat less, but I end up eating too much (more than my calorie and fat gram goals).** Sometimes I skip meals. Sometimes I eat very few foods for breakfast and lunch. Then I eat too much later in the day. When I eat too much, it is often because I'm feeling good or bad about something. When I don't follow my plans for eating, I get frustrated and give up altogether. Then I overeat.

2. **I try to eat less, and most of the time I can.** I have a plan for eating less. If I eat more than I'd planned to at lunch, I'll eat less at dinner. I don't usually eat more than my calorie and fat gram goals in response to stress or emotions.

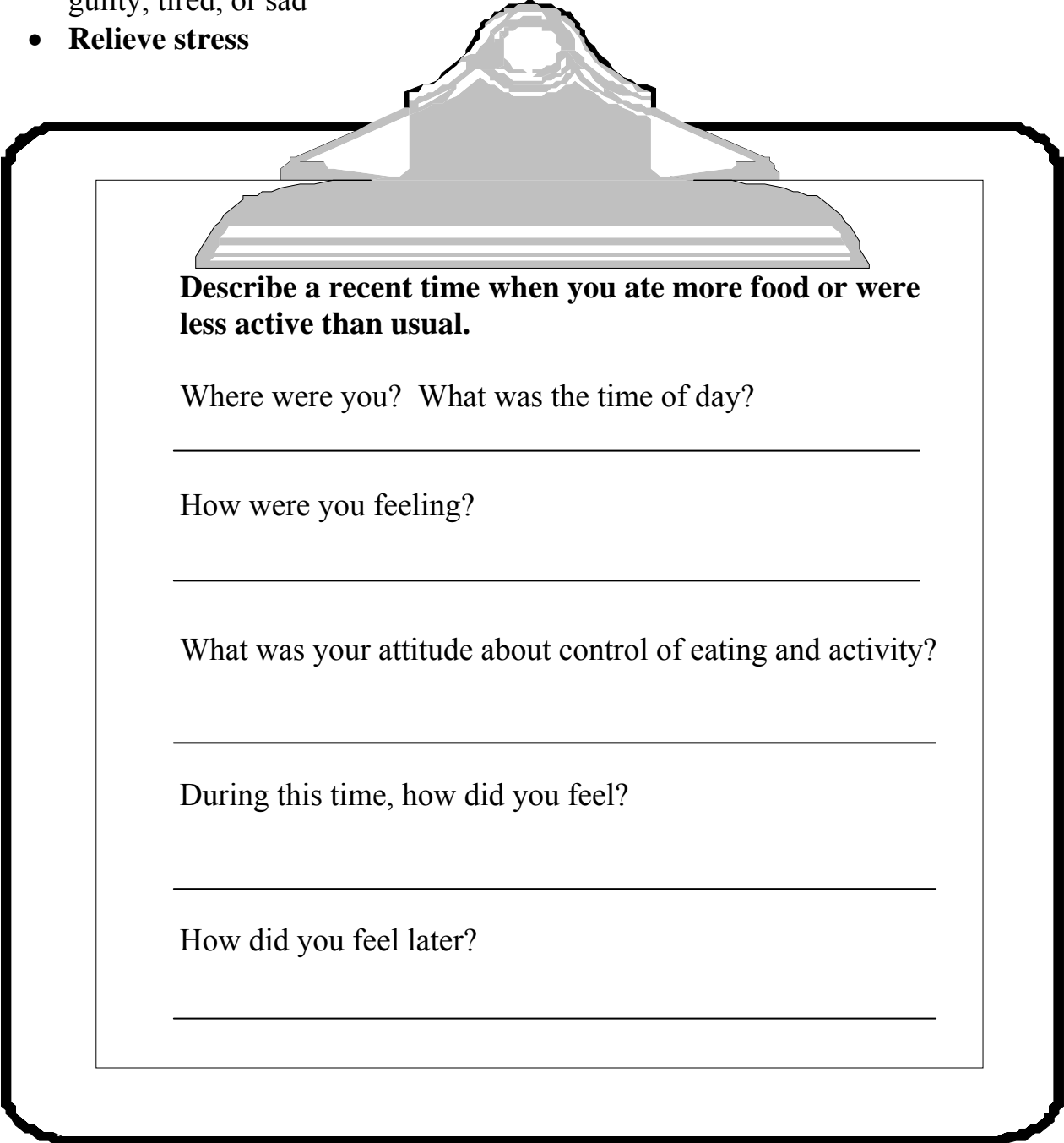
3. **I eat too much (more than my calorie and fat gram goals) and don't try to eat less.** I have tried to lose weight many times before but have failed. I have felt deprived or very stressed when I have tried to eat less. I don't want to try again.



For many people, overeating and being inactive often relate to how they feel.

You may be in the habit of overeating and being inactive as a way to:

- **Celebrate** holidays, special events, and accomplishments
- **Reward yourself** for working hard
- **Comfort yourself** when you feel bored, angry, depressed, anxious, frustrated, guilty, tired, or sad
- **Relieve stress**



Describe a recent time when you ate more food or were less active than usual.

Where were you? What was the time of day?

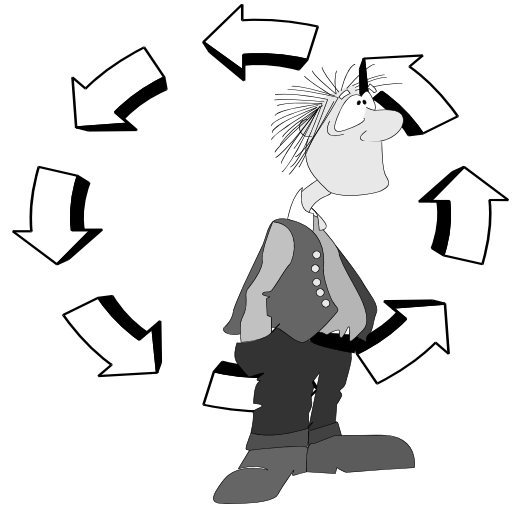
How were you feeling?

What was your attitude about control of eating and activity?

During this time, how did you feel?

How did you feel later?

Emotions, overeating and being inactive are often part of a **vicious cycle**.



You have **good intentions** to lose weight and be more active.

• **Stress** gets in the way. For instance:

- Family or marital problems
- Death of a loved one
- Job problems (including loss of a job or a new job)
- Moving
- Change in family status (such as marriage, divorce, birth, children moved away)
- A holiday, special event or celebration

- Illness or surgery
- Trying to reach your goals**, especially if you use **rigid weight loss strategies** such as these:
 - You expect to be perfect.
 - You avoid certain foods.
 - You eat too little food.
 - You exercise only after you eat too much.
 - You skip meals after you eat too much.

