

Back in Whack for Teens

Workbook for Group Program

**Healthy Lifestyle and Nutrition Program That
Helps Teens Adopt Healthier Habits and
Achieve a Healthy Weight**

Laurie Jean Ellis, MS-HNE, BSN, CDCES

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This 2021 version of Back in Whack for Teens **[BiW4Teens]** is the Third Edition of the workbook and the second edition of the program videos.

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BiW4Teens is a Positive Patterns for Life Program

Positive Patterns for Life, LLC

P.O. Box 902

Guernsey, WY 82214

<https://PositivePatterns4Life.com>

Back in Whack for Teens **[BiW4Teens]** is a research-based, pediatrician approved, effective weight management program for teens/tweens. Expert guidelines from the American Academy of Pediatrics, Academy of Nutrition and Dietetics, National Institute of Health, Dietary Guidelines for Americans 2010, plus several more have been utilized in the development of this program.

Fourteen of the **BiW4Teens** healthy habits are proven to reduce risk of developing diabetes, heart disease and some forms of cancer as proven by the American Diabetes Association, American Heart Association, American Cancer Association, and the Centers for Disease Control.

BiW4Teens received the *National Association of Nutrition Professionals 2015 Community Award* for being a program that is having a positive impact on the health of our nation. This award winning program has also received national recognition from the Centers of Disease Control for being an effective weight management intervention for youth.

The Back in Whack for Teens Program has been helping youth adopt healthier habits - lower their BMIs - improve overall health since 2013. **Previously BiW4Teens has only been available in pediatric clinics for a minimum cost of \$1,600.**

DEDICATION

I dedicate this program to my loving Heavenly Father, who laid it on my heart to develop this program and who has been my inspiration every step of this exciting journey.

I dedicate this program to all of the wonderful children and teens who I have had the privilege to work with and to all those who I will work with in the future. My heart's desire is that each one of you who uses the program will be blessed with longer healthier happier life.

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I want to thank Wyoming Medicaid for implementing and utilizing the Back in Whack Program to help youth across the great state of Wyoming adopt healthier habits and experience improved health. A special thanks to Dr. James Bush and Liz Hamman, RN for being the champions that made this possible.

I want to thank Community Health Center of Central Wyoming for the opportunity to implement this program and work to work with the youth and their families in the pediatric clinics. A special thanks to Cole White, CEO and all of the passionate caring pediatricians I had the privilege to work beside.

I want to thank Rocky Mountain Tribal Leaders Counsel for working diligently to facilitate the implementation of this Back in Whack Program for Wyoming and Montana tribes. A special thanks to Mike Andreini and Dr. Peter Fuller.

PART I

LET'S GET STARTED



WELCOME

Welcome Letter

Session 1

Program Introduction for Teens and Parents

PROGRAM SUPPLIES CHECKLIST

- | | | |
|--|--|--|
| ☐ Printer | ☐ Scale | ☐ Highlighter |
| ☐ Copy Paper | ☐ Measuring Tape | ☐ Pen or Pencil |
| ☐ Three-ring Binder | ☐ Bracelet | ☐ Journal |
| | ☐ Set of measuring cups | |

If you don't want to print the workbook, you can work from the PDF version on a tablet or laptop. The PDF version will allow you to highlight, draw and insert text boxes. Watch the video *How to Use the PDF Workbook* and learn how to type, highlight, and draw on the PDF pages of your workbook.

DEAR TEEN/TWEEN

Welcome to **BiW4Teens** (*BACK in WHACK for TEENS PROGRAM*)! This is an exciting time for you! You are embarking on a journey that is going to change your life. Many teens and tweens have made this journey before you. **BiW4Teens** has helped these youth adopt healthier eating and lifestyle habits and achieve a healthier weight (lower BMI). But that's not all. These youth have reported that **BiW4Teens** has changed their lives. Here's just a few of the positive changes teens/tweens have noticed as they follow the program:

- Increased energy and stamina
- Easier breath during physical activity
- Regulated irregular menstrual cycle
- Decreased gastrointestinal upset
- Clearer smoother skin
- Able to concentrate better with ADD
- Getting better grades in school
- Improved self-esteem and body image
- Improved symptoms of depression and anxiety
- Fewer mood swings
- Strengthened family relationships

It is very important that your parent(s) are actively involved in this program with you. It would be ideal if they could watch all of the program videos with you, however this is usually not practical. There are however several sessions that are highly recommended for parents to watch:

Session 1 – Program Introduction of Teens and Parents

Session 5 – Unhealthy Habits

Session 12 – Support New Habits

Session 13 – Nutrition Plan

Session 14 – Food and Energy Balance

Session 15 – Grains

Session 16 – Label Reading

It is important that you and your parent visit about each session, whether or not you have watched the video session together. There is a discussion guide for each session, found in the Parents Support Pack, which will help make these talks easier and more productive. Another thing that will help make these talks more productive is to open up the workbook to the session you are discussing with your parent.

This healthy lifestyle and nutrition program is appropriate for the whole family. **BiW4Teens** includes many fun family activities that get the whole family moving more together and teaming up in the kitchen. Invite family members to join you for some of these fun activities.

There are a few things you need to do before you watch the first video titled *Program Introduction for Teens and Parents*. Gather these supplies which will be needed during session one: 1- Pen or pencil, 2- Bracelet, 3-Measuring tape, and 4-Scale.

ENJOY THE JOURNEY!!

Sincerely,

Laurie Jean Ellis

SESSION ONE

Program Introduction for Teens and Parents



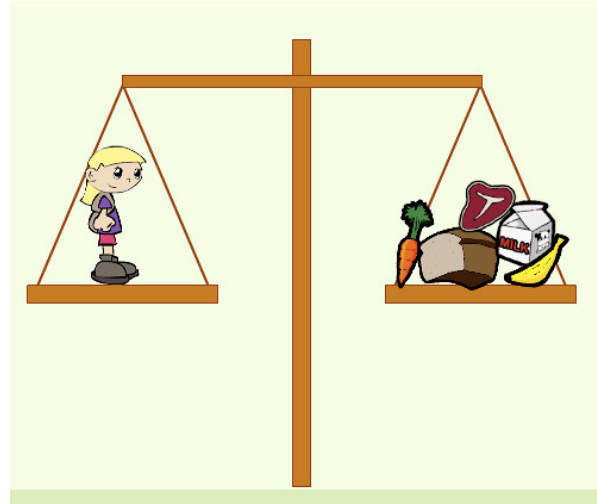
After you watch video 1 you will be able to:

1. Find out how the program works;
2. Understand how a high BMI hurts the body;
3. List reported and documented program benefits;
4. Describe the implementation & maintenance phases of the program;
5. Understand that change starts in the brain;
6. Explain what a program power tool is;
7. Find out healthy weight loss goals for teens and tweens;
8. Sign *BiW Program Commitment Contract* with your parent;
9. Find out how you can get the BiW gift pack.

Effective Weight Management Program Designed Specifically for Teens

This program is designed for teens and tweens with a high Body Mass Index (BMI). The BMI is a comparison of the height of the body to the mass (weight) of the body. When the mass of the body exceeds a certain percentage of the height of the body, it is called a high BMI. A high BMI is the result of an energy **imbalance** within the body. In other words, the body's energy balance gets out of whack.

Energy comes from the food a teen/tween eats. The body should convert food that is eaten into energy which will be used up during the day to move and heat the body. An energy imbalanced body does not properly convert food that is eaten into usable energy but instead tends to store energy in excess. It is this excess stored energy that causes a teen/tween's BMI to get high. High BMI's put youth at risk for developing serious health conditions. This is why high BMI's are called an unhealthy weight. Research has shown that teens and tweens with high BMI's have an increased risk for developing:



- Asthma;
- Obstructive sleep apnea;
- Chronic respiratory infections;
- Decreased lung capacity;
- Gastroesophageal Reflux Disease (GERD);
- Cholelithiasis (gallbladder disease);
- Nonalcoholic steatohepatitis (Liver damage - chronic inflammation, lesions and cirrhosis of the liver);
- Hypertension (high blood pressure);
- Dyslipidemia (high cholesterol and triglycerides);
- Metabolic syndrome (hypertension, hyperglycemia, and hyperlipidemia);
- Type 2 diabetes;
- Cardiomyopathy (thickening of the heart muscle);
- Congestive heart failure;
- Suppressed immune function;
- Joint problems and joint pain – hips, knees, and ankles;
- Low self-esteem;
- Depression.

This is a really scary list!! But here's the thing, when teens and tweens take action to lower their high BMIs, the risk for all these chronic health conditions decreases. AND if the BMI drops low enough to get into the healthy range, these health risks all but disappear.

Here's the good news for you ...

YOU HAVE JUST DISCOVERED AN EFFECTIVE WEIGHT MANAGEMENT PROGRAM DESIGNED SPECIFICALLY FOR TEENS AND TEENS. The Back in Whack Program has been helping youth just like you, lower their BMI and achieve a healthier weight since 2013. Along with this healthier weight, other multiple health benefits have been reported. Here is just a few of the health benefits teens have reported:

- Increased energy and stamina
- Easier to breath during physical activity
- Regulated irregular menstrual cycle
- Decreased gastrointestinal upset
- Clearer smoother skin
- Able to concentrate better with ADD
- Getting better grades in school
- Improved self-esteem and body image
- Fewer mood swings
- Improved symptoms of depression and anxiety
- Strengthened family relationships
- Youth have adopted healthier eating and lifestyle habits
- Youth have lost weight and/or lowered their high BMIs
- Whole families have adopted healthier eating and lifestyle habits



Here's health benefits pediatricians have reported:

- Youth have adopted healthier eating and lifestyle habits
- Youth have lost weight and/or lowered their high BMIs
- Youth have improved abnormal lab values as follows:
 - Lowered elevated cholesterol levels
 - Increased low HDL (good) cholesterol levels
 - Lowered elevated liver enzymes
 - Lowered elevated A1C and blood glucose levels
- Youth have lowered blood pressure
- Youth reduce their risk of developing diabetes and heart disease
- Whole families have adopted healthier eating and lifestyle habits



WOW! That's a lot of reported program benefits! You may be wondering how one program can produce so many different health benefits. First of all, this program was developed based on research studies that prove what works for youth. Secondly, this program is much more than just a weight management program. This program helps youth adopt healthy lifestyle and nutrition habits which help support normal growth and development, and promotes optimum overall health. The program utilizes health coaching methods that help youth adopt long lasting healthy habits which continue to help support good health clear into adulthood. **AMAZING!!**

Here's how the program works!

The *Back in Whack for Teens* [BiW4Teens] Program helps the teen/tween understand what is out of whack with their body's energy balance; what they can do to help their body's energy balance get back in whack; and provides habit change tools which helps the youth let go of old unhealthy habits and adopt new healthy habits. Upon completion of this six-month program, teens/tweens will have adopted long lasting healthy lifestyle and nutrition habits that will promote a lower BMI (lower weight) and support the maintenance of a healthy weight.

PROGRAM COMPONENTS

- Individualized nutrition plan
- Nutrition education & training
- Personalized exercise plan
- Healthy lifestyle habits
- Habit change training - skills - tools
- Parents support pack
- Resources for working with your doctor

HEATH COACHING METHODS

- Self-discovery exercises
- Hands-on activities
- Positive thinking training
- Treasure hunts & field trips
- Self-monitoring tools
- Empower youth with knowledge
- Program themes that support habit change
- Strategies that stimulate motivation
- Discussion guide for parents & teens
- Back in Whack Habit Change Contract
- Family activities promote family partnerships
- Program incentives increase motivation



TEENS/TWEENS LEARN IMPORTANT LIFE SKILLS

- Problem solving
- Combat negative thinking
- Understand mind-body connection
- Body acceptance & appreciation
- Learn to listen to your body
- Setting realistic achievable goals
- Positive thinking techniques
- Stress management
- Journaling to support health & wellbeing
- Practice health supporting visualizations
- Mindful eating
- Manage food cravings



What are appropriate healthy weight loss goals for teens and tweens?

An appropriate weight loss goal for older teens who are done growing taller would be slow steady weight loss of 2 to 4 pounds per month. It is unhealthy for teens to lose more than 2 pounds per week. Teens can expect to start losing weight once they have completed the implementation phase (finishing the videos) of the BiW4Teens program.

An appropriate weight loss goal for **young teens and tweens** who are still growing taller is to primarily stabilize their weight as they continue to grow taller. By doing this, the body will use up stored energy and trim down as the body grows taller. One to 2 pounds of weight loss per month is fine. Young teens and tweens can expect their weight to stabilize once they have completed the implementation phase of the BiW4Teens program.



How long should teens and tweens follow the BiW4Teens Program?

All ages of teens and tweens should follow the BiW4Teens Program for 5 months after they have completed the program videos. This means following in their nutrition plan, exercising, practicing other healthy habits, using the Habit Tracker, and using all the program power tools. It takes this amount of time to transform new health habits into established automatic habits. Youth will need to continue to practice their healthy lifestyle and eating habits until their **BMI percentile reaches the 85th%.**

If teens/tweens want to maintain their trim healthy bodies, once they reach the 85th%, they will need to continue practicing their healthy lifestyle and eating habits. This should be pretty easy because the BiW4Teens program is specifically designed to help youth adopt permanent lifelong healthy habits.



Record initial measurements.

Weight measurements should be taken at the same time of day, each time you weigh. It is best to weigh when you get up in the morning after you empty your bladder and before you start eating and drinking. Weigh yourself in light weight clothing or just your underwear. Bodies can have fluid fluctuations from day to day which can cause weight fluctuations from day to day. Because of this, it is recommended to only weigh once a week.

Record initial program weight here: _____ **Date:** _____

Height should be measured without any kind of shoes. You should be standing flat footed, with shoulders back and chin up.

Record initial program height here: _____ **Date:** _____

The guidelines for taking weight measurements are the same for taking your waist circumference plus few additional rules. Take your waist measurement in a standing position. Measure at the level of your belly button. Make sure you do not have pants or underwear digging into your abdomen anywhere. Your abdomen should be relaxed, not sucked in, when you take your waist measurement.

Record initial waste circumference here: _____ **Date:** _____

The Centers for Disease Control has one of the best BMI calculators for children and teens. Go to this website and find out what your BMI is: <https://www.cdc.gov/healthyweight/bmi/calculator.html>

Record initial BMI here: _____ **Date:** _____

Sign the Back in Whack Program Commitment Contract.

Changing lifestyle and eating habits can be stressful. It is difficult for youth to change health habits without the support of their parents. The Back in Whack Program Commitment Contract helps to increase communication and cooperation, and decrease conflict during a potentially stressful time. This contract is also intended to help parents understand ways they can support their teen/tween during the BiW4Teens Program. This contract is one of many great program tools that helps youth be successful with the BiW4Teens Program. You can find a copy of the Back in Whack Program Commitment Contract in the Parent Support Pack in Appendix B, page 3.

Schedule an appointment with your doctor.

It is recommended that teens and tweens who have a BMI above the 94th%, should be monitored by their doctor while following the BiW4Teens Program. In Appendix F you will find a letter to the doctor which explains the BiW4Teens Program. There is a communication form that you can use to write down body measurements, habits you are working on, and changes you have made with eating and exercise habits.

Record the first set of Wacky Words.

You will find the Wacky Words form in Appendix A. Use this form to write down the sets of Wacky Words in the program videos. Find all 14 sets of Wacky Words and get a FREE BiW Gift Pack in the mail.