• You **overeate or are less active** as a way to ease the stress for a little while.

• You have **negative thoughts and feelings**, such as thinking, “I’m a failure,” or feeling guilty.

• You give up. Then you **really overeat or stop being active**.

Emotional eating and inactivity can get in the way of your goals. But **never give up**.

Focus on long-term results.
Habits can be changed over time.
You can learn to respond to your feelings in different ways.

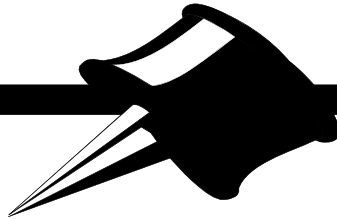
Negative thoughts often lead to bad feelings that in turn lead to eating too much and not being active.

We've discussed the kinds of negative thoughts below. What emotions might follow them?

Examples	Some common negative ways of thinking:		Emotions
"Look at what I did. I ate that piece of cake. I'll never be able to succeed."	Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure; • Being on or off the program. 	
"I don't have the willpower to get up in the morning and walk." "I have to sit down after dinner. I work hard all day, get dinner for the family, and then I deserve a break."	Excuses	<ul style="list-style-type: none"> • Blame something or someone else for our problems. • We don't mean to go off the 	
"I should have eaten less of that dessert."	Should	<ul style="list-style-type: none"> • Expect perfection. 	
"Mary lost two pounds this week, and I only lost one."	Not As Good As	<ul style="list-style-type: none"> • Compare ourselves to someone else. • Blame ourselves for not measuring up. 	
"Exercising regularly is just too hard. I might as well forget it." "I haven't walked for two weeks. It's hopeless."	Give Up	<ul style="list-style-type: none"> • Defeat ourselves. • We think one mistake means we can never succeed. • Often follow the other kinds of negative thoughts. 	

The emotions that most often trigger eating too much and not being active are **anxiety and frustration**.

One way to avoid anxiety and frustration related to your weight loss efforts is to **practice the tips below**.



Flexible Weight Loss Strategies

- **Don't let yourself get too hungry.**

Plan three meals and two or three snacks in advance, no more than 3 or 4 hours apart.

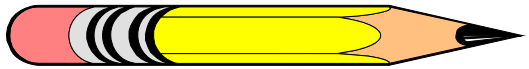
Do not skip meals and snacks.

- **Eat moderate amounts of food.**

Stay at your goals for calories and fat grams.

- **If you overeat, get back on your meal plan.**

Don't punish yourself by eating too little at the next meal or snack.



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, and steps.**
- Stay under your **calorie and fat gram goals.**
- Keep track of **your feelings and moods when you eat meals or snacks.**

Use the symbols below:

- A **plus (+) sign in a circle** if you were feeling a **positive emotion**
- A **minus (-) sign in a circle** if you were feeling a **negative emotion**

Feel free to write any comments you'd like to add about your feelings or the situation.

For example:

Time	Food: Amount and Description	Calories	Other (Fat)
11:30 pm	2 cups chocolate-almond ice cream <i>Lonely and tired, (-) out of control, just talked to Mom on phone</i>	712	48

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week**. We suggest you **spread this over 5 days for 35 minutes each day**.
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

- **On at least 3 days this week, do the muscle training exercises that you learned**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (at least 175 minutes):			

Bring your completed Keeping Track, charts, and notebook to the next session.



Session 19: Handling Holidays, Vacations, and Weekends

Many people find it hard to eat less and stay active during holidays, vacations, and even on weekends.

Here are some tips:

Handling Weekends

Do you find it hard to eat less and stay active on weekends?

Here are some tips:

- **Plan ahead.**

A lack of structure can make weekends a challenge.

Instead, plan what you will eat and when.

Plan how you will be active and when.

Include a back-up plan.

For instance, what if you're too busy shopping to get home for lunch?

Plan some healthy choices you could make at a fast food restaurant.

Or pack a healthy lunch.

What if your friends ask you to eat out on Saturday night? Plan to eat half and bring the rest home in a doggie bag.

- **Plan pleasures other than food or drink.**

Many of us use the weekend to do chores and errands.

But try not to expect too much of yourself.

Plan daily times to relax, too.

Think about how you can make being active a fun part of the weekend.



- **Don't skip meals.**

It may be tempting to sleep late and skip breakfast on weekends.

Or you may be so busy running errands that you skip lunch.

But skipping meals can lead you to eat too much later in the day.

Instead, plan quick meals and snacks.

For instance, drink some low-fat milk and have a piece of fruit and toast when you get up.



Pack an apple or some low-fat crackers before you leave home to run errands. You'll have them on hand if you can't eat lunch on time.

Handling Holidays and Vacations

1. Plan pleasures other than food or drink.

- Plan the kind of holiday or vacation that *you* want.
- Think about what you might like to do to stay active.
Can you make that a part of your holiday, vacation, or special event?

2. Hold a family meeting ahead of time.

- What did we like or dislike about our last holiday or vacation? What will we do this time?
- How will we handle food and eating out?
- Can we find a fun way to all be physically active this year?
- Get the family to agree not to nag you about your eating or activity.
- Talk about ways your family can help.

3. Have reasonable expectations.

- Keep track of your eating and how active you are.
- Weigh yourself often. But don't forget, scales differ.
- Plan to *maintain* your weight.
- Let go a little. Eat something special.
(Choose the best. Have a small portion.)
- Be a little more active.

4. If you tend to be tense during holidays or vacations:

- Avoid long periods when you're doing what others want and not what you want.
- Plan daily times to relax.
- Plan breaks often while driving long distances.



5. Decide what you want to do about alcohol.

- Drinking may lower self-control.
- If you drink, be aware of the calories.

6. Build in ways to be active.

- Park further away and walk when doing holiday errands or sight-seeing.
- Look for seasonal ways to be active that can become traditions.

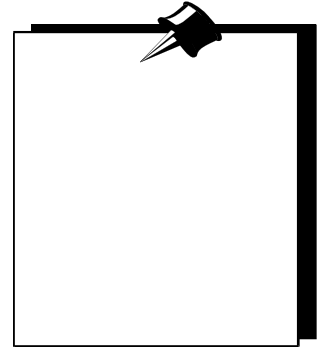
7. Prepare for friends or family you haven't seen in a while.

8. Plan for pleasures *after* holidays or vacations.

Thinking about your priorities

It's common to neglect healthy eating and being active during holidays or a vacation. One reason is **too much to do in too little time**.

To help manage your time, take a minute to **reflect on your priorities**.



1. Pretend is 10 years from now. You are thinking about how you spent holidays or vacations during those ten years. What would your most cherished memories be? **What were the most meaningful and enjoyable?** (There are no right answers. What means the most to you may be different for someone else.)

2. List some other **activities and traditions that are not so meaningful or enjoyable**. (For example, you may send holiday cards every year but not find much meaning or enjoyment in doing so.)

3. How important is **staying healthy** in terms of being able to enjoy your future holidays or vacations?



Saving Time for a Healthy Lifestyle During Holidays or Vacations

When I get busy during holidays or vacations, I tend to neglect the following behaviors:

- Keeping track of what I eat
- Keeping track of my activity
- Doing physical activity
- Cooking low-calorie and low-fat foods
- Planning ahead for when I eat out
- Talking back to negative thoughts
- Changing problem cues (food, social, or activity cues)
- Adding helpful cues (food, social, or activity cues)
- Problem solving what gets in the way of my healthy lifestyle goals
- Other (specify _____)

Some possible ways to make time to do the above things:

1. Cut back on these activities/traditions that are less important to me:

2. Streamline healthy eating/physical activity by: _____

Choose the best solution: _____

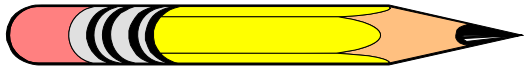
What might get in the way?

I will handle this by:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

I will do this to make my success more likely:

Did it work? If not, what went wrong?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, and steps.**
- Stay under your calorie and fat gram goals.

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week.** We suggest you **spread this over 5 days for 35 minutes each day.**
- During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (at least 175 minutes):			

Bring your completed Keeping Track, charts, and notebook to the next session.

Session 20: Make Social Cues Work *for* You

Meal replacements

Many of you have been using meal replacements several times per day.

- What has been good about using the meal replacements?
- What has been not so good?

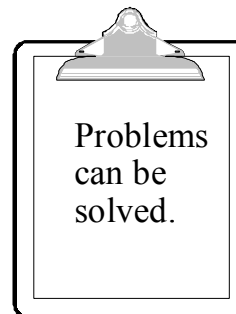
From this point on, PRIDE will provide only one meal replacement per day. So you have several options:

- Continue to buy additional meal replacements yourself.
- Cut back to using only one meal replacement per day. Follow the PRIDE meal plans for the other meals and snacks.
- Don't use any meal replacements at all. Follow the PRIDE meal plans for all your meals and snacks.

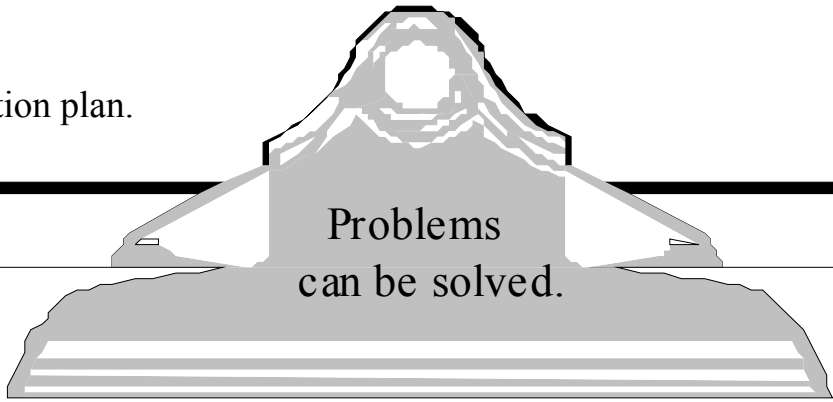
Cutting back to only one or no meal replacements may be challenging at first.

- What problems might come up? (Describe one problem in detail.)

- Brainstorm your options:
- Pick one option to try:



Make an action plan.



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?

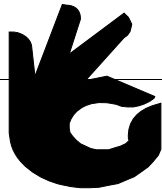
My reward will be:

Now let's move on to the topic of social cues.

Social cues: are what other people say or do that affects your eating and activity. Social cues may be *real* or *assumed*. For instance, Susan may think her husband disapproves of her evening walks. The opposite *may* be true.

Problem social cues:	Examples:
The sight of other people eating problem foods or being inactive.	<i>Your spouse eats ice cream in front of you.</i>
Being offered (or pressured to eat) problem foods or invited to do something inactive.	
Being nagged.	
Hearing complaints (or assuming them).	

Helpful social cues:	Examples:
The sight of other people eating healthy foods or being active.	<i>Your spouse walks on the treadmill.</i>
Being offered healthy foods or invited to do something active.	
Being praised.	
Hearing compliments.	



When you respond to a social cue in the same way, you build a **habit**. The other person has *also* learned a habit. This makes social cues even harder to change than other cues.

To change problem social cues:

1. Check out your assumptions.

Some cues exist because of what we *assume* others want us to do. But assumptions can be wrong. Instead, *ask* what others really think and feel. Example: You assume your mother would be insulted if you didn't eat a piece of her homemade pie. Actually, she is proud of your weight loss efforts.

2. Stay away from the cue, if you can.

Example: Move to a different room.

3. Change the cue, if you can.

Discuss the problem with the other person.
Brainstorm options.
Tell the other person about PRIDE and your efforts to lose weight and be more active.



Ask others to:

- Praise you for your efforts and
- Ignore your slips.

This is KEY to your success.

4. Practice responding in a more healthy way.

Say “No” to food offers. Show others you know they mean well.
Suggest something they can do to help you.

Example: “No, thanks. But I’d love a glass of ice water.”

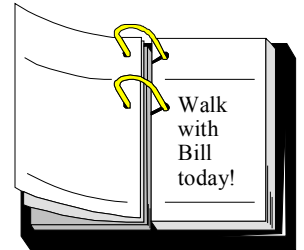
Remember, it takes time to change habits.

To add helpful social cues:

- Spend time with people who are active and make healthy food choices.

- Put yourself in places where people are active.

- Set up a regular “date” with others to be active.



- Ask your friends to call you to remind you to be active or to set up dates to be active.

- Bring a low-calorie and low-fat food to share when you go to a dinner party.

- Be the first to order when you eat out at a restaurant.

- Be social by doing something active. Take a walk and talk.

- Others:



Who could provide support for you?

For healthy eating: _____

For being more active: _____

What could they do to help you? Below are some ideas.

(Feel free to share this page with people who could give you support.)