**THE MOMENT
YOU COMMIT
TO CHANGE IS
THE MOMENT
YOUR DESINY IS
SHAPED!**



PART II

CHANGING HABITS



Session 2

Peak Health

Session 3

Body Appreciation

Session 4

Journaling

Session 5

Unhealthy Habits

Session 6

Food Cravings

Session 7

Healthy Habits

Session 8

Physical Activity

Session 9

Setting Goals

Session 10

Mighty Messages

Session 11

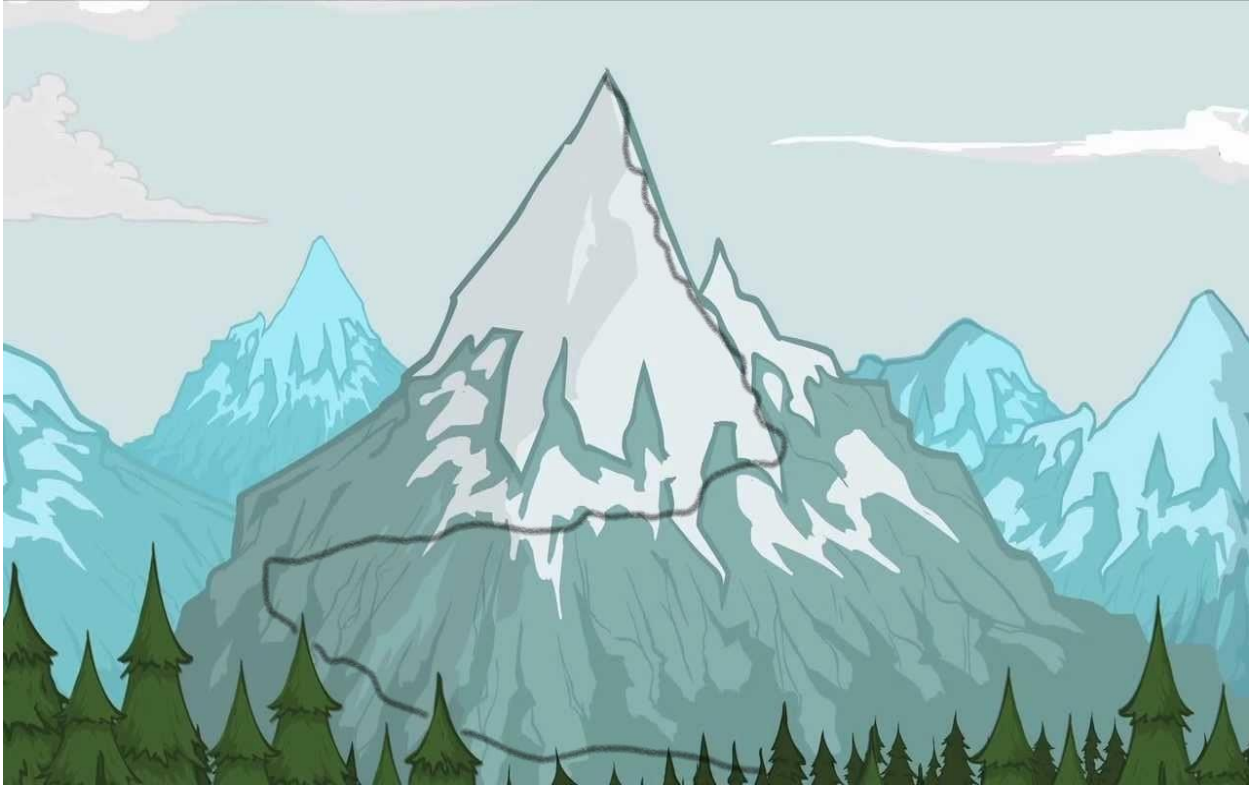
Mini Movies

Session 12

Support New Habits

SESSION TWO

Peak Health



After you watch Video 2 you will be able to:

1. Define Peak Health;
2. List benefits of a body and mind in Peak Health;
3. List benefits of Peak Health that you would like to have;
4. Identify why it is important to you to reach the top of Peak Health.

SELF-DISCOVERY EXERCISE . . . BENEFITS OF A BODY IN PEAK HEALTH

This is a list of some of the benefits you can experience when you have a body in peak health. Read through the list below. Put a check mark in front of each benefit of peak health that you would like to experience:

1. BODIES in PEAK HEALTH FEEL GOOD

- a. _____ You are free from body aches and pains – headaches and muscle aches, etc.
- b. _____ It feels good to move your body – run, jump, dance, ride bikes, play sports etc.

2. BODIES in PEAK HEALTH ARE FULL OF ENERGY

- a. _____ You wake up full of energy
- b. _____ You rarely feel tired during the day
- c. _____ You can be physically active for hours without needing to rest

3. BODIES in PEAK HEALTH PERFORM WELL

- a. _____ Easier to learn new skills – skateboarding, guitar playing, baseball, etc.
- b. _____ Easier to improve or perfect skills – basketball, dancing, woodworking, etc.

4. BODIES in PEAK HEALTH STAY HEALTHY

- a. _____ You heal quickly - takes less than a week for scrapes and scratches to heal
- b. _____ You rarely catch colds, stomach flu, strep throat, or other contagious illnesses
- c. _____ You rarely get sick after being around someone who is sick
- d. _____ You rarely get cold sores, sinus infections, and bronchitis

5. BODIES in PEAK HEALTH LOOK GOOD

- a. _____ Your skin is radiant and clear
- b. _____ Your hair is glossy
- c. _____ Muscles are strong and toned

6. BODIES in PEAK HEALTH HAVE BRAINS THAT WORK GOOD

- a. _____ It's easier to learn new things
- b. _____ It's easier for you to remember things you see, hear, read, or have been taught
- c. _____ You can think clearly most of the time
- d. _____ You are creative
- e. _____ You have good problem solving skills
- f. _____ You are able to stay focused on projects you are working on

7. PEAK HEALTH PRODUCES HEALTHY EMOTIONS

- a. _____ You feel happy most days
- b. _____ You rarely feel sad
- c. _____ You feel good about yourself most of the time
- d. _____ You rarely get mad or feel angry
- e. _____ You are not easily irritated
- f. _____ You are able to enjoy fun activities (i.e. picnics or parties or outings with family or friends)

What is waiting for you at the top of Peak Health?



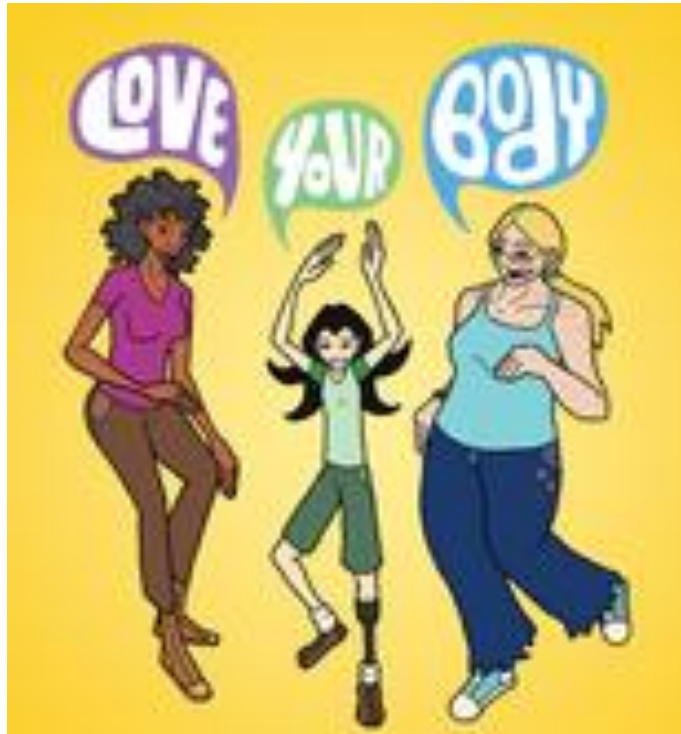
Think about it! What positive changes do you want to see in your life when you reach the top of Peak Health? How do you want to feel physically? How do you want to feel emotionally? Do you have a health issue you are hoping will improve or be healed? Is there a skill or activity you would like to be able to perform better?

On the picture above, write the positive changes that you want to see in your life. Then pull this page out of the workbook and place it somewhere you will see it every day. For example, on your bedroom wall, on the inside of your closet door, by your toothbrush in the bathroom, etc. It is important to remind yourself every day, why you are working so hard to make it to the top of Peak Health.

Back in Whack is your path to the top of Peak Health!!

SESSION THREE

Body Appreciation



After you watch Video 3 you will be able to:

1. Define body appreciation;
2. Identify your level of body appreciation;
3. Understand why it is important to appreciate your body;
4. List 10 things you like about your body.

SELF-DISCOVERY EXERCISE BODY APPRECIATION

Highlight the space that best describes how much you like or dislike your body:

0	1	2	3	4	5	6	7	8	9	10
Dislike EVERY THING about your body	Mostly dislike... but like one thing	Mostly dislike... but like few things	Dislike... but also like some things	Dislike... but also like many things	Like as much as you dislike	Mostly Like... but dislike many things	Mostly Like... but dislike some things	Like most everything but dislike a few things	Like most everything, But dislike 1 or 2 things	Like EVERY THING about your body

Make a list of all the things you can do because you have a fully functional body:

1. What fun stuff do you like to do?
2. What things do you do to take care of yourself that a baby can't do?
3. What things do you do to show other people you care about them?
4. What do you do to help out around the house and yard?

FOCUS ON THE POSITIVE

Write a list of as many things as you can think of that you like about your body. See if you can find something to write in every space.

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

SESSION FOUR

Journaling



After you watch Video 4 you will be able to:

1. List several benefits of journaling;
2. Describe 4 types of journaling that can support habit change;
3. Explain how to journal to support positive changes.

Journaling is an awesome power tool and it is so easy to do! Journaling has many MANY benefits. Here are just a few of the many benefits:

1. Provides opportunity for self-discovery;
2. Reveals your greater potential;
3. Enhances self-expression;
4. Builds self-confidence and self-knowledge;
5. Empowers YOU;
6. Brings out natural beauty and wisdom;
7. Helps you feel better about yourself;
8. Improves self-trust;
9. Strengthens your sense of yourself;
10. Stimulates personal growth;
11. Helps you organize thoughts and ideas;
12. Bridges inner thinking with outer events;
13. Focuses and clarifies your desires and needs;
14. Aids in connecting causes to effects;
15. Clarifies thoughts, feelings and behavior;
16. Acts as your own counselor;
17. Releases pent-up thoughts and emotions.

Journaling can be used to clarify any issue in your life. It gives you the opportunity to stop, pay attention and listen to yourself. It has no rules. Messiness, typos, poor writing are all OK. Here is a list of several different types of journaling that can provide support to you on the Back in Whack Path to Peak Health.

Body Appreciation Journaling

There are so many things you can do because you have a fully functional, amazing body. Things you enjoy (i.e. hang out with friends, play video games, go for a hike). You can take care of yourself and have some independence (i.e. choose your style of clothing and hair style, maybe you are driving). You can be creative or take on exiting challenging projects (paint a picture, build a bookshelf, overhaul an engine). Learn new things. You can help other people you care about. Each day think about different things you have done and realize you could only have been able to do them because you have an amazing body.

Take body appreciation journaling a step further. Think about how your body identifies invaders (bacteria and virus) and destroys them. How about when you get cut, your body grows new tissue and skin. What about how your body turns a handful of nuts into muscle. Think about the many amazing functions of your body and brain and then write about it.

Body Awareness Journaling

This is a special type of journaling that requires you take a time out in a quiet place and become aware of how your body and mind are feeling. Does your body feel energized or drained? Do you feel relaxed or uptight? Are you pain free or does something hurt? Do you feel peaceful or worried? Does your stomach feel good or is it upset and bloated? Do you feel optimistic or negative? This is an excellent type of journaling to do about once a week.

An important part of taking good care of your body is to be aware of how your body feels – listen to your body. As you take good care of your body, your body will become more energized, have less pain, your stomach will feel better, your emotions will be happier, you will feel more peaceful and optimistic. Incredible, isn't it!! Listen to your body! It will let you know if you are taking good care of it.

Gratitude Journaling

Each day make a list of things you are grateful for. Try to think of as many things as you can, big things and little things. For example, I am grateful (thankful) for loving family members, safe home, nutritious food, friends, brain that can learn, favorite color of shirt, warm shining sun, etc. Gratitude journaling is easy to do. You might be surprised to learn that such a simple form a journaling is actually a powerful brain changing tool. When you practice gratitude journaling, the emotional center of your brain becomes cooler. SAY WHAT!?

Here is how it works. When the emotional center of your brain is negative (i.e. depressed, sad, everything seems wrong, angry) it is hotter than the rest of your brain. It is like looking at your world through gray-color sunglasses. Everything seems worse than it is and it is hard to see the positive in situations and it is hard to be happy. NOW, when the emotional center of your brain is positive (optimistic, happy, easy to see the bright side, relaxed) it is cooler than the rest of the brain. It is like you are looking at your world through rose-colored sunglasses and you are naturally happier, uplifted, encouraged, less easily stressed out. **When you practice gratitude journaling, the emotional center of your brain becomes cooler. How COOL is that!? 😊**

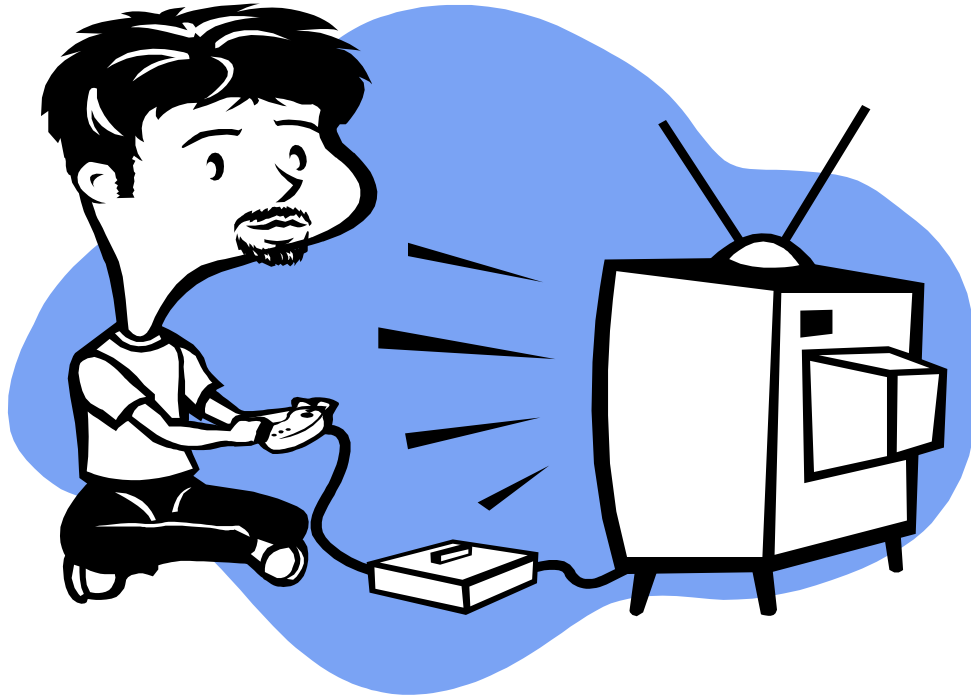
Journey Journaling

Journey journaling is simply writing about this habit change journey you are on and the wonderful transformation of your health and body. Here are some ideas of things you may want to write about when practicing journey journaling:

1. What changes do you want to see 6 months from now?
2. How do you think the Back in Whack program is going to make your life better?
3. Are you excited about this Back in Whack journey to Peak Health?
4. Why do you want to take better care of your amazing body?
5. What motivates you to want to adopt healthier lifestyle and eating habits?
6. How committed are you to following your health plan?
7. What has been the hardest habit to change and why?
8. What do you like most about this health plan?
9. Do you anticipate any path blockers along this journey?
10. Are you noticing benefits from getting more physically active?
11. What is your favorite power tool and why?
12. Are you feeling better about yourself and your body?
13. How does it feel to take charge of your health?
14. What are your hopes and dreams and how can the Back in Whack program help you achieve your hopes and dreams?
15. What is keeping you motivated to keep moving forward?