Ways to help me eat healthy:	Ways to help me be more active:
Serve low-calorie/fat foods for meals.	Go for a walk with me. Or do other physical activities with me.
Eat low-calorie/fat foods when I'm nearby.	Plan social events around being active.
Don't tempt me with problem foods as a reward or gift.	Compromise when my being active conflicts with our schedule.
Clear the table and put food away as soon as the meal is over.	Praise me when I do my scheduled activity. Don't remind me when I don't.
Help with cooking, shopping, or cleaning up after meals.	Babysit for me so I can take a walk.
Don't offer me second helpings.	Set up a regular date with me to be active.
Encourage me to cook new foods.	Encourage me to go out for a walk when I'm debating whether or not to go.
Praise my efforts to eat healthier foods.	Try to achieve and maintain the PRIDE goals with me.
Other: _____	Other: _____
_____	_____
_____	_____
_____	_____



Social cues are powerful at social events.

Social events:

- Upset our routine.
- Challenge us with unique food and social cues.
- May involve habits that have developed over many years and so can be very powerful.



To handle social events, problem solve. Brainstorm your options. Some ideas:

Options:	Examples:
Plan ahead.	Eat something before the event. Plan your meal in advance. Budget your calories ahead of time. Plan to eat the best (in small portions) and leave the rest. Bring a tasty, low-calorie dish to share.
Stay away from problem cues.	Stand as far away as you can from the table with the food. Keep your hands busy with a glass of water, coffee, tea, or diet soda. Watch the alcohol. It lowers your will power and increases appetite. Clear the table as soon as possible. Put the food away.
Change problem cues.	Discuss your goals with your family, friends, guests, host or hostess. Ask others to praise your efforts and ignore your slips.
Respond to problem cues in a more healthy way.	Practice a polite, but firm, “No, thank you.” Suggest something else they can do to help you. “No thanks, but I’d love a glass of ice water.”
Add helpful cues.	Serve healthy foods or bring some to share. Use low-calorie products to lower the calories in favorite recipes. Try some new, low-calorie recipes. Ask a friend or family member for support (split dessert with you, take a walk together, offer you healthy food choices). Plan things to do that are active and don’t involve food.



Describe a social cue that's a *problem* for you. _____

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

Make a positive action plan.

Problems
can be solved.

I will: _____

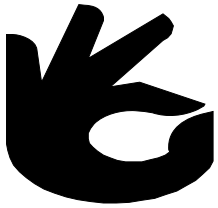
When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



Describe a *positive* social cue you'd like to add to your life. _____

Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

Make a positive action plan.

Problems
can be solved.

I will: _____

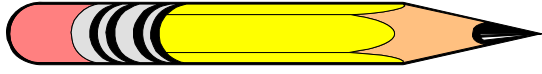
When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week.**

We suggest you **spread this over 5 days for 35 minutes each day.**

- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

- **Walk (or do something like walking) with a friend at least once this week.**
- On at least three days this week, **do the muscle training exercises** you've learned.

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (175 minutes or more):			

Tell your family and friends about PRIDE and your efforts to lose weight and be more active.

Follow your action plans for making social cues work *for* you.

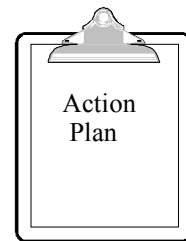
Before the next meeting, answer these questions:

Did you follow your plans?

Yes No Almost

What problems did you have?

What changes could you make next week?



Bring your completed Keeping Track, charts, and notebook to the next session.



PRIDE Meal Plan: Breakfast Menus

Each breakfast menu below contains **200-300 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

Cold or hot cereal (1 serving)



Milk (4 ounces)

Fruit juice (4 ounces) or fruit (1 serving)

Menu 2

Bread (2 servings)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (2 servings)

Fruit juice (4 ounces) or fruit (1 serving)

Menu 3

Egg substitute (1 serving)

Bread (1 serving)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving)

Fruit juice (4 ounces) or fruit (1 serving)

Menu 4

Nonfat fruit yogurt (any brand with 100-120 calories and 0 grams fat/serving)

Bread (1 serving)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving)

Fruit juice (4 ounces) or fruit (1 serving)

Other

Food	Amount	Calories	Fat (g)
Cereal			
* Bran Flakes	¾ cup	100	0
*Cheerios (plain)	1 cup	110	0
Corn flakes	1 cup	100	0
*Oatmeal, cooked, no fat added, unsweetened	1.2 cup ckd or 1 pkg instant (plain)	100	2
*Raisin Bran	½ cup	95	1
*Shredded Wheat, Spoon Size	½ cup	85	1
Special K	1 cup	110	0
Milk, Yogurt			
Skim milk	4 oz	43	0
1% milk	4 oz	51	2
Nonfat yogurt with aspartame (any brand with 100-120 calories and 0 gram fat per serving)	6-8 oz	100-120	0
Bread			
*Whole wheat toast	1 slice	70	1
White toast	1 slice	70	1
English muffin	½	67	1
Small bagel (check label) (Note: This is a <i>small</i> Lender's Bagel. Many bagels contain more than 300 calories.)	1.2	80	1
Diet bread	2 slices	80	0

Food	Amount	Calories	Fat (g)
Egg substitute			
Fleischmann's Egg Beaters	½ cup	38	0
Egg Whites	3 large	42	0
Fruit Juice			
Orange juice, unsweetened	4 oz	56	0
Grapefruit juice, unsweetened	4 oz	47	0
Apple juice, unsweetened	4 oz	58	0
Fruit			
*Banana, 8 " long	½ fruit	48	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Grapefruit, 4" diam	½ fruit	47	0
*Strawberries, fresh	1 cup	46	0
*Raisins, dried	2 Tsp	58	0
*Grapes, all kinds	½ cup	57	0
*Pear, fresh, 2 ½" diam	1 each	98	1
Jam, jelly, fat-free cream cheese, reduced-fat margarine			
Jam or jelly, regular (any flavor)	2 tsp	32	0
Jam or jelly, all fruit, no added sugar (any flavor)	2 tsp	27	0
Cream cheese, fat-free	2 Tbsp	30	0
Margarine, low-calorie	2 tsp	34	4

PRIDE Meal Plan: Lunch Menus

Each lunch menu below contains **300-400 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)

Chicken, turkey, salmon, tuna, or ham (1 serving)
Bread (2 servings)
Condiment (1 serving)
Fruit (1 serving)

Menu 2

Salad (see Free Food list)
Chicken, turkey, salmon, tuna, or ham (1 serving)
Condiment or fat-free or reduced-fat salad dressing (1 serving)
Bread (1 serving)
Fruit (1 serving)



Menu 3 (Vegetarian Option)

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)
Beans, cottage cheese, tofu, or hummus (1 serving)
Bread (1 serving)
Fruit (1 serving)

Menu 4

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)
Low-calorie frozen entree (≤300 calories and ≤10 grams fat)
Fruit (1 serving)