SESSION FIVE

Unhealthy Habits



After you watch Video 5 you will be able to:

1. List habits that cause your energy balance to get out of whack;
2. Identify your unhealthy habits;
3. Understand how your unhealthy habits have caused your body to store excess energy.

SELF-DISCOVERY EXERCISE . . . UNHEALTHY HABITS FOR TEENS

Use this 1 – 2 – 3 rating scale to evaluate unhealthy habits in your life. These are habits that get the body's energy balance out of whack. The habits with "*" are more powerful energy storing habits than others. Write the number that most closely describes the frequency of each habit as follows:

1 ... One day or less per week 2 ... Several days per week 3 ... Most or all days per week

*1-2 _____	DOES NOT drink milk or eat dairy products (cheese, yogurt, cottage cheese)
*3 _____	DOES NOT eat fruit
*4 _____	DOES NOT eat veggies
*5 _____	Skips breakfast
6 _____	Drinks more than 4 ounces of fruit juice per day
7 _____	Is a fast eater
8 _____	Requests second helpings on desserts and starchy foods (potatoes, pasta, rice, bread)
9 _____	Orders largest serving size at restaurants, takes large servings at home, eats more than older siblings
*10 _____	DOES NOT eat home cooked meals with family
11 _____	Eats at fast-food restaurants more than once a week
*12-14 _____	Eats more in the evening than other times during the day (i.e. largest meal eaten in the evening, eats more than one snack after school, snacks after dinner)
15 _____	Eats more than one 100-calorie snack between meals
16 _____	Eats when bored
17 _____	Eats alone
18 _____	Eats in front of television
19 _____	Sneaks or hides food
*20 _____	Drinks soda pop or sugar beverages (sports drinks, Kool-Aid, energy drinks, tea with sugar added, flavored coffee drinks, punch, fruit cocktail, etc.)
*21-22 _____	Eats high fat foods – fast foods, fried foods, breaded meat, chips, ice cream AND uses lots of butter, margarine, creamy salad dressings, and mayonnaise
23 _____	Eats junk food (candy, cookies, pastry, chips)
24 _____	When away from home, eats junk food & candy or drinks soda & sugary drinks (i.e. when running errands or traveling, hanging out with friends or participating in school activities)
25 _____	Avoids activities that involve being physically active
*25 _____	Gets less than 60 minutes of physical activity per day
*26 _____	Spends more than 2 hours a day in front of screen (television, computer, video games)
*27-28 _____	Erratic sleep schedule or goes to bed late or gets less than 8 hours of sleep per night

SESSION SIX

Food Cravings



After you watch Video 6 you will be able to:

1. Understand causes of food cravings;
2. List several lifestyle habits that prevent cravings;
3. Identify food craving triggers;
4. List healthy substitutions for food cravings;
5. Develop a personalized craving management plan.

Food Craving Management Plan for Teens

A food craving is an intense desire to eat a particular food. Cravings come from the brain and not the stomach. They are typically a need for an energy boost or to fill an emotional need to increase happiness. Typically the foods teens crave are unhealthy quick-release energy foods.

Food cravings are often associated with energy overload. Food cravings can trigger food binging. Food binging is when an individual eats 3 to 8 serving sizes of a food – most often an unhealthy food.

Do you have any unhealthy foods that you crave? List them below:

1. _____
2. _____
3. _____

Lifestyle Habits That Affect Food Cravings

Tiredness and negative emotions are the two most common causes of food cravings. Tiredness can be caused from not getting enough sleep, skipping a meal, eating quick-release energy or from sitting around too long. Negative emotions can come from hurt feelings, disappointment, stress or a negative attitude.

There are several lifestyle habits that help prevent tiredness and minimize other causes of food cravings. Read through this list of lifestyle habits. Check the box in front of each habit that is your habit:

1. ☐ Healthy foods (whole foods, slow-release energy) are available at all times and eaten for snacks and at all meals.
2. ☐ Low-fat protein is eaten most every day [i.e. eggs, turkey, chicken, seafood, cottage cheese, seeds and nuts].
3. ☐ Refined foods are avoided [i.e. corn syrup, white flour, sugar, trans fats and hydrogenated oils].
4. ☐ Eats breakfast which contains slow-release energy food and protein.
5. ☐ Eats three meals a day.
6. Prevent nutritional deficiencies by:
 - a. ☐ Eating a balanced diet (eat food from each food group),
 - b. ☐ Taking a multivitamin,
 - c. ☐ Getting Omega 3 fat in your diet by eating oily fish 2 – 3 times a week OR by taking a tablespoon of ground up flaxseed most every day OR by taking a fish oil supplement or a flaxseed oil supplement.
7. ☐ Chews food well and eats slowly. This helps satisfy your appetite.
8. ☐ Drinks only caffeine-free beverages. Caffeine causes fluctuations in energy levels.

9. ☐ Drinks plenty of pure water [1 ounce for every 2 pounds of body weight – not to exceed 96 ounces per day]. Sugar-free, caffeine-free non-carbonated drinks can count as water.
10. ☐ Gets at least 60 minutes of aerobic activity most every day. Teens who are physically active every day have greater self-control.
11. ☐ Has written self-care goals, and looks at these written goals every day. Teens who have clearly written self-care goals have more self-control.
12. ☐ Limits screen time to 2 hours a day – less would be better. Sitting around makes you tired. Tiredness is a cause of sugar cravings.
13. ☐ Gets at least 8 hours of sleep per night and has regular bedtime. Cravings are stronger when teens are feeling tired.

Now go back through this list and highlight the lifestyle habits that do not have a box checked in front of them. If you struggle with food cravings, these highlighted habits are habits you should consider adopting. Even adopting just a few highlighted habits may be a big help.

Identify Food Craving Triggers

You may find that there are times when you are full of energy and positive emotions and yet you find yourself struggling with an active food craving. Sometimes certain places, events, situations or even other people can trigger a food craving. As you read through this list of possible triggers, ask yourself, “Is this a trigger for me?” If you answer YES to any of the statements below, explain why you answered yes.

I find myself craving unhealthy food when ...
... I am hanging out with certain PEOPLE. NO YES, Explain ...
... I am at a specific LOCATION (i.e. convenience store). NO YES, Explain
... I attend certain EVENTS (i.e. sporting events). NO YES, Explain
... I participate in certain ACTIVITIES (i.e. car trip or slumber party). NO YES, Explain
... I find myself in certain SITUATIONS (tired from lack of sleep or have hurt feelings). NO YES, Explain
... it is about _____ o'clock during the day. NO YES, Explain

... I see _____ food(s) (i.e. chocolate). NO YES, Explain
... I EAT A CERTAIN FOOD (i.e. white bread makes you want something sweet to eat a couple hours later). NO YES, Explain

Look at your list of food craving triggers. Some food craving triggers can be prevented. For example, if having chocolate in the house causes you to crave chocolate, then don't bring chocolate into the house. You may need to talk to other family members and have them help with this. If eating white bread causes you to want sweets a couple hours later, then skip eating white bread with meals. If hanging out with a certain friend causes you to want to eat unhealthy foods, then make sure you have a healthy food substitute with you when you go to hang out with this friend. These are just a few examples of ways you can prevent cravings. Are there any of your food craving triggers that could be prevented? Use the space below to write down ideas you have to prevent food craving triggers.

Healthy Substitutions for Food Cravings

Sometimes in spite of your best efforts to prevent a food craving, the craving persists. Here are some actions that can be healthy substitutions for food craving:

1. Choose healthy substitutions for unhealthy food cravings. For example, sugar-free gum can help quench cravings for sweets. Homemade popcorn or carrot sticks can satisfy the need to munch on crunchy food.
2. If you want to eat because you are tired, it is OK to lay down and rest, instead of eating.
3. If it is an energy slump during a certain time of the day – try fresh air, sunshine, drink a cold glass of water, stand up and stretch, move around, laugh about something, or visit with someone.
4. Stress can trigger cravings. Find ways to relax and reduce stress. Try yoga, walking, stretching, breathing exercises, journaling, visit with a friend, or take a warm bath.
5. Anger, sadness and depression can trigger a craving. Don't feed your emotions. Try this:
 - a. Do something nice for yourself.
 - b. Express yourself. Tell someone you trust how you are feeling or express yourself on paper – write in your journal.
 - c. Think positive and focus on the positive in yourself and your situation.

Distraction Action Plan

The more you think about a food craving, the stronger the desire becomes to obtain that food and eat it. Telling yourself you can't have a certain food, is thinking about it. Telling yourself you can't have a food intensifies the desire to obtain that food. You need to get your mind on something else.

Make a list of 10 POSITIVE things you can do to distract yourself. Choose activities you enjoy – things that tend to make you feel happy after you do them (for example - call a friend, go for a walk, read a book, shoot hoops, listen to music). This list will be your food craving DISTRACTION ACTION PLAN.

Next, make your Distraction Action Plan visible:

- a. Write it on a pocket card and put it in your wallet or purse;
- b. Use a fine tip permanent marker and write it on the inside of your Back in Whack bracelet;
- c. Make a mini poster of your Distraction Action Plan and hang it up where you will see it most every day.

Believe that your food craving will pass. A food craving is similar to a wave in the ocean. It grows with intensity, peaks and then subsides if you get your mind on something else. In *Session Eleven* to find out how to make a mini movie of yourself as a surfer who is “riding the wave” until it subsides.

ONE MORE THING ...

If you give into a food craving, don't beat yourself up. This is a journey that you are on. There are going to be good days and bad days. You are not a failure if you slip and fall on this journey. The important thing is that you get up when you slip and fall, and keep moving forward.

SESSION SEVEN

Healthy Habits



After you watch Video 7 you will be able to:

1. List habits that help get your energy balance back in whack;
2. Identify ideas to help you change your unhealthy habits into healthier habits.

HEALTHY HABITS

Here is a list of healthy habits that help balance energy and promote a healthy weight. You will notice they are opposite of the unhealthy habits you saw in Session Five. As you read through this list, highlight all of the healthy habits that are the opposite of your unhealthy habits. The habits that you highlight on this list are the habits that you will be working on during this program.

- 1 -- Drink milk or eat a dairy product 2 – 3 times per day.
- 2 -- Take a calcium/D3 supplement.
- 3 -- Eat 1 or more servings a fruit per day
- 4 -- Eat 1 or more servings a veggies per day
- 5 -- Eat breakfast every morning, with some protein (i.e. meat, egg, cheese stick or nuts).
- 6 -- Limit fruit juice to 4 oz/day.
- 7 -- Eat slower. Set fork/spoon down after each bite. Put hands on lap before taking next bite.
- 8 -- Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods (potatoes, pasta, rice, bread, etc.).
- 9 -- Take smaller servings, leave open space on your plate instead of filling it full, order small serving sizes at restaurants.
- 10 -- Eat home cooked meal with family at least 5 times a week.
- 11 -- Limit eating fast food to once a week or less.
- 12 -- Limit snacking after school to 1 small healthy snack.
- 13 -- Eat same amount for supper as you ate for lunch.
- 14 -- Avoid eating after supper
- 15 -- Only eat 1 small healthy snack between each meal.
- 16 -- If hungry between meals, drink a glass of water and wait 15 minutes.
- 17 -- Eat snacks and meals at the table with an adult or family member(s).
- 18 -- Turn the television off during snacks and meals.
- 19 -- Make a contract with someone you trust, that you agree to stop sneaking and hiding food.
- 20 -- Replace pop and sugary beverages with sugar-free drinks (i.e. water, flavored water, tea).
- 21 -- AVOID fast foods, fried foods, breaded meat, chips, ice cream.
- 22 -- Decrease use of butter, creamy salad dressing, mayonnaise.
- 23 -- Replace junk food with healthy snack options.
- 24 -- Pack healthy snacks and drinks when away from home. [Healthy snack examples - fruit, nuts, seeds, raw vegetables, mozzarella stick, baked corn chips with salsa, whole grain crackers]
- 25 -- Get a minimum of 60 minutes of aerobic activity a day, 6 times a week.
- 26 -- Limit screen time (television, computer, video games) to 2 hours OR LESS and find alternative activities (i.e. crafts, projects, games, sports, chores).
- 27 -- Have a regular bedtime
- 28 -- Get 8 hours of sleep per night

On the next several pages, you will find ideas to help you adopt your new healthier habits.

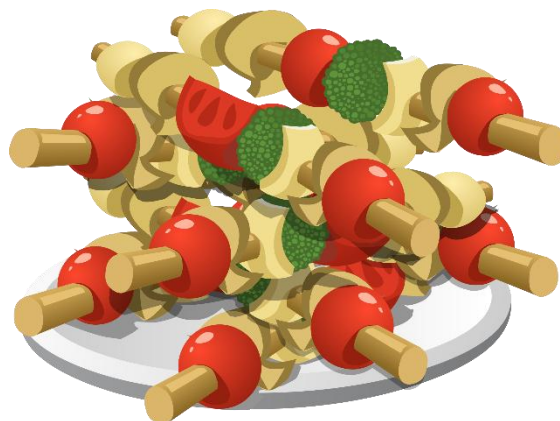
Eat More Fruit & Veggies

Fruits and vegetables are nutrient dense foods full of important vitamins, minerals, antioxidants and phytonutrients which help support a healthy energy balance. Here are some ideas to help you eat more fruits and veggies.

MAKE READY TO EAT SNACKS ... Clean and cut up several types of fruits and veggies, then put them in containers to keep them fresh. When you are hungry between meals, this makes for a quick grab, healthy snack.

EAT FRUIT OR VEGGIE KABOBS ... Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

DESIGN DELICIOUS DIPS ... Whip up a quick dip for veggies with plain yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla.



COOK MINI PIZZAS ... Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up veggies for toppings. Then pop the mini pizzas into the oven to warm before eating.

ENJOY FROZEN TREATS ... Frozen fruit is a delicious refreshing treat during the warm months. Just put fresh fruits such as melon chunks in the freezer. Make fruit-sicles by inserting sticks into peeled bananas and freezing.

MAKE A SMOOTHIE ... Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, or pineapple. If you freeze the fruit first, you can even skip the ice!