Other

Food	Amount	Calories	Fat (g)
Chicken, turkey, salmon, tuna, or ham			
Tuna, canned in water, drained	3 oz	99	1
Salmon, canned in water, drained	3 oz	118	5
Turkey breast, processed luncheon meat, oven-roasted	3 oz	90	3
Chicken breast, processed luncheon meat, oven-roasted	3 oz	90	3
Ham, processed luncheon meat, sliced or chipped	3 oz	90	5
Vegetarian meat alternative			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chick pea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, dried, no fat added	½ cup ckd	129	1
*Chickpeas (garbanzos)	½ cup ckd	134	2
Bread			
Pita or pocket bread, white, 7" diam	½ pita	96	1
Small bagel (check label) (Note: This is a <i>small</i> Lender's Bagel. Many bagels contain more than 300 calories)	½	80	1
*Whole wheat bread	1 slice	70	1
White bread	1 slice	70	1
Crackers, reduced-fat or fat free (check label)	6	100	0-3

Food	Amount	Calories	Fat (g)
Bread stick, 5" long	1	64	1
Rice, white, *wide, or *brown	½ cup ckd	105	1

Fruit

*Apple, 2 ¾" diam	1 each	81	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Peach, fresh, 2 ½" diam, or canned in water	1 each	37	1
*Pear, fresh, 2 ½" diam, or canned in water	1 each	98	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0

Condiment, salad dressing

Mayonnaise, low-calorie	1 Tbsp	49	5
Mayonnaise, fat-free	1 Tbsp	12	0
Salad dressing, fat-free (check label)	1 Tbsp	16	0
Salad dressing, low calorie	1 Tbsp	43	1-3
Mustard (check the label of honey mustards for fat grams)	2 Tbsp	24	1

Frozen entrees or dinners, low calorie

Choose any with ≤ 300 calories and ≤ 10 grams of fat.

PRIDE Meal Plan: Dinner Menus

Each dinner menu below contains **500-600 calories**. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Fish or poultry, cooked without fat, skin removed (1 serving)
- Pasta, potato, or rice (1 serving)
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)

Menu 2

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Low-calorie frozen entree (≤ 300 calories, ≤ 10 grams fat)
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)



Menu 3 (Vegetarian)

- Salad (see Free Food list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Beans, cottage cheese, tofu, or hummus (1 serving)
- Rice (2 servings) or 1 serving of pasta or potato
- Vegetable (1 serving)
- Margarine, low-calorie (1 serving)
- Fruit (1 serving)


Other

Food	Amount	Calories	Fat (g)
Fish or poultry, cooked without fat			
Fish, fresh or frozen, no fat or breading	3 oz	90	1
Turkey, ground, lean (breast only)	3 oz	160	8
Turkey, light meat, skin removed	3 oz	140	3
Chicken, white meat, skin removed	3 oz	141	3
Vegetarian meat alternatives			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chick pea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, dried, no fat added	½ cup ckd	129	1
*Chickpeas (garbanzos)	½ cup ckd	134	2
Pasta, potato, or rice			
Pasta, white or *whole wheat, plain	1 cup ckd	197	1
Rice, white, *wild, or *brown	½ cup ckd	105	1
Potato, mashed, made with skim milk and no fat added	1 cup	156	0
Potato, boiled without skin	Medium	220	0
*Sweet potato or yam, baked in skin	½ cup	131	0
Vegetables			
*Broccoli, cooked	1 cup ckd	52	0
*Brussels sprouts, cooked	1 cup ckd	66	0
*Cabbage, red or green, cooked	1 cup ckd	32	0
*Carrots, cooked	1 cup ckd	70	0

Food	Amount	Calorie	Fat (g)
*Cauliflower, cooker	1 cup ckd	34	0
*Corn, whole kernel, cooked	½ cup ckd	66	0
*Green beans, cooked	1 cup ckd	38	0
*Peas, green, cooked	½ cup ckd	62	0
*Peas, snow, cooked	1 cup ckd	50	0
*Peppers, bell, cooked	1 cup ckd (chopped)	38	0
*Spinach, cooked	1 cup ckd	54	0
*Squash, summer, cooked	½ cup ckd	44	0
*Squash, acorn, butternut, or hubbard	½ cup ckg	50	0
Marinara sauce, jarred (any with ≤ 100 calories and ≤ 2 grams of fat per cup)	1 cup	100	2
Fruit			
*Apple, 2 ¾" diam	1 each	81	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Peach, fresh, 2 ½" diam, or canned (water)	1 each	37	0
*Pear, fresh, 2 ½" diam or canned (water)	1 each	98	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0
Margarine or salad dressing, low-calorie, reduced-fat or fat-free			
Salad dressing, fat-free	1 Tbsp	16	0
Salad dressing, low-calorie	1 Tbsp	43	1-3
Margarine, low-calorie	2 tsp	34	4
Frozen entrees or dinners, low-calorie			
Choose any with ≤ 300 calories and ≤ 10 grams of fat.			

PRIDE Meal Plan: Snacks

The snacks below contain **50-200 calories**. Make choices that keep you under your daily calorie and fat goals. Foods marked with an asterisk (*) are good sources of fiber.

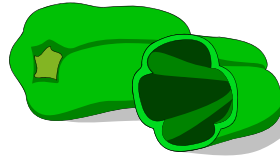
Food	Amount	Calories	Fat (g)	Food	Amount	Calories	Fat (g)
Fruit				 Other <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			
*Apple, 2 3/4" diam	1 each	81	0				
*Orange, fresh 2 5/8" diam	1 each	62	0				
*Peach, fresh, 2 1/2" diam	1 each	37	0				
*Pear, fresh, 2 1/2" diam, or canned (water)	1 each	98	1				
*Pineapple, fresh or canned in juice	1/2 cup	38	0				
*Banana, 8" long	1/2 fruit	48	0				
Milk and dairy products							
Cottage cheese, 1% milk fat	1/2 cup	82	1				
Skim milk	4 oz	43	0				
1% milk	4 oz	51	2				
Nonfat yogurt with aspartame (any brand with 100-120 calories and 0 gram fat per serving)	6-8 oz	100-120	0				
Fruit juice							
Orange juice, unsweetened	4 oz	56	0				
Grapefruit juice, unsweetened	4 oz	47	0				
Apple juice, unsweetened	4 oz	58	0				
Pineapple juice, unsweetened	4 oz	70	0				
Snack foods							
*Popcorn, air-popped, plain	2 cups popped	61	0				
*Popcorn, microwave, light or fat-free, popped from package, plain (check label)	2 cups popped	51	0-5				
Pretzels, hard type	1 oz	108	1				
Rice cake, standard size (check label)	2	100-120	0				
Granola bar, low-fat Quaker	1	110	2				
Crackers, reduced-fat or fat-free (check label)	6	100	0-6				
Cookies, reduced-fat or fat-free (check label)	2-4	150-200	0-6				
Hot chocolate							
Sugar-free hot cocoa, Carnation, mocha or rich chocolate	1 envelope	50	0-1				

PRIDE Free Foods

The following foods are virtually free of calories and fat.