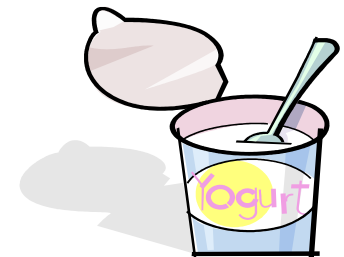
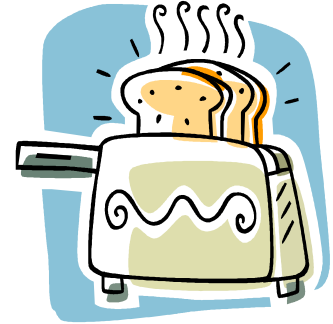


FIX HOMEMADE TRAIL MIX ... Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals or popcorn into the mix too.

PREPARE A HEALTHY SNACK BAG ... Buy an insulated lunch bag and reusable ice pack. Dedicate this bag/ice pack to be your healthy snack bag. Use it to take fresh fruit and veggies with you whenever you go out of town or when you have hours of errands to run.

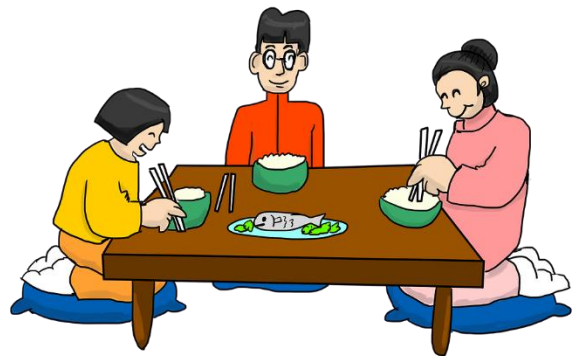
Quick Healthy Breakfasts

- Put nut butter on whole grain bread or toast and fold it over to eat it on the run.
- Nut butter and fruit sandwich on whole grain bread.
- Melt a piece of your favorite low-fat cheese on a piece of whole grain toast.
- Make a breakfast sandwich – Tuna, turkey or egg salad sandwich on whole wheat bread. Add fresh veggies.
- Whole grain crackers with mozzarella cheese sticks.
- Healthy muffin with a glass of 1% milk.
- Pita breakfast pocket – stuff whole grain pita with low fat cheese, slice of ham and sliced bell pepper. Microwave for 15 seconds.
- Breakfast burrito with beans, sautéed vegetables, low fat cheese and salsa.
- Brown rice with coconut butter melted on top.
- Breakfast wrap – scrambled eggs with veggies and cheese wrapped in a whole grain tortilla shell.
- Jazzed up oatmeal - add chopped nuts or peanut butter, and dried or fresh fruit.
- Fruit and nuts or seeds.
- Hard-boiled eggs and cut up fruit.
- Apple slices with almond butter.
- Peaches, pineapple or applesauce mixed with cottage cheese.
- Fruit salad for breakfast – cut up your favorite fruit, add some nuts and low-fat vanilla yogurt.
- Yogurt, fruit, and whole grain toast.
- Blender drinks or smoothies can make a delicious breakfast that can be eaten on the go. They can include nut or rice milk, protein powder, green food, flax seed oil and/or seeds, fruits (fresh or frozen), yogurt ... use your imagination.
- Eggs with sautéed vegetables.
- Cut up vegetables and low-fat cheese stick.
- Cut up fruit eaten with vanilla yogurt dip.
- Yogurt Sundae – top plain low-fat yogurt with fresh or frozen fruit like bananas, strawberries or raspberries. Sprinkle granola on top for crunch.
- Fruit whips - frozen fruit blended with two tablespoons yogurt to a smooth consistency in a blender.



Enjoy Your Food While Eating Fewer Calories

- Here are some ideas to help you eat smaller portions and/or consume fewer calories. Making one change at a time can add up to big changes later on.
- Leave space between each food that you are putting on your plate. This will help decrease serving sizes.
- Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- Eat slowly. It takes 20 minutes for the message to get from stomach to brain and back to stomach that it is full. Fast eaters can gulp down too many calories before the message has a chance to get to the brain, that enough calories have been consumed. Fast eaters consume greater number of calories than slow eaters.
- Be mindful while eating. Enjoy the taste and textures of the food you are eating. Chew your food thoroughly. Pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough. Mindful eating helps you eat less and feel more satisfied. It also helps your digestive tract absorb more nutrients from the food you have eaten.
- The brain can't always differentiate between hunger and thirst. If you think you are hungry between meals, drink a glass of water and wait 15 minutes. If you are still feeling hungry 15 minutes after you drank water, then eat a small healthy snack.
- Eat snacks and meals at the table with an adult or family member(s). Individuals who eat snacks and meals with others, tend to eat slower and eat less.
- Turn the television off during snacks and meals. Watching TV while you eat can cause you to overeat because you are paying attention to what is on TV and not paying attention to how much you are eating.
- If you are still hungry after eating everything on your plate, choose non-starchy veggies, fruit, or lean protein for seconds. This will help decrease the total calorie intake at meals.

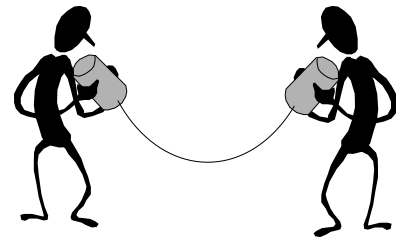


BIG BENEFITS OF FAMILY MEALS

Meals prepared and eaten at home are usually more nutritious and healthier than restaurant meals. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate. Home cooked meals are usually not fried or highly salted, plus soda and sweetened beverage consumption is usually lower at the dinner table.

Better nutritional value is not the only benefit of home cooked family meals. Research studies have identified several important benefits to children and teens who eat at least 5 home cooked meals a week with their families. Researchers have found frequent FAMILY MEALS:

1. Are associated with lower BMI's in children and teens.
2. Are associated with having a positive effect on mental health, improved psychological well-being and decreased rates of depression in children and teens.
3. Are associated with lower rates of delinquency, smoking, drinking, and illegal drug use in preteens and teens.
4. Have a positive impact on young children's language development and word comprehension.
5. Are associated with greater academic achievement in school.
6. Strengthened family relationships. Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security and love, as well as feelings of belonging.
7. Family meals give regular structure and routine to a teen's day. When a teen knows that he or she can expect a reliable schedule, it increases the teen's sense of security and improves well-being.



In addition to this list of awesome benefits of family meals, parents save money cooking at home. Meals purchased away from home cost two to four times more than meals prepared at home.

Family mealtime should be relaxing and enjoyable. Family centered mealtime means limiting distractions, especially the TV, computer and cell phones. Turn electronics off at mealtime. Make the dinner table a cell-phone-free zone. Encourage each family member to be involved in dinner conversations.



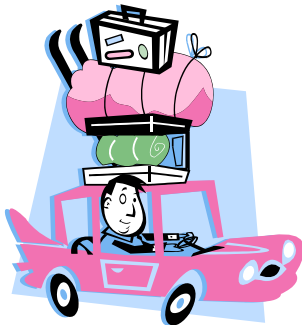
Parents and other adults should try to avoid making mealtime a disciplinary occasion when teens are reprimanded or given lectures. Instead, save such conversations for a time away from the dinner table. Focus on being together in a positive way. Enjoy spending time together.

Tips for Eating Healthy Away From Home

Always Be Prepared for a Snack Attack ... Any Where ... Any Time



- Keep a healthy non-perishable snack like dried fruit, nuts, or a granola bar in your purse, briefcase or backpack.
- Keep sugar-free gum or sugar-free hard candy handy to satisfy sugar cravings.
- Make it a habit to carry a water bottle with you throughout the day. Did you know that your brain can not always differentiate between thirst and hunger? If you are hungry between meals, drink some water and then wait 15 minutes. If you are still hungry, have a healthy snack.



Snack Healthier on Road Trips

- Make healthy snacks at home to take on your road trip like whole grain muffins or popcorn.
- Load up a small cooler with low-fat string cheese, cut-up vegetables, and fresh fruit.
- Pack a healthy snack bag with multigrain chips or crackers, granola bars, nuts, and dried fruit.
- Bring a jug of ice water and a water bottle for each person.

Eat Healthier at Restaurants



- Drink water with your meal or order low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-grain bread when ordering a sandwich.
- Add an extra serving of vegetables to your day by starting your meal with a salad.
- Request that salad dressing be served on the side. Then you can use as much or as little as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled meat dishes instead of meat that is breaded or fried.
- Avoid foods that have creamy sauces and gravies.
- Substitute a bowl of fresh fruit for a pancake or toast with breakfast.

Ideas for Healthy Snacks

Healthy snacks are slow-release energy foods that are packed with vitamins and minerals. Some healthy snacks are high in protein or contain healthy fats or complex carbohydrates. Even healthy foods can cause an energy overload if you eat too much, so make sure to limit the snack size to 100 calories or less. Here are some ideas to help you think about healthy snacks you could eat.

- Put dried fruit and unsalted nuts into snack-size zip lock bags. They work great for healthy satisfying quick grab snacks on the go.
- Put low-fat Greek yogurt and frozen peaches in a blender to make a tasty smoothie. Greek yogurt has a higher protein content than regular yogurt and it usually has a lower sugar content.
- Make a delicious salad by mixing plain yogurt into a cup of shredded carrots and a handful of raisins.
- A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack. Turn yogurt into an extra special treat by mixing berries into it.
- Save time by slicing veggies ahead of time and store in the refrigerator for later. Serve them with high protein hummus.
- Drink a healthy snack. Grab a cup of low-fat milk or fortified soy beverage.
- Eat something made with whole grain. Whole-wheat breads, whole grain crackers, and whole-oat cereals are high in fiber and low in added sugars, saturated fat, and sodium.
- Popcorn is a whole grain. Keep it healthy by making it from scratch with an air popper or cooking it on the stove in a pan with 1 tablespoon of coconut oil. Top with a sprinkle of sea salt.
- Baked whole grain corn chips with salsa are a satisfying and nutritious snack.
- Granola bars and protein bars can make great snacks on the go. Just be sure you read the label and only buy those with low or no added sweeteners.
- Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, mozzarella cheese stick or a hard-cooked (boiled) egg for a healthy, easy snack. Hard-cooked eggs can be kept in the refrigerator for up to 1 week.
- Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy “grab-and-go” options that need little preparation. Choose canned fruits that have no added sugars.



Make Better Beverage Choices

Non-diet soda, energy or sports drinks, and other sugar sweetened drinks contain a lot of calories from added sugars and few nutrients. Your body needs a wide variety of nutrients to stay healthy and to sustain a healthy energy balance. There are two main ways that sweetened beverages have a negative effect on energy balance. First, you consume large numbers of calories in a short amount of time when you gulp down sugary beverages, which causes an energy overload. Second, sugary drinks are a form quick-release energy. You learned how quick-release energy foods/drinks gets your energy balance out of whack. Here are some ideas to help you make better beverage choices.



- Drink **water**! Water is the STAR of all sugar-free drinks! (You will learn more about the health benefits of water in session 14.) Your body needs approximately 1 ounce of water for every 2 pounds of body weight. Water is always convenient. Fill a clean, reusable water bottle and carry it with you to quench your thirst throughout the day.
- **Green tea** is another healthy sugar-free drink. Green tea contains phytonutrients that help your body burn fat. This effect is synergistically improved when combined with aerobic exercise. The phytonutrients in green tea also have a cholesterol lowering effect. Save money and make your green tea at home.
- **Sugar-free tea** is a great thirst quencher. Save money by making tea at home. Add variety to your homemade tea by mixing flavors. Mint tea brewed with regular tea makes a refreshing drink. Experiment with other flavor mixtures.
- There are a variety of **calorie-free flavored waters** on the market. Some of them have vitamins and minerals added to them to make them healthier for you. These are sometimes labeled **zero-calorie vitamin water**.
- You can find **calorie-free flavored seltzer waters**. These are a nice alternative to soda pop.
- Some people make their own **homemade flavored waters** by adding a piece lemon or lime or orange or watermelon or cucumber in their water.
- Don't forget dairy. Select low-fat or fat-free **milk** or fortified **soy** or **nut beverages**. They offer key nutrients such as calcium, vitamin D, and potassium. Teens need 3 cups of milk per day. Milk is nutritious but if you drink too much, it can cause an energy overload. If you are a milk lover, be mindful of how much you are drinking each day.
- **100% vegetable juice**, unlike fruit juice, is another nutritious sugar-free drink.



16 WAYS TO DECREASE FAT IN YOUR DIET

1. Respect serving sizes of fats:
 - a. 1 teaspoon is the serving size for butter, margarine or olive oil;
 - b. 1 tablespoon is the serving size for creamy salad dressing, tartar sauce, mayonnaise, whipped cream, or sour cream.
2. Choose low-fat or non-fat dairy products:
 - a. Skim or 1% milk and non-fat yogurt;
 - b. Low-fat cheeses (no more than 3 grams of fat per ounce), and 1% fat cottage cheese;
 - c. Low-fat sour cream and cream cheese;
 - d. White cheese is usually lower in fat than yellow cheese.
3. Choose low-fat versions of your favorite salad dressing, tartar sauce and mayonnaise.
4. Avoid fried foods like French fries, breaded meats and seafood, breaded deep fat fried vegetables, donuts, and other fried foods.
5. Avoid high-fat desserts like ice cream, pastries, cookies, cakes and pies.
6. Choose meat that has been baked, poached, grilled or broiled.
7. Trim off all fat from meat and remove skin from poultry before eating it.
8. Choose fish packed in water when buying canned fish like tuna or salmon.
9. Choose lower fat luncheon meats, such as sliced turkey or chicken breast, lean ham, and lean sliced beef.
10. Choose lean meats, fish and poultry.
11. Try sprinkling lemon juice and herbs or spices on cooked vegetables instead of using cheese, butter, or cream-based sauces.
12. Try plain, nonfat, or low-fat yogurt and chives on baked potatoes rather than sour cream.
13. Avoid foods that contain trans fats or hydrogenated oils.
Trans fats will be listed on the food label and hydrogenated oils will be listed in the ingredients list.
14. Avoid oily snack foods like potato chips, corn chips, pork rinds, and buttered popcorn.
15. Cut down on sauces and toppings like gravy, salad dressing, sour cream, butter, margarine, mayonnaise and whipped cream. Even small amounts of these foods can boost the fat content of your diet.
16. Watch out for hidden fat in crackers, muffins and other snack foods. If in doubt, read the food labels.



SESSION EIGHT

Physical Activity



After you watch Video 8 you will be able to:

1. Understand how physical activity helps get your energy balance back in whack;
2. List different ways physical activity supports the health of your body and brain;
3. Identify how many calories your body will burn during different types of physical activities;
4. Define 3 types of physical activity and give several examples of each type;
5. Develop your own personal activity pyramid.

BENEFITS OF AEROBIC ACTIVITY

Helps Get Your Energy Balance Back in Whack:

1. Increases energy levels, endurance and stamina (can keep going longer without getting tired);
2. After 20 minutes of aerobic activity, your body starts using stored energy;
3. Makes your body's internal furnace burn hotter and use up more energy;
4. Helps your body use the food you eat for energy instead of storing it;
5. Regulates your appetite so you are less likely to want to overeat;
6. Makes you want healthier food to eat to support your active body;
7. Improves quality of sleep so you feel more rested and energized.

Makes You Smarter:

1. Get better grades in school;
2. Increases blood flow and oxygen to the brain;
3. Increases creativity;
4. Increases problem solving abilities;
5. Improves memory;
6. Increases alertness and ability to think clearly;
7. Increases ability to concentrate.



Keeps Your Muscles and Bones Strong:

1. Increases muscle strength and endurance (can keep moving longer without getting tired);
2. Increases flexibility and coordination;
3. Strengthens bones.

Helps You Feel Happier and Relaxed:

1. Helps you have a brighter outlook and think more positive thoughts about yourself, your life and others;
2. Uplifts emotions and stabilizes mood swings;
3. Natural release from bad feelings, anxiety and anger;
4. Increases self-acceptance and self-image;
5. Increases self-esteem and self-confidence;
6. Helps relieve mild to moderate depression;
7. Improves your ability to handle stress.



Helps You Stay Healthy:

1. Helps body heal quicker from injury or illness;
2. Helps you stay healthy during cold and flu season by stimulating your immune system;
3. Helps food digest better and prevents constipation;
4. Helps skin to be healthier and clearer;
5. Helps you grow into a healthy adult - decreases risk of heart disease, diabetes, and cancer.

Improves Heart and Lung Health:

1. Strengthens heart muscle and improves heart function;
2. Decreases blood pressure;
3. Increases lung volume and improves lung function;
4. Increases blood supply & oxygen throughout the body;
5. Decreases cholesterol and triglyceride levels and increases HDL (good cholesterol).



CALORIES BURNED DURING PHYSICAL ACTIVITY

Based on a 150 pound person

MODERATE ACTIVITY	
Calories Used per Hour [stored energy used]	
Cycling, 5.5 miles/hour	210 [138]
Gardening	220 [145]
Canoeing, 2.5 miles/hour	230 [151]
Cleaning Windows	240 [158]
Mopping or Vacuuming	240 [158]
Lawn mowing, self propelled	250 [165]
Lawn mowing, push mower	270 [178]
Walking, 2 miles/hour	220 [145]
Bowling	300 [200]
Golfing, with pull cart	300 [200]
Scrubbing floors	300 [200]
Row boating, 2.5 miles/hour	300 [200]
Swimming, 0.25 miles/hour	300 [200]
Cycling, 8 miles/hour	325 [216]
Golfing, carrying clubs	350 [233]
Badminton	350 [233]
Riding a trotting horse	350 [233]
Square dancing	350 [233]
Volleyball	350 [233]
Roller skating	350 [233]
Walk, 3 miles/hour	275 [181]
Doubles tennis	360 [239]
Calisthenics	360 [239]
Table tennis	360 [239]
Walking, 4 miles/hour	360 [239]

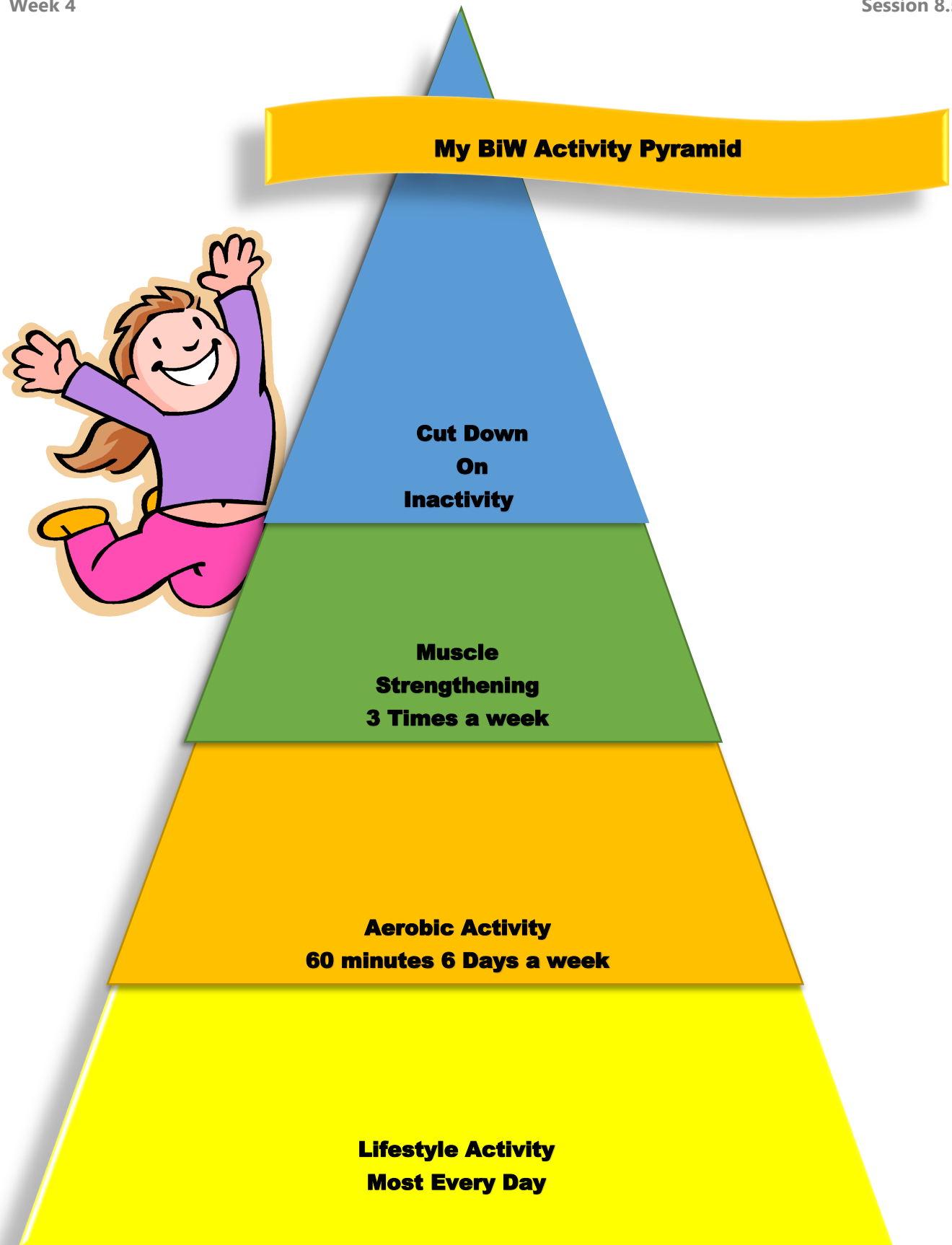
STRENUOUS ACTIVITY	
Calories Used per Hour [stored energy used]	
Walking, 5 miles/hour	420 [277]
Cycling, 11 miles/hour	420 [277]
Singles tennis	420 [277]
Waterskiing	480 [316]
Jogging, 5 miles/hour	480 [316]
Cycling, 12 miles/hour	480 [316]
Hill climbing, 100 feet/hour	490 [323]
Downhill skiing	550 [366]
Running, 5.5 miles/hour	600 [400]
Squash or handball	600 [400]
Cycling, 13 miles/hour	660 [440]
Running, 6-9 miles/hour	660-850
Cross-country skiing	600-1200
Running, 10 miles/hour	900 [600]
Vigorous dancing	320-500
Cycling, 10 miles/hour	400 [266]
Ice-skating, 10 miles/hour	400 [266]
Ditch digging, hand shovel	400 [266]
Wood chopping or sawing	400-600
LIGHT ACTIVITY	
Calories Used per Hour [stored energy used]	
Light housework	150 [100]
Strolling, 1 mile/hour	150 [100]
Golfing, using a golf cart	175 [116]
Level walking, 2 miles/hour	200 [133]

NOTE: Each ounce of stored energy contains 219 calories of energy.

BiW 360 GOAL

If you want to get your energy balance back in whack, you will need a minimum of 360 minutes (6 hours) of aerobic activity per week. Circle all the different ways you currently get your body moving. Highlight aerobic activities you would like to use to help you accomplish the BiW 360 GOAL. Use these circled and highlighted activities to fill in your BiW Activity Pyramid on the next page.

Lifestyle Activity		
Movement in our lives needed to take care of our responsibilities and enjoy ourselves.		
Clean your room Vacuum Mopping Fold and put away laundry Wash windows Take the stairs Walk part way to school Walk to your friend's house Play outside with friends Skip or hop around the house Raking leaves Yard work Gardening *Push mower *Shovel snow Home projects - painting, wash/wax the car, build fence Hobbies - woodworking, pottery, rock hunting	*Rollerblading Skateboarding Yoga Pilates *Exercise class *Dance class Volleyball *Tennis Baseball Badminton Croquet *Racket ball Table tennis Kickball Hula hoop Hopscotch Bowling Gymnastics *Golf	*Jump on trampoline *Jump rope or Skip Downhill skiing Sledding Rock climbing Adventure hiking Geocaching *Rowing canoe Waterskiing or Tubing Horseback riding Hunting Stream fishing *NOTE – This lifestyle activity can be aerobic activity if: 1-Your body stays in continuous motion for a set period of time; 2-It makes you breathe faster & harder; 3-It makes you sweat.
Aerobic Activity		Muscle Strengthening Activity
Puts your body in continuous motion for a set period of time. It causes you to breathe harder and faster, and makes you sweat.		Make muscles do more work than usual during activities.
Get Moving Outside Brisk walking Hiking Jogging Bike riding Swimming Cross country skiing Basketball Football Soccer Cross country running	Get Moving Inside Use exercise equipment Walk on an indoor track Exercise or dance DVD Wii or Xbox exercise program Mini tramp Stationary bike Treadmill Stepper March in place Dance to your favorite tunes	Wrestling Resistance ball Rope climbing Martial arts Isometric exercises Weight lifting (teens) Resistance rubber bands Weight machines (teens) Wall or tree climbing Calisthenics: -- Sit ups -- Pushups -- Squats
Cut Down on Inactivity -- Watching TV -- Playing video and computer games -- Sitting for more than 30 minutes at a time		



SESSION NINE

Setting Goals



After you watch Video 9 you will:

1. Have chosen 2 to 3 healthy habits to start working on;
2. Have set up the BiW4Teens Habit Tracker;
3. Have learned how to use the BiW4Teens Habit Tracker to support successful habit change;
4. Be able to explain how the BiW4Teens Habit Tracker is vital to your success with the Back in Whack Program;
5. Know when to add new habits and how long each new habit needs tracked in the BiW4Teens Habit Tracker.

CHOOSE HEALTHY HABIT GOALS

Choose 2 to 3 healthy habit goals from your list of healthy habits on page 7.2. It is important to start with small habit changes. Big changes can quickly become overwhelming and cause a person to abandon a new health improvement plan. Starting with a few small changes at a time makes the plan doable and believable and therefore achievable. Small changes are easier to achieve. When we achieve our habit change goals, we experience success. Success makes us feel good and motivates us to keep moving forward. Write your first 2 or 3 new healthy habit goals below:

1. _____
2. _____
3. _____

Back in Whack healthy habit goals use positive action wording. Positive action worded goals help teens be successful. Focusing on achieving something positive is energizing and enjoyable. It creates positive emotions and ultimately leads to a greater sense of wellbeing. Negative goals can actually make the thing you are trying to give up, more tempting. People naturally feel obstinate toward goals that tell them not to do something. Try to replace the unhealthy habit with a positive healthy habit goal. Example: “Drink water between meals” instead of “NO soda between meals.” If there is no healthy replacement for an unhealthy goal, state the goal as “Soda Free!”



Connect pleasure to your health habit goals. Behavior is driven by an instinct to avoid pain and seek pleasure. Connect something pleasurable or fun to your new health habits. For example, listen to fun music while exercising or exercise with a friend. Choose physical activity you enjoy.

Add 1 or 2 new goals every 21 days. It takes 21 days for your brain and body to become comfortable with a new self-care habit. It takes 3 months for that habit to become an automatic self-care behavior.

TRACK YOUR NEW HEALTH HABITS

Flick to the BiW4Teens Habit Tracker in Appendix G. Select your new healthy habits from the healthy habits list in the BiW4Teens Habit Tracker.

Use the BiW4Teens Habit Tracker to track your new health habits. Document accomplishments in the BiW4Teens Habit Tracker each day, usually in the evening.

Using the BiW4Teens Habit Tracker is vital to your success with the Back in Whack Program.

The BiW4Teens Habit Tracker has several important functions:

1. It acts like the hub of your health improvement plan, like the hub of a wheel.

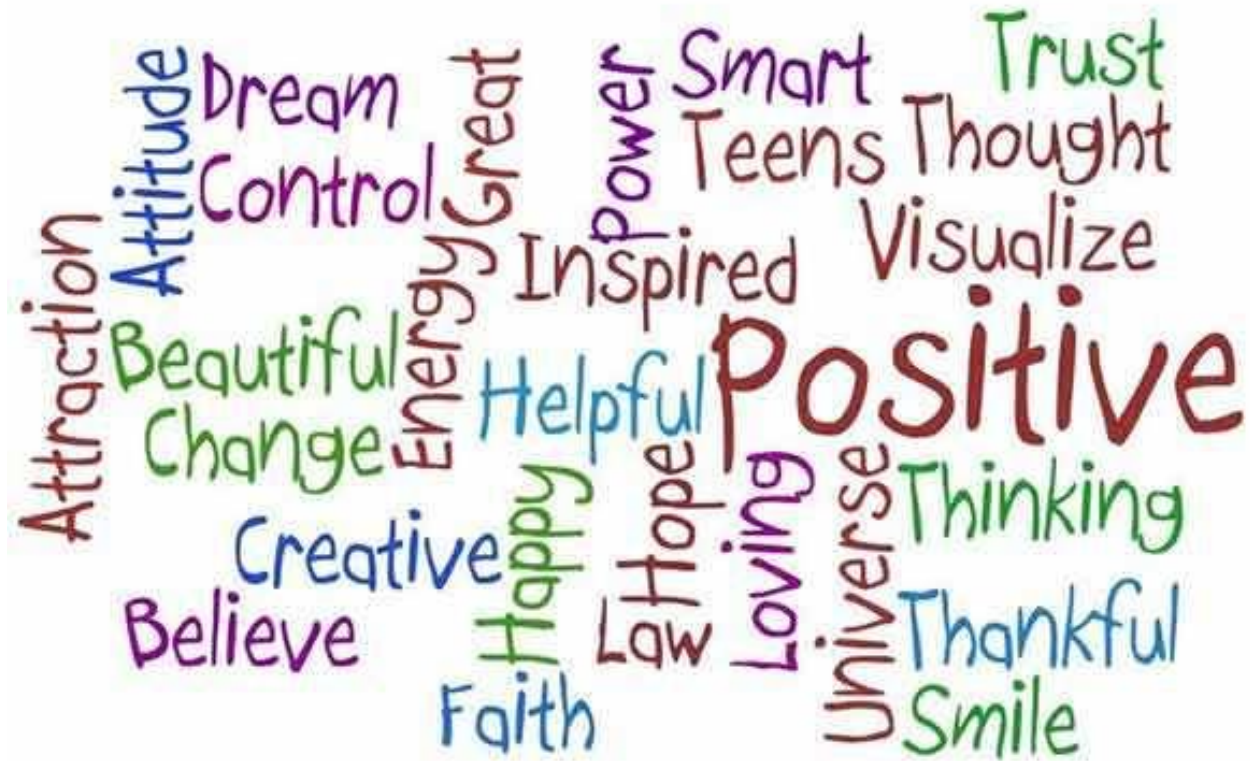
2. It keeps your health goals visible.
3. It keeps your brain actively thinking about making healthy choices. This is really important because CHANGE STARTS IN THE BRAIN!
4. Documenting success in the BiW4Teens Habit Tracker makes you accountable for your actions or lack of action.
5. Over time, you will see healthy) patterns emerge in the BiW4Teens Habit Tracker.
6. Teens who monitor new health habits with a habit tracker are significantly more successful at changing unhealthy habits into healthy ones. These changes often last into adulthood.