Salad greens and raw vegetables

Cabbage
Carrot
Celery
Endive
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine lettuce
Spinach
Sprouts
Summer squash
Tomato
Zucchini



Drinks

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

Tonic water (sugar free)

Condiments

Artificial butter flavorings (e.g., Butter Buds)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard (check label)
Picante sauce
Pickles (dill, unsweetened)
Taco sauce
Vinegar

Sweet substitutes

Candy, hard, sugar free
Gelatin, sugar free
Gum, sugar free
Sugar substitutes (e.g., saccharine, aspartame)

Miscellaneous

Herbs
Lemon juice
Nonstick pan spray
Soy sauce
Spices
Worcestershire sauce

Session 21: You Can Manage Stress



Stress is tension or pressure.
Many people react to stress by eating too much or not being active.

Managing stress is important for many reasons.

What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Ways to prevent Stress:

- ❑ **Practice saying, “No.”**
Try to say “Yes” only when it is right for you.
- ❑ **Share some of your work with others.**
- ❑ **Set goals you can reach.**
- ❑ **Take charge of your time.**
 - Make schedules with the real world in mind.
 - Get organized.
- ❑ **Use problem solving:**
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- ❑ **Plan ahead.**
 - Think about the kind of Situations that are stressful for you.
 - Plan for how to handle them or work around them.
- ❑ **Keep things in perspective. Remember your purpose.**
 - Think of all the good things in your life.
 - Think about why you joined PRIDE
- ❑ **Reach out to people.**
- ❑ **Be more active.**

When you can't avoid stress:

- Catch yourself feeling stressed as early as you can.
- Take a 10-minute “time out.”
 - Move those muscles.
 - Pamper yourself. Just take 10 minutes for YOURSELF.
 - Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.





PRIDE may cause stress:

Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in cooking food and shopping.	Share some of your work. Take charge of your time.	Ask spouse to help shop. Make double recipes. Freeze part for later.
Feel deprived when can't eat favorite foods.	Set goals you can reach. Keep things in perspective.	Allow yourself to have favorite foods in small amounts now and then. Remind yourself how important losing weight is to you.
Upset if your family doesn't like low-calorie foods	Reach out to people Use the steps for solving problems.	Ask your family to support your efforts to try new foods. Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable in social activities where high-calorie foods are served.	Practice saying, "No." Reach out to people. Plan ahead.	Turn down invitations that aren't important to you. Call the host or hostess ahead and ask what will be served and if you can bring a low-calorie dish. Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	Plan ahead. Problem solve.	Make time to be active. Combine being active with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)



How does PRIDE cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:

Problems
can be solved.

I will: _____

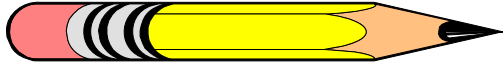
When? _____

I will do this first: _____

Roadblocks that might come up: _____ I will handle them by: _____

I will do this to make my success more likely: _____

How can we help you? _____



To Do next Week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week.**
- We suggest you **spread this over 5 days for 35 minutes each day.**
- **Add 250 steps per day** to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = _____ steps/day

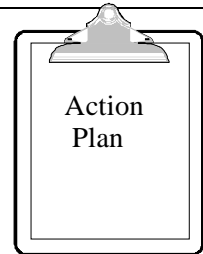
- On at least three days this week, do the **muscle training exercises**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (175 minutes or more):			

Follow your action plan for handling stress.

Before the next meeting, answer these questions:



- Did you follow your plan?
 Yes No Almost

- What problems did you have?

- What changes could you make next week?

Bring your completed Keeping Track, charts, and notebook to every session.



Session 22: Ways to Stay Motivated



Changes you've made to be more active:



Changes you've made to eat fewer calories and less fat:

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

If not, what will you do to improve your progress?

Ways to stay motivated:

1. Think about what you've achieved and hope to achieve.

What did you hope to achieve when you first joined PRIDE?
Have you reached these goals?

What would you like to achieve in the next six months of PRIDE?

2. Think about your successes.

What changes in your eating and activity do you feel proudest of?



3. Keep a record of your progress.

- Post weight and activity graphs somewhere you can see them often.
- Mark your activity milestones on a map toward a specific goal.
- Measure yourself (waist, belt size) once a month

4. Keep track of your weight, eating, and how active you are.



- Record your activity daily. _____
- Record what you eat this often: _____
- Record your weight on: _____

5. Add new or different things to your routine.

How have you changed your activity?

What meals, snacks, or foods are you most bored with?

Can you think of some ways to vary this part of your eating?

**6. Set new goals for yourself.
Find ways to reward yourself when you meet each goal.**

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?



7. Create some friendly competition.

Set up the kind of competition in which you both win.

8. Use the PRIDE staff and others to help you stay motivated.

Call a PRIDE staff member, participant, or friend for encouragement and support.



Choose one way to stay motivated that would be helpful to you now.

Make a positive action plan:

Problems
can be solved.

I will: _____

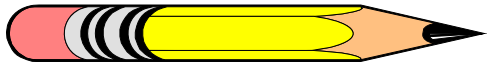
When? _____

I will do this first: _____

Roadblocks that might come up: _____ I will handle them by: _____

I will do this to make my success more likely:

How can we help you?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 200 minutes per week.**
We suggest you **spread this over 5 days for 40 minutes each day. This will be your activity goal for the remainder of the program.**
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day
- On at least three days this week, do the muscle training exercises.

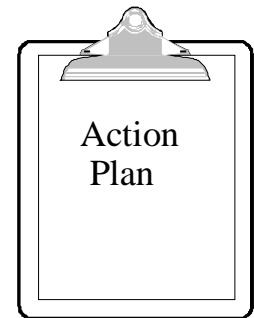
Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Minutes for the week (200 minutes or more):			

Follow your action plan for staying motivated.

Before the next meeting, answer these questions:

- Did you follow your plan?
 Yes No Almost



- What problems did you have?

- What could you change next week?

Bring your completed Keeping Track, charts, and notebook to every session.



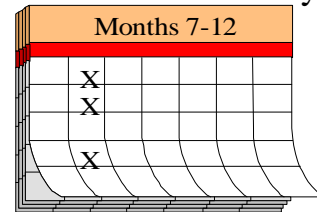
Session 23: Becoming A Weight Loss Expert

Congratulations!

You have now **completed the first six months** of the PRIDE Lifestyle Program.