Be flexible. No health improvement plan should be rigid. Leave room for mistakes, mishaps, off days and little diversions. If you are successful with new health goals six days a week, that is great. If you have a week where you are successful all 7 days, you are a ROCK STAR!

Track each new habit in the BiW4Teens Habit Tracker for at least 3 months. It takes about 3 months for a new habit to become an automatic, comfortable habit. Continue to follow health goals in the BiW Habit Tracker until they become automatic, comfortable habits for you.

SESSION TEN

Mighty Messages



After you watch Video 10 you will be able to:

1. Explain what a Mighty Message is;
2. Understand how Mighty Messages can be used to support habit change;
3. Write your own personal Mighty Messages;
4. Effectively practice Mighty Messages;

MIGHTY MESSAGES

Mighty messages are positive statements that support your healthy habits. These messages help you feel good about new habits. They help you like your new habits.

A. How to Write an Effective Mighty Message

1. Write a **positive** statement! Use upbeat energizing words.
2. Make it **short**!
3. Make it **clear** and **specific**.
4. Keep it **personal**! It needs to mean something to you.
5. Write it in the **present tense**. The present tense will help to create a reality in your brain the moment you say it.
6. Be **realistic**!
7. After you have written your mighty message, try saying it a few times to see if it feels good to say it.

B. How to Effectively Practice Your Mighty Messages

There are four important keys to effectively practicing your mighty messages ... SEE IT! HEAR IT! FEEL IT! REPEAT IT!

1. SEE IT!

- a. See your mighty message in writing. Sixty percent of your cerebral cortex is devoted to vision. Seeing positive messages is an important way to help habit change take place in the brain.
- b. You can hide written messages in bathroom cabinets, drawers, lunch boxes, backpacks, etc. Then you can find them later in the day. Ask your parents to help you with this.
- c. You can put mighty messages on a poster and hang it in your bedroom.
- d. Try writing your messages down on a small card and keep it in your pocket. You can periodically look at it during the day.

2. HEAR IT!

- a. Hear your mighty messages. Say them out loud. Mighty messages become more believable when you hear them.
- b. You can try turning a mighty message into a song and sing it or rap it.
- c. You can turn it into a cheer or just say it.
- d. You can record mighty messages on tape and listen to them during the day or as you fall asleep at night.

3. FEEL IT!

- a. Mighty messages are most effective when you say them with enthusiasm. Be positive and upbeat as you repeat your mighty messages! Say them like you mean them!
- b. When you are saying your mighty messages, avoid negative, doubting self-talk. Don't undercut your positive messages.

4. REPEAT IT!

- a. The more **often** you repeat your mighty messages, the better they work.
- b. Upbeat enthusiastic messages that are repeated 20 to 30 times a day can actually change the brain. Your brain will start believing the positive messages.

C. The Brain is the Boss of the Body

1. Here's how it works. Each thought you have produces a physical electrochemical message. Your cells have special receptor sites to receive these electrochemical messages. It is like the cells of your body have ears to hear messages from your brain. This physiology allows your brain to be the boss of your body. Your body will respond to what the brain believes.
2. Mighty messages help to create a more positive reality in your brain of what you are capable of accomplishing. Your body will respond positively to this new reality in your brain.
3. Your body will start changing in order to match your brain's new positive reality.

D. MIGHTY MESSAGES ARE:

1. Fun and easy;
2. Effective at helping habit change take place in your brain;
3. Give people an inner strength and set them up for success;
4. Are power tools that you can use the rest of your life to support anything that you are trying to accomplish.

E. Mighty Messages Can Help You Stomp ANTs. ANTs are Automatic Negative ThoughtS.

Here is how to stomp ANTS:

1. Identify the automatic negative thought;
2. Immediately and firmly say "STOP!"
3. Replace the negative thought with an 'Opposite Positive' statement – a MIGHTY MESSAGE;
4. Repeat the positive statement several times;
5. If the negative thought is persistent – argue that the 'Opposite Positive' statement is true and the negative thought is NOT true.

F. Mighty messages can also be used to improve a person's self-image. This means they help you feel better about yourself and your body. This is done with positive messages about yourself and about your body. Mighty messages help diminish negative personal beliefs and unrealistic expectations. They can replace critical self-talk with uplifting encouraging messages about yourself.**G. Here are some sample Mighty Messages you can use to type into the notes section in your BiW4Teens app.** Look at your mighty messages every day – SEE THEM – HEAR THEM – FEEL THEM – REPEAT THEM!**1. Sample Mighty Messages for Body Appreciation**

- I treat my body with respect!
- I have a wonderful body!
- I have an amazing body!
- My body is an incredible machine!
- I am taking good care of my body!
- I love my body!



2. Mighty Messages for Self-Acceptance

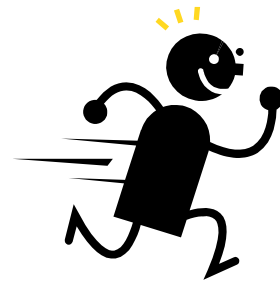
- I am a special unique individual!
- I am a good person!
- I like myself just as I am!
- I am acceptable just as I am!
- I am worthy of good self-care!
- I am a valuable extraordinary individual!

**3. Mighty Messages for Healthy Eating**

- Vegetables energize me!
- Fruits strengthen me!
- Whole grains balance my energy!
- I crave food in its natural form!
- Vitamins help me use stored energy!
- I eat food to support health and supply energy!
- Whole foods support peak health!
- My body craves whole foods!

**4. Mighty Messages for Aerobic Activity**

- Aerobic activity helps me use stored energy!
- My body is growing stronger with aerobic activity!
- Aerobic activity balances my energy!
- Aerobic activity energizes me!
- Aerobic activity regulates my appetite!
- Aerobic activity helps my brain work better!
- Aerobic activity makes me feel happier!
- Aerobic activity releases my stress!
- Aerobic activity helps me feel good about myself!
- Aerobic activity helps my body heal quicker!
- Aerobic activity helps me stay healthy!

**H. Positive Empowering Words to Use for Writing Your Own Mighty Messages:**

adored	creative	energized	hurray	passionate	special
amazing	dynamite	extraordinary	invincible	phenomenal	smashing
awesome	excited	explosive	incredible	precious	spectacular
brilliant	ecstatic	empowered	intelligent	relish	tremendous
beautiful	excellent	fascinating	jazzed	remarkable	terrific
blessed	exuberant	fantastic	magnificent	resilient	unique
captivating	exhilarated	fabulous	marvelous	sensational	vivacious
confident	enthralled	gifted	outstanding	smart	vibrant
charmed	enraptured	gorgeous	outrageous	super	winner

SESSION ELEVEN

Mini Movies



After you watch Video 11 you will be able to:

1. Understand what a Mini Movie is and how it works;
2. Know how to develop your own personal mini movies to support habit change;
3. List different ways you can use mini movies.

MINI MOVIES

What is a mini movie?

A mini movie is a vivid picture that you create in your brain of something that you want to accomplish in the real world. It uses mental imagery and positive thinking to help you believe your health goals. You need to believe your goals before you can achieve your goals.

How does a mini movie work?

Mini movies help to create a reality in your brain of what you are capable of accomplishing. Your brain will start believing this imagined reality that you will accomplish your health goals. When your brain believes this imagined reality, it becomes the brain's new reality.

A good example of this is when you have a scary dream. You wake up in a cold sweat, your heart pounding. You were in no real danger while you were sleeping. However, the reality in your brain was that you were in danger and so your body responded.



How do I make an effective mini movie?

There are 5 parts needed to create an effective mini movie. Each part has several important details.

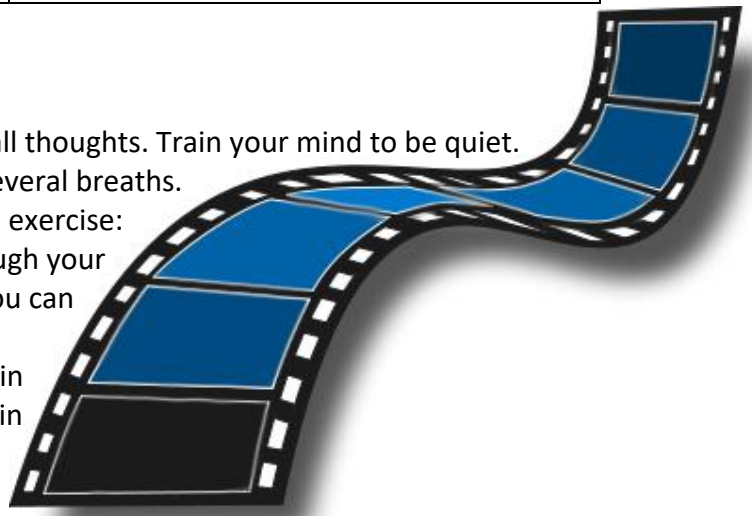
1. SURROUNDINGS – That is environment and scenery.
 - a. Think of a scene that is familiar and pleasant.
 - b. Somewhere you can feel safe and relax.
 - c. See as many details as you can think of in your surroundings. Use lots of color and brightness.
 - d. What do you hear, feel (touch), smell and taste?
2. YOURSELF
 - a. How do I look?
 - b. How do I feel emotionally?
 - c. How does my body feel?
3. Yourself actively PRACTICING your new healthy habit.
4. Yourself LIKING and ENJOYING your healthy habit.
 - a. It makes you feel happy and uplifted;
 - b. Your body feels strong and full of energy;
 - c. Think how much you really REALLY like this healthy habit.
 - d. You are looking forward to the next time you can practice this healthy habit.
5. Seeing and feeling the POSITIVE RESULTS of your healthy habit.
 - a. You feel good about yourself.
 - b. You are proud of yourself for taking good care of your amazing body.
 - c. You like yourself.
 - d. You are full of positive uplifting emotions.
 - e. See your body responding positively to your healthy habits.
 - f. Your body feels strong, healthy and energized.
6. You want to celebrate life!

Use the box below to write the details of your mini movie.

Details of Surroundings ... See?	Yourself Look? Feel emotionally? Feel physically?	Healthy Habit Action ...
Hear?		
Smell?		
Feel (touch)?		
Taste?		
Liking & Enjoying your healthy habit...	Positive Results of healthy habit	

How do I Practice my mini movie?

1. Find a quiet, comfortable place.
2. Close your eyes. Clear your mind of all thoughts. Train your mind to be quiet.
3. Pay attention to your breathing for several breaths.
4. Try the “Deflating Balloon” relaxation exercise:
 - a. Take a deep slow breath through your nose. Inhale as much air as you can and hold it for 2 seconds.
 - b. Become aware of the tension in your lungs. Sense the tension in your muscles.
 - c. Exhale slowly through your mouth. Feel your body deflating like a balloon as you release the air from your lungs. Think the word “relax” every time you exhale.
5. Continue breathing slowly in and out until your body feels limp and heavy.
6. Now that your body is relaxed, allow your breathing to become slow and rhythmic.
7. It is now time to play your mini movie in your brain.
8. Experience this mental movie with lots of positive emotion and clear detail. Use all of your senses with as much intensity as possible: sight, sound, smell, touch, and taste.
9. Try to hold this vivid image in your brain with this intensity for a minute.
10. Now let your pleasant images fade. You are left relaxed and feeling good.
11. Mini movies work best when practiced before you go to sleep or when you are just waking up.



SESSION TWELVE

Support New Habits



After you watch Video 12 you will be to:

1. Explain how a positive focus supports habit change;
2. Describe a positive mindset;
3. Explain the difference between positive reinforcements and rewards;
4. List examples of positive reinforcements and rewards;
5. Understand how habit change contract can decrease stress during the habit change process;
6. Complete the BiW Habit Change Contract with your parent.

Positive Focus Supports Habit Change

Thoughts and emotions motivate people to do the things they do. Upbeat emotions and positive thoughts about healthy habits helps you stay excited about taking good care of your amazing body. It motivates you to keep moving forward on this journey to the top of Peak Health. The type of motivation that inspires people to change health habits does not happen accidentally. Inspirational motivation happens “ON PURPOSE.”

Your brain is the boss of your body so it is very important to think about what you are thinking about. Behavior is driven by an instinct to avoid pain and seek pleasure. Because of this, the brain is attracted to anything positive and is motivated to achieve things that have positive results. It is important to purposely look for positive things about yourself and your life. Here are some examples of what I am talking about:

1. When you think about yourself – look for the things you like about yourself.
2. Look for good things that happen to you and around you during the day.
3. Think about the benefits you are getting and will continue to get from sticking with your health plan.

A positive focus has a similar effect on the emotional center of your brain as does gratitude journaling – it cools the emotional center of the brain. Remember, when the emotional center is cooler than the rest of the brain, it is like you are looking at your world through rose-colored sunglasses. It is easier to see the bright side of life. You are naturally happier, uplifted, encouraged, and more relaxed.

Positive Mindset Promotes Success

A positive mindset is the cornerstone to success. A mindset is more than just having a thought about something. A mindset is much deeper than a thought. A mindset is a commitment to a pattern of thinking and perceiving yourself, your circumstances, and the world around you. Here are some examples of beliefs common to people with a positive mindset:



1. Unmet goals are opportunities for growth, learning, and a chance to practice problem solving skills.
2. There is no such thing as failure ... there are those who find solutions to problems and keep moving forward, and those who quit.
3. If you stumble and fall fall forward! When you get back up, you will be facing forward and will be moving forward. This is a positive perception to have for those days when you aren't able to follow your health plan.
4. Each day is a new day with new possibilities.
5. Making healthy changes in your life is not a race. It is a journey. Take one day at time and enjoy each day.
6. Believe you will achieve whatever you wrote at the top of your Peak Health.
7. The moment you commit to change, is the moment your destiny is shaped. Be persistent!
8. Never give up! Never give in!

Positive Reinforcement and Rewards Increase Motivation

Positive reinforcements are small consistent markers of daily success. You could give yourself a special token to put in a jar each day that you meet a goal (i.e. jumped on their mini tramp for 30 minutes or ate supper without taking starchy seconds). You could buy some beads and string and add a bead to a necklace or bracelet each time that you ate a serving of fruit or vegetable. It is a great way for you to

watch your goal successes add up. Positive reinforcement has a stronger influence on you when it is initiated at the time that you have just practiced your new habit.

Rewards are something special you receive when you accomplish a health goal or several health goals over a period of time. Rewards can be a special activity, a privilege, or an object that you like. Ask your parents if they would participate in providing rewards for your successes.



You learned in session 8 that connecting pleasure to a healthy habit helps you like to practice your healthy habit (i.e. go for a walk every day) which helps you successfully reach your health goal for this habit. Rewards and positive reinforcements are another way to connect pleasure to healthy habits.

Back in Whack Habit Change Contract

The Back in Whack Habit Change Contract helps parents and teens work cooperatively toward healthy changes. Making changes in self-care habits can be stressful at times. This contract will help decrease conflict between parents and teens. It provides an opportunity for parents and teens to discuss and understand expectations that each has of the other. Contract agreements should be a compromise of these expectations.



Some contract agreements should be directly related to the health goals that the teen is currently working on. For example, if a teen is trying to switch from drinking soda to drinking sugar-free beverages, they may agree to drink water, tea or Crystal Light. The parent may agree to not drink soda in front of their teen and to not bring soda into the house.