During months 7-18:

You will come to the clinic
two times per month.



In these group sessions, we will help you to:

- **Maintain the changes you have made** in eating fewer calories and being more active
- **Reach your PRIDE goals** for weight and physical activity if you haven't reached them yet
- **Maintain your goals** if you *have* reached them

At this point, some of you have already reached your weight loss goal. Others still need to lose more weight to reach your goal.

In both groups, many of you would say it has been challenging to lose weight. However, the months ahead may be even *more* challenging.

Here's an example (meet Janet) of someone in a weight loss program.

During the **first six months:**

What Janet did	How Janet felt
Came to all the weekly meetings	Proud to be taking charge of her weight Found the other people in the group inspiring
Weighed herself once a week Recorded calories and activity almost every day	Liked seeing a record of the changes she was making
Cut calories by an average of 600 per day	Found she liked many lower-calorie foods she had never tried before
Began walking Slowly worked up to 200 minutes per week	At first, walking was a chore for her After she got used to it, she had more energy and felt great Enjoyed walking with her husband in the evenings

Result: She lost 20 pounds
(9% of her starting weight).



During the **second six months**:

What Janet did	What Janet did
Came to the program's meetings only every other week	Other areas of her life seemed to need more of her attention She didn't seem to need the support of the other people now that she'd lost weight
Weighed herself about once a month Recorded calories and physical activity only about half the time	Confident that her weight would stay about the same Thought she could keep track in her head pretty well by now
Started eating more calories	Comfortable slipping back into some of her old eating habits without even knowing it
Her walking dropped to about 100 minutes per week	Slipped back into the habit of watching TV instead of walking in the evening

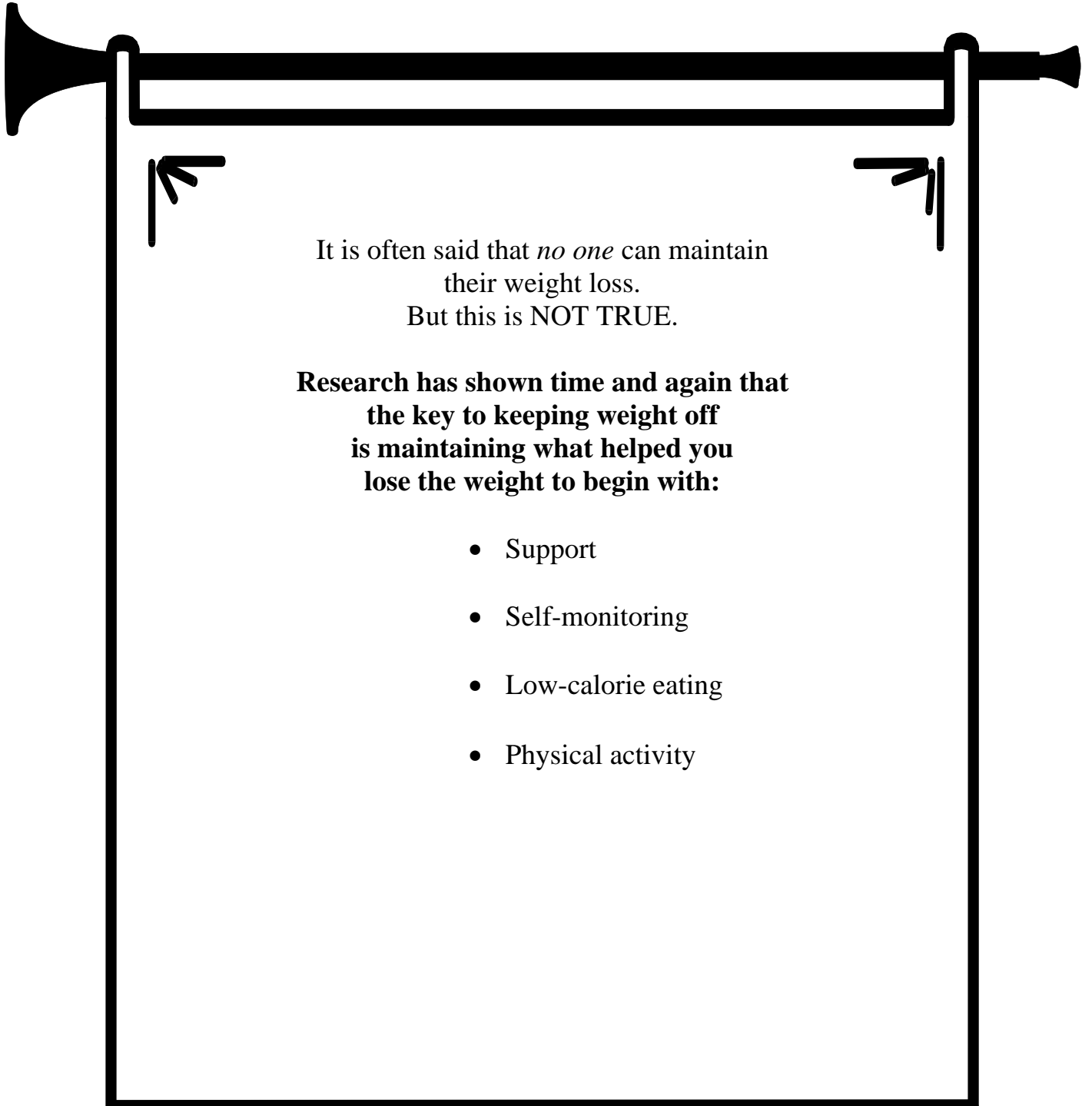
Result: She regained 10 pounds.



During the **next six months**:

What Janet did	How Janet felt
Stopped coming to program meetings	Discouraged and embarrassed about her weight regain
Stopped keeping track	Keeping track seemed to make her feel worse about things
Ate more food, including her old high-calorie favorites	Eating seemed to relieve the stress She thought she deserved to go easy on herself
Stopped walking except once in a while	When she did walk, it made her tired She felt even more discouraged

Result: She gained 15 more pounds. Now she weighed *more* than when she started the program.



It is often said that *no one* can maintain
their weight loss.
But this is NOT TRUE.

**Research has shown time and again that
the key to keeping weight off
is maintaining what helped you
lose the weight to begin with:**

- Support
- Self-monitoring
- Low-calorie eating
- Physical activity

Think about this example.

Like Janet, **Sue did “everything right” during the first six months** of a weight loss program. She lost 15 pounds (7% of her starting weight).