Some of the contract agreements may be to clarify how the parent will support success milestones that the teen achieves. For example, the parent may agree to pay for a movie for their teen and one of their friends, when the teen has gone 3 weeks sugar-free or has met the BiW 360 goal 2 weeks in a row. This is an example of a reward. The parent may agree to help the teen set up a positive reinforcement method. For example, buy a bag of marbles so the teen can put a marble in a jar each time they are successful with one of their goals. This is a fun way to visually see successes stack up.

More Examples of Contract Agreements

TEEN

I agree to drink a glass of water between meals if I am hungry, before I get a snack.

I agree to limit screen time (TV and video games) to two hours a day.

I agree to get up 20 minutes earlier in the morning so that I have time to eat breakfast.

I agree to take non-starchy vegetables for second helpings if I am still hungry.

I agree to ride my bike at least 3 times a week.

PARENT

I agree not to keep soda in the house.

I agree not to eat candy in front of you.

I agree to keep fresh fruit in the house.

I agree to cook an extra serving of vegetables for dinner so you will have extra vegetables to eat.

I agree to take your bike to the bike shop to get it repaired.



Back in Whack Habit Change Contract

DATE	I [TEEN/TWEEN] agree to be respectful when you give me one reminder that I am making an unhealthy choice. I [PARENT] agree to only tell you one time that you are making an unhealthy choice, when I see you making an unhealthy choice
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____
	I [TEEN/TWEEN] agree to _____ _____ I [PARENT] agree to _____ _____

PART III

EATING HEALTHIER



Session 13

Nutrition Plan

Session 14

Food and Energy Balance

Session 15

Grains

Session 16

Label Reading

Session 17

Veggies and Legumes

Session 18

Fruit

Session 19

Dairy

Session 20

Protein & Meat

Session 21

Fats

Session 22

What about Sugar

Session 23

Healthier Kitchen

Session 24

Team Up for Meal Planning

SESSION THIRTEEN

Nutrition Plan



After you watch Video 13 you will be able to:

1. List 7 food categories on the nutrition plan;
2. Identify number of servings your body needs from each food category;
3. List the 4 energy food categories;
4. Identify serving sizes for different foods;
5. Explain how to use the nutrition plan worksheet;
6. Describe how to use the Food and Activity Log.

PERSONALIZED NUTRITION PLAN for TWEENS/TEENS

The nutrition plan is a **guideline** for healthy eating which has been personalized for your specific age and gender. The plan lists the kinds of foods that support good health and clarifies how much food is needed to balance your body's energy levels. This plan will meet your nutritional needs for growth, support good health, and will help get your energy balance BACK IN WHACK. **Please note, these nutrition plans are specifically designed for tweens/teens with high BMIs and are not appropriate for physically active teens with normal BMIs.** It is easy to find your personalized nutrition plan. Just put a check mark by your age under the correct gender (girl or boy) and then look at the right-hand column to find your nutrition plan.

GIRLS check how old you are below	BOYS check how old you are below	This is your nutrition plan!
☐ 9 years old ☐ 10 years old		1,400
☐ 11 years old ☐ 12 years old ☐ 13 years old	☐ 9 years old ☐ 10 years old	1,600
☐ 14 years old ☐ 15 years old ☐ 16 years old ☐ 17 years old ☐ 18 years old	☐ 11 years old ☐ 12 years old	1,800
	☐ 13 years old ☐ 14 years old	2,000
	☐ 15 years old	2,200
	☐ 16 years old ☐ 17 years old ☐ 18 years old	2,400

Next, go to Appendix C and find your personalized nutrition plan. There is a nutrition plan worksheet that matches your nutrition plan in Appendix D. Print off a copy of each and place it into this session.

IMPORTANT NOTE – this nutrition plan may not be appropriate for tweens/teens who have kidney disease or chronic health conditions of the intestines (i.e. ulcerative colitis, irritable bowel syndrome, short gut syndrome or diverticulitis).

How to Use Your Personalized Nutrition Plan

First column is the food categories. The first category is the starch group which is made up of whole grains, legumes and starchy veggies. The starch group contains 2 separate food groups - grains and veggies. You will notice that only starchy veggies are in the starch group. The non-starchy veggies are in a category of their own. The fruit, protein, and dairy categories are also individual food groups. The fat category is not a food group but a macronutrient and a dense energy source. The seventh category is empty calorie foods. **This category is NOT healthy.** It is on the nutrition plan because sometimes we participate in celebrations which include these types of foods. **It is recommended to avoid this category most days.** The last category is for important nutrients that support health and are important for energy balance – water, vitamins and mineral supplements.

There are 4 food categories that have black headers with white lettering. The foods in these categories supply your body with energy. Starch, fruit, and some kinds of fat are healthy sources energy. **Empty calorie foods are a source of unhealthy energy.** The other categories on the nutrition plan provide limited calories for energy.



You will find several examples of foods listed under each category title in the first column. You will be given expanded lists of healthy food choices for each category as you complete program materials for each session in Part III.

The second column provides serving sizes for different food types in each category. It is very important to learn and respect serving sizes for the energy food categories.

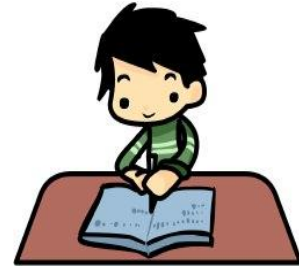
The third column gives you recommended number of servings per day for each food category. Remember your personalized nutrition plan is to be used as a **guideline** so you know what foods and how much you need to meet your nutritional needs for growth, support good health, and to get your energy balance back in whack.

How to Use the Nutrition Plan Worksheets

The nutrition plan worksheet looks a lot like your nutrition plan. The main difference is that instead of a number indicating the number of servings recommended for each food category, there are a specific number of squares which indicates how many servings are recommended for each food category. The number of squares for each food category match the number of servings for each food category on your nutrition plan.

This worksheet is to be used to help track which food categories you are eating from, how much you are eating and shows you how closely you are following your nutrition plan. Using the nutrition plan worksheet will help you learn to eat to meet your body's nutritional and energy needs. This worksheet acts as a brain training tool. The more you use your nutrition plan worksheet, the quicker your brain will become trained to want the appropriate amount of healthy foods to help get your energy balance BACK in WHACK!

The nutrition plan worksheet is easy to use. You will fill in the appropriate shape for each serving of food that you eat in the appropriate food category. There are 3 shapes and each one signifies something different: $\square$ = Prescribed healthy serving; $\bigcirc$ = Extra food, healthy choice; ∇ = Extra food, unhealthy choice. At the bottom of the form there is a box you can mark if you ate food from each food category that day. There is a 2nd box that you can mark if you ate the appropriate amount of energy foods. In other words, if you did not exceed the prescribed number of energy foods servings for the day.



On the next page you will find an example of a nutrition plan worksheet.

Here is an example of what your nutrition plan worksheet might look like if you were following the 1400 Calorie Nutrition Plan:

STARCH: Grains, Legumes, Starchy Veggies	DATE→	10/2
	SERVING SIZES	
100% whole grain bread	1 ounce	
dry, unsweetened cereal	¾ cup	
cooked cereal	½ cup	
whole grain snack crackers	4 to 5	
pasta	½ cup	
cooked rice or whole grains	1/3 cup	EXTRA
broth based soup	1 cup	
popcorn without added fat	3 cups	
carbohydrates on food label	15 grams	
cooked beans & lentils	1/3 cup	
starchy veggie	½ cup	
FRUIT	SERVING SIZES	
piece of fresh fruit	1 sm to med	
canned fruit	½ cup	
100% fruit juice	½ cup or 4 oz	EXTRA
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	
milk (skim, 1% or 2%)	1 cup or 8 oz	
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	EXTRA
cheese	1 ounce	
NON-STARCHY VEGGIE	SERVING SIZES	
cooked vegetable	½ cup	
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN (1 ounce)	SERVING SIZES	
meat, fish, poultry	1 ounce	
egg	1 egg	
**seed/nut butter	2 tbsp	EXTRA
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	
oil, butter	1 teaspoon	
salad dressing	1 tablespoon	
sour cream, mayonnaise	1 tablespoon	EXTRA
**seed/nut butter	2 tbsp	
**seeds/nuts	¼ cup	
Ate food from each food group		
Ate appropriate amount energy food		

7 a.m.
1 cup oatmeal
1 cup 1% milk
4 TBSP peanutbutter

12:00
Meat & Cheese Sanwich
Medium Apple
1 cup Milk

Smack
¾ cup Almonds
4 ounce juice

6 p.m.
Medium Baked potato
2 Tsp Butter
1 cup Green Beans

At the end of this day, you would be able to mark the box that you ate food from each food category. However, you would not be able to mark the 2nd box because you exceeded the appropriate number of energy food servings for the day.

I know that right now you may be saying – THIS ISN'T EASY! I DON'T KNOW WHAT FOODS GO IN WHICH FOOD CATEGORIES AND WHAT THE SERVING SIZES ARE!! Remember habit change is a journey. There are 12 sessions that make up this part of your habit change journey (Eating Healthier). Each food category has its own session which will help you become an expert about each category. Take one part of the journey at a time. For now, do what you know – you will learn as you go! It will all come together by the time you reach your destination.

How to Use the Food and Activity Log

The Food and Activity Log is another helpful tool in your *Eating Healthy* tool box. Keeping a food and activity log for just 6 days can give you great insight about your eating and activity habits. Healthy and unhealthy patterns jump out at you. For example, you might notice on the days when you sat and played video games for hours, that you ate more empty calorie foods and that you ate even when you had a low hunger level rating (HLR 1 = not hungry). You might notice on days when you exercised, that you drank more water, ate healthier and only ate when you were truly hungry (HLR 5 = very hungry).

Here is an example of what your Food and Activity Log might look like.



Meal Time	NOON
List Food & amount	2 CUP SALAD
Include	2 TBSP RANCH
Fluids	1/2 CUP COTTAGE CHEESE
with	1 CUP 1% MILK
Calories	2 OZ HAM LUNCH MEAT
HLR	1/2 APPLE
Snack Time	4
List Snack & amount	4 P.M.
HLR	10 CORN CHIPS
Supplements	1/2 SALSA
Physical Activity	4
Screen Time	MULTIVITAMIN
	1/2 HR BASKET BALL @ PE
	1/2 HR WALK AFTER SCH
	1 HR



You can compare your Food and Activity Log to your nutrition plan and see how close you came to eating to meet your body's nutrition and energy needs. Seeing what – when – how much you have eaten, in writing, gives you a clear picture of your nutritional intake and makes you aware of good and bad choices. Bad choices are opportunities for improvement. You can't improve something you are not aware of. RIGHT!

If you would like to use the Food and Activity Log, you can find a copy of it in Appendix E.

Support Your Nutrition Plan with Power Tools!

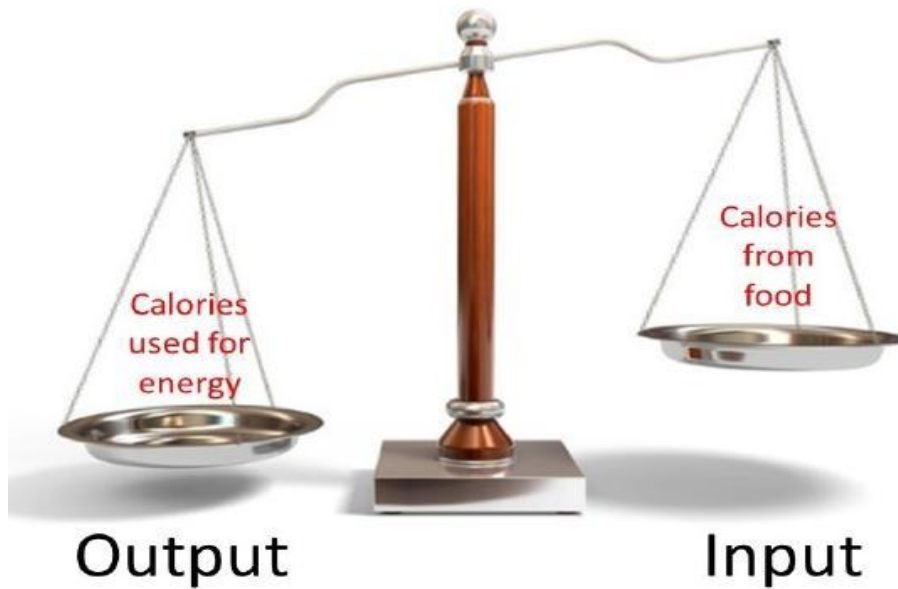
There are several power tools that can be used to support you while your brain is being trained to eat to meet your body's nutritional and energy needs. Here are a few ideas to get you thinking about how you can use power tools to help you follow your nutrition plan:



1. Write in your journal about how things are going with your nutrition plan. What do you like? What is hard? How do you feel about eating appropriate amounts of healthy food? How hard is it to avoid empty calorie foods most days?
2. Choose mighty messages to support your nutrition plan. For example:
 - a. My nutrition plan balances my energy.
 - b. I eat to meet my body's energy needs.
3. Make a mini movie to support your nutrition plan. For Example:
 - a. See your nutrition plan as a 4-wheeler which is taking you up the Back in Whack path to the top of Peak Health.
 - b. See yourself enjoying a plate of healthy food with correct portion sizes. When you finish eating, you are satisfied, energized, and feel good about yourself.
4. Think about positive reinforcements and rewards that can be used to help support your nutrition plan. For example:
 - a. Give yourself some kind of positive reinforcement each day you eat from all the food groups or you have not exceeded servings of energy foods for the day.
 - b. You could make a list of rewards, write them on little squares of paper and put them in a reward jar. Every time you have gotten positive reinforcements for 14 days in a row, you get to draw a reward out of the reward jar. Ask you parents if they would help you with this.
5. Any time you add new eating or lifestyle habits to your health plan, it is an opportunity to write new agreements in the Back in Whack Habit Change Contract. Here are a couple of examples:
 - a. Your parent could agree to buy whole grain bread and cereal and you could agree to eat these whole grain products.
 - b. You could agree to be honest about food intake during the day and your parent could agree not to get mad at you when you admit you ate unhealthy food during the day.
6. Wear you "Make Healthy Choices" bracelet every day.

SESSION FOURTEEN

Food and Energy Balance



After you watch Video 14 you will be able to:

1. Describe meanings of important nutrition words;
2. Understand how different foods affect energy balance;
3. List nutritional deficiencies that cause your energy balance to get out of whack;
4. List important nutrients that help support energy balance;
5. Understand how digestion affects energy balance;
6. List actions to take to support healthy digestion;
7. Explain why water is so important for health and energy balance.