During the **second six months**:

What Sue did	How Sue felt
Came to the program’s meetings two times a month	Pressed for time but fit it into her schedule Enjoyed giving support to some of the less successful people in the group
Weighed herself daily Recorded calories and physical activity almost every day	Relieved when she saw her weight starting to go up over time because she could make changes to correct it right away Tired of keeping track but she used some short-cuts to make it quicker most of the time
Started eating more calories but then cut back	Learned that by keeping track in more detail whenever her weight started to climb, she could see right away where her calories were coming from and what changes she need to make
Her walking increased to 220 minutes per week	Walking became her main way to relieve the stress of a busy life She felt energetic, in charge, and proud of being in shape

Result: She lost 5 more pounds.

During the **next six months, she continued as before.**

- Sue was *encouraged* by her ongoing weight loss, even though it was slow.
- Sometimes she gained a few pounds or her weight didn’t budge. But she kept coming to meetings, keeping track, counting calories, and walking.
- She lost 5 more pounds.



You may think that Sue is an exception.
Actually, there are many, many people like Sue.

The **National Weight Control Registry** is a research study of over 5,000 individuals who have **lost at least 30 pounds and maintained that weight loss for at least one year.**

Here are some facts about the study:

- The average weight loss is 66 pounds.
(Note: This may be more than most participants in the PRIDE Program will lose.)
- They have kept off at least 30 pounds for an average of 5½ years.
- 89% reported changing *both* their eating and physical activity habits.

People in the study say they do the following to keep the weight off:

- 88% are **still very active and watch calories and fat closely.**
- 72% burn 1000 calories or more per week in physical activity.
(If you walk one mile in 20 minutes, that is **200 minutes per week.**)
- On average, they eat **less than 30% of calories from fat.**
- 75% **weigh themselves at least once a week.**

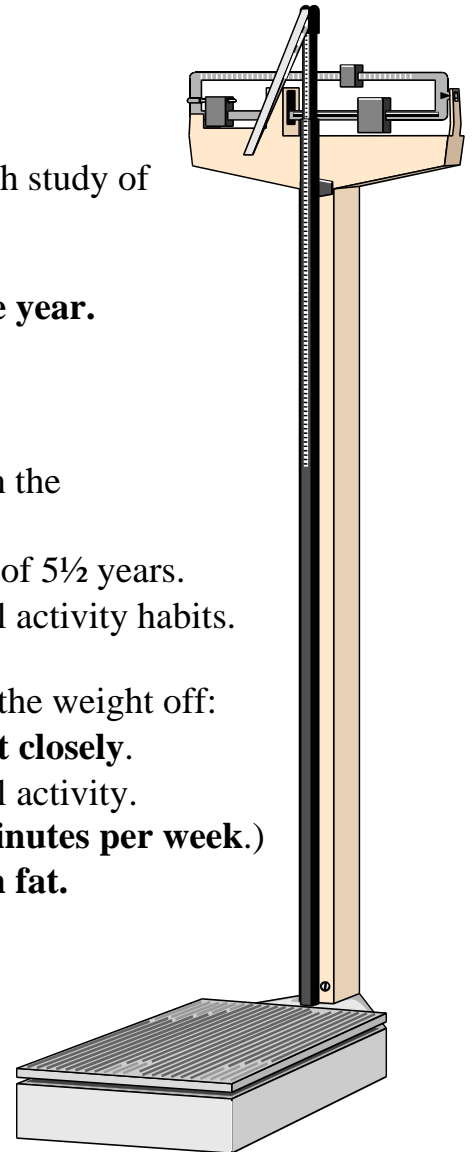
Other research supports these findings.

In one study, participants who self-monitored lost an average of about 1.5 pounds per week.

Those who did *not* self-monitor *gained* about 1 pound per week.

Another study compared those who lost and then regained weight with those who lost weight and did not regain. Participants who did not regain any weight from month 6 to month 18 of the study were those who did the following:

- Attended at least 80% of the group sessions
- Limited their fat intake to 24-27% of their total calories
- Exercised more than 200 minutes per week



What changes did you make in the first six months PRIDE?

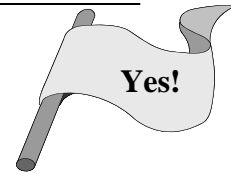
Attending sessions _____

Self-monitoring _____

Low-calorie eating _____

Physical activity _____

Choose **one behavior change** you have made.
Make a positive action **plan to maintain that behavior**:



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: _____ I will handle them by: _____

I will do this to make my success more likely:

How can we help you?



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

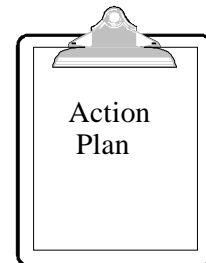
- Walk (or do something like walking) for **at least 200 minutes per week.** We suggest you **spread this over 5 days for 40 minutes each day.**
_____ Warm up, cool down, and do **stretches** when you're active.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day
- On at least three days next week, do the **muscle training exercises** you were given.

Follow your action plan for maintaining your weight loss behaviors.

Before the next meeting, answer these questions:

- Did you follow your plan?
_____ Yes _____ No _____ Almost
- What problems did you have?

- What could you change next week?



Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (200 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session.



Session 24: Celebration

Congratulations on completing the first 6 months of PRIDE!

This is a great accomplishment, but an even greater reward lies ahead- and that is the reward of keeping off all of the weight you lost by continuing to follow the PRIDE program. This is how you can really make all of your hard work pay off!

We are moving to less frequent meetings, but we would like to encourage you to work your program just as diligently every day.

It is also important that you continue attending sessions regularly. This is one of the best ways to ensure that you will stay on track.

Finally, we recognize that everyone may be at different stages- some are working to lose more weight and others are nearing or have arrived at maintenance weight. The next phase of the PRIDE program, like the first 6 months, will be tailored to continue to meet your individual needs.

Keep up the great work! We look forward to seeing you in 2 weeks!

CONGRATULATIONS ON GETTING THIS FAR!
KEEP UP THE GREAT WORK!



To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram.**

Be Active

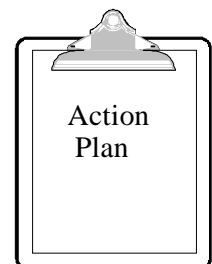
- Walk (or do something like walking) for **at least 200 minutes per week.**
We suggest you **spread this over 5 days for 40 minutes each day.**
____ Warm up, cool down, and do **stretches** when you're active.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day
- On at least three days next week, do the **muscle training exercises** you were given.

Follow your action plan for maintaining your weight loss behaviors.

Before the next meeting, answer these questions:

- Did you follow your plan?
____ Yes ____ No ____ Almost
- What problems did you have?

- What could you change next week?



Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (200 minutes or more):			

Bring your completed Keeping Track, charts, and notebook to every session.

REMEMBER THAT THE NEXT SESSION IS IN 2 WEEKS! SEE YOU THEN!