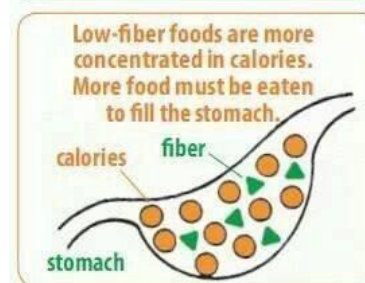
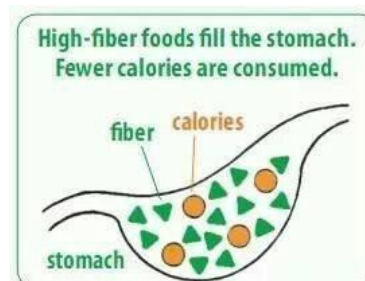
IMPORTANT WORDS

[1] Refined foods - Foods that are mechanically and/or chemically altered resulting in the removal of some or all of their health supporting nutrients. Often refined foods do not resemble their natural state by the time the refining process is completed. Sugar is a great example. It typically is made from a sugar beet or sugar cane, yet it looks nothing like either one of these plants. Here is a short list of common highly refined foods: soda pop, candy bars, donuts, sports drinks, nondairy coffee creamer, and Ramen noodles. Refined foods can still resemble the plant they came from, yet be stripped of many or most of their health-giving nutrients. Examples of this would be potato chips, white bread, minute rice, puffed rice cereal and dehydrated potato flakes.



[2] Vitamins – There are 13 major vitamins found in foods. They perform many important jobs in the body. Vitamins are involved with almost every process in the body and help it work more efficiently. Some vitamins help your body heal cuts and scrapes. Vitamin D helps make your bones strong. Vitamin C helps keep your immune system strong and helps your body fight off germs. Vitamin A helps your eyes stay healthy. B vitamins help your body use your food for energy. Whole grains are a good source of B vitamins.

[3] Fiber – The part of plants that can't be digested. Fiber aids in normal functioning of digestion. It helps a person feel satisfied after eating. Fiber containing foods are more likely to be used for energy and not put into storage. It plays an important role in balancing energy levels in the body. Fiber also helps lower cholesterol levels in the body.

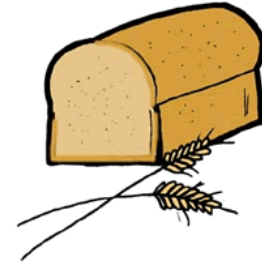


[4] Quick-release energy – Dumps a load of fuel (energy) all at once for the body to use. The body can't use a load of fuel all at once, so it uses some of the fuel for energy and puts the excess fuel into storage. Dumping loads of fuel on the body is stressful to the body. Over time, eating quick-release energy foods will damage health. Quick-release energy foods usually contain sugar and/or white flour like candies, cakes, cookies, pasties, white bread products, pasta, pasta, pies, and desserts. White rice, fruit juice and high fructose corn syrup are also quick-release energy foods.

[5] Empty calories – A calorie is a measure of energy. Refined plant foods that only contain calories and lack health supporting nutrients (vitamins, minerals, and fiber), are empty calories. Certain vitamins and minerals are needed in the process of digesting food. Empty calories actually require more vitamins and minerals to digest them, than they contain. In other words, they rob your body of precious vitamins and minerals in order to digest them. It is best to eat foods that add to your vitamin and mineral stores in your body.

[6] Whole grains – Contain the entire grain kernel: [1] Bran – “outer shell” which protects the seed (contains fiber, B vitamins, trace minerals); [2] Endosperm – provides energy and a little protein; [3] Germ – supplies antioxidants, vitamin E, and B vitamins.

[7] Slow-release energy – Gives the body a steady supply of fuel for several hours after a person eats. This is the type of fuel the body needs to keep energy levels balanced. The body rarely stores slow-release energy. Slow-release energy foods are the healthiest food to eat for energy. Slow-release energy is found in fruits, non-starchy vegetables, starchy vegetables, legumes, and whole grains.



[8] Carbohydrate – The major source of calories (energy) in the diet. Carbohydrates come primarily from sugar (simple carbohydrate) or starch (complex carbohydrate). Carbohydrates are broken down during digestion into glucose, which is the body’s useable source of fuel for energy. The starch food group (grains, legumes, starchy veggies) are the most common source of complex carbohydrates in the diet.

[9] Whole foods – Are foods that resemble their natural state. Whole plant foods provide slow-release energy. They are rich in vitamins, minerals and fiber. All these nutrients are needed to help keep your body healthy and help maintain a healthy energy balance.

Whole plant foods may be eaten raw or may be minimally processed. Processed foods are minimally altered by mechanical means (cutting, chopping, grinding) or by temperature (heating or freezing). For example, spinach leaves may be eaten raw or cut up or steamed. In all these forms it still resembles leaves picked from a spinach plant. Whole grains need to be ground up and/or cooked before we can eat them (i.e. 100% whole wheat flour, oatmeal, cooked barley, whole rye flour).

[10] Minerals – Are elements found in the earth and water that the body needs to perform hundreds of different body functions. Salt is important for water balance in the body. Magnesium is needed for over 300 different functions in the body including energy balance. Some minerals are important building materials for some tissues in our bodies, like calcium is a building block for our bones.



[11] Protein – Provides the body with material for building muscles, tissues, blood cells, hormones and many other important substances. Protein is found in meats, eggs, dairy, fish, nuts and dried beans.

NUTRITIONAL DEFICIENCIES CONTRIBUTE TO ENERGY IMBALANCE

The following nutritional deficiencies have been identified in large percentages of youth who have high body mass indexes (BMI). All of these nutrients play important roles in the way the body uses food for energy or stores it.

- Calcium is an important mineral for energy balance in combination with vitamin D. Tweens and teens need 1300 mg of calcium per day. Dairy products are our best source of calcium, however there are many foods that help youth meet their daily amount of calcium. Here are a few examples (milligrams per 3.5 ounces): Collard greens and other greens (250); Brewers yeast (210); Brazil nuts (186); Sunflower seeds (120).
- Bodies that contain excess amounts of stored energy have greater difficulty utilizing vitamin D. Youth with high BMIs may need as much as 2000 to 5000 IU of vitamin D per day. You should have your vitamin D level checked before you start taking a vitamin D supplement. If you are not deficient in vitamin D, it can be harmful to take these doses. It is recommended that you talk to your doctor about getting your vitamin D level checked.
- Most of the B vitamins play important roles in cellular production of energy and they enhance the body's metabolism rate. They play an important role in glucose metabolism and help regulate blood glucose levels. Deficiencies of B vitamins 1, 2, 3, 5, 6 and 12 all cause fatigue.
- A negative correlation has been established between omega 3 fatty acids levels and weight. The lower the levels of omega 3 fatty acids are in the blood, the higher the BMI and larger the waist line is of an individual. Omega 3 fatty acids daily dose for tweens and teens is 1 gram.
- Magnesium deficiency worsens insulin resistance. Insulin resistance makes it easier for your body to store energy you eat, instead of using it for energy and body heat. Boys and girls ages 9 through 13 need 240 milligrams of magnesium per day. Boys ages 14 through 18 need 410 milligrams of magnesium per day and girls ages 14 through 18 need 360 milligrams per day. The richest food sources of magnesium are nuts and the second richest source is whole grains. All fruits and vegetables contain magnesium, just in smaller amounts.



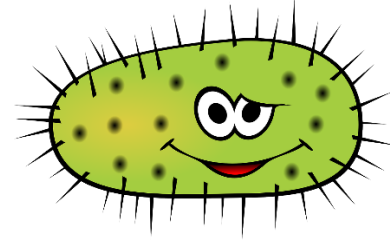
75 g BROCCOLI 75 mg Calcium	100 g KALE 205 mg Calcium	50 g LEEKS 30 mg Calcium
1 medium ORANGE 50 mg Calcium	75 g EDAMAME 50 mg Calcium	100 ml SOY MILK 140 mg Calcium
25 g ALMONDS 50 mg Calcium	100 g BLACKBERRIES 35 mg Calcium	100 g TOFU 150 mg Calcium
1 C BAKED BEANS 154 mg Calcium	1 T MOLASSES 172 mg Calcium	75 g KIDNEY BEANS 50 mg Calcium



KEY NUTRIENTS SUPPORT ENERGY BALANCE

1. A multivitamin supplement is recommended for individuals on a weight loss program.
2. Probiotics containing Lactobacillus and Bifidobacterium have several benefits as follows:

- Increases mineral absorption
- Helps maintain the integrity of the digestive tract
- Manufactures B vitamins and folate - important for metabolism
- Enhances metabolism and promotes a healthy weight
- Reduces inflammation in the gut
- Helps normalize cholesterol and triglyceride levels
- Helps prevent allergies
- Breaks down bacterial toxins
- Protects against certain toxins
- Helps increase peristalsis and prevent constipation



3. Fiber has multiple benefits as follows:

- Has an anti-inflammatory effect on the gut
- Stabilizes blood sugar
- Lowers blood sugar - cholesterol – triglyceride levels
- Decreases post meal blood sugars
- Decrease insulin levels
- Fills up the stomach and keeps it full longer after meals because it slows down the digestive process
- Feeds healthy bacteria in the gut and promotes a healthy microbial balance
- Supports weight loss efforts
- Can absorb some sugar and fat and prevent these calories from getting absorbed, which reduces amount of calories that get absorbed
- Reduces appetite

4. Green tea has multiple benefits as follows:

- Rich source of antioxidants
- Helps protect tissues from oxidative stress
- Diminishes inflammation
- Enhances fat burning effect
- Increases weight loss
- Lowers cholesterol
- Stimulates thermogenesis
- Helps increase metabolism
- Helps keep weight off
- Helps muscle recover quicker after exercise
- Boosts ability to perform better during exercise
- Boosts liver detoxification
- You can get all these benefits by consuming 2 to 3 cups of green tea per day.



5. Antioxidants have several benefits as follows:

- Facilitates the burning of stored energy
- Reduces inflammation
- Enhances metabolism
- Protects cells and tissues from oxidative stress
- Increases insulin sensitivity
- Repairs damaged mitochondria
- Protects your mitochondria from further damage
- Foods rich in antioxidants include fruits, veggies, legumes, nuts, seeds, spices and herbs.



6. Chromium has several benefits as follows:

- Has been shown to lower body weight and increase lean body mass
- Decreases fasting blood sugars
- Improves glucose tolerance
- Lowers insulin levels
- Decreases total cholesterol and triglyceride levels
- Increases HDL cholesterol levels [good cholesterol]
- Boys ages 9 through 13 years of age need 25 micrograms per day and boys ages 14 through 18 need 35 micrograms per day. Girls ages 9 through 13 years of age need 21 micrograms per day and girls ages 14 through 18 need 24 micrograms per day.
- Foods rich in chromium (micrograms per 3.5 ounces):
 - Brewer's yeast (112);
 - Whole wheat bread (42);
 - Rye bread (30);
 - Potatoes (24);
 - Wheat germ (23);
 - Green pepper (19);
 - Apple (14);
 - Parsnips (13);
 - Corn meal (12);
 - Banana (10);
 - Spinach (10);
 - Carrots (9);
 - Navy Beans (8);
 - Orange (5).

HABITS THAT SUPPORT GOOD DIGESTION

Eat slowly and chew your food thoroughly. This helps your food digest more efficiently and minimizes digestive stress. Chewing generates saliva that initiates starch digestion in the mouth and signals the stomach to prepare for the entry of food.

Eat in a relaxed manner. This activates the parasympathetic nervous system (PSN). The PSN supports effective digestion by increasing production of saliva and digestive enzymes, increasing mobility of the intestines, and increasing blood flow to the digestive tract.



Eat less food at meals and add small healthy snacks between meals. This keeps your digestive tract from being overloaded with large amounts of food at one time. Small amounts of food tend to digest more completely without stressing the digestive tract.

Exercise most every day. Exercise helps support a healthy functioning digestive tract. It tones the muscles in the gastrointestinal tract, increases circulation of nutrients to cells, stimulates removal of waste products from cells, and helps your bowels to move more regularly. Exercise is a great stress reducer. It enhances the health of your whole body, including your digestive system, and it increases your total sense of well-being.



Eat yogurt or take a probiotics. Yogurt and probiotics contain bacteria that are beneficial and friendly to the digestive tract. Friendly bacteria help your body fight infectious diseases and help manufacture vitamin K and several B vitamins. Yogurt and probiotics help keep a healthy balance of bacteria in your intestines.

Eat food from whole, unprocessed plant sources. Whole plant-based foods are foods that are found as close to their whole natural state as possible. These foods are a rich source of fiber and nutrients that support digestive health. Whole foods do not contain chemicals which can irritate or damage the lining of the digestive tract.



Eat some raw plant-based foods every day. They contain enzymes that aid digestion. Cooking destroys these enzymes.

Drink water! Water provides fluid needed for digestion and absorption. Limit fluid intake during meals because this dilutes stomach acid and digestive juices, which renders them less effective. Try to drink most of your water between meals.

Manage stress! When the body responds to stress, it causes the digestive system to slow down and not work as effectively and reduces blood flow to the digestive organs. Food can be left undigested in the digestive tract for many hours. This undigested food can begin to decay and produce damaging toxins in the digestive tract. Chronic stress can have a negative effect on the immune system and affect its ability to respond to injury and damage. This can impair the immune system's ability to heal tissues in the body, including tissues of the digestive tract.



Avoid eating foods that you are allergic to. The allergic reaction to foods in the digestive tract often causes inflammation to the lining of the stomach and/or intestines. Chronic inflammation of the digestive tract can cause leaky gut syndrome and irritable bowel syndrome.

Avoid using non-steroidal anti-inflammatory drugs (NSAID). NSAID are damaging to the lining for the stomach and small intestine. Frequent repetitive use of these drugs can break down the lining of the digestive tract and cause ulcers.



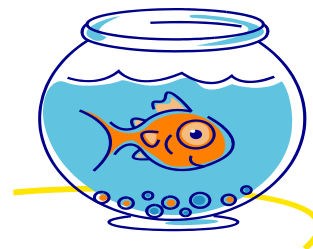
Avoid deep fat fried foods. Oils break down when they are exposed to high temperatures and can cause inflammation in the digestive tract.

Avoid eating sugar. Sugar has a detrimental effect on most digestive problems. For instance, simple sugars feed yeasts, bacteria and parasites. Sugar is an "empty-calorie food". It contains calories but no nutrients. Nutrients are needed to digest and metabolize sugar. Nutrients are robbed from our bodies' vitamin and mineral reserves in order to digest and metabolize sugar. Empty calories from sugar replace calories from healthy foods in our diets.



WHAT'S ALL THE FUSS ABOUT DRINKING WATER?

Water is not just for plants and trees, reptiles and mammals, fish and birds. Water is the most prevalent molecule in YOUR body. In fact our bodies are made up of 60% water. Water is the main substance in all of our body fluids like blood, digestive juices, urine, tears, and sweat. It is needed for almost every bodily function like our circulation, digestion, absorption, waste elimination, brain function and our energy balance.



How much water does the body need each day? You need 1 ounce of water (sugar-free, caffeine-free fluid) for every 2 pounds of body weight, not to exceed 96 ounces.

Are there situations that increase the body's need for water? Yes, there are several situations that increase the body's need for water. Individuals living in warm climates will need additional fluids. Physical activity increases the body's need for water. Individuals who are ill with fever, vomiting or diarrhea will need extra fluid. High protein diets have a diuretic effect on the body and cause the body to excrete greater amounts of fluid. Individuals on high protein diets need increased amounts of fluids.

Why is it important to maintain adequate hydration? Hydrated bodies have higher energy levels, increased endurance and better muscle coordination than inadequately hydrated bodies. Hydrated brains remember more, think clearer and are more alert than inadequately hydrated brains.

If the benefits of hydration do not motivate you to drink adequate amounts of fluids, maybe hearing about the consequences of dehydration will motivate you to drink more fluids. Dehydration feels bad. Symptoms of mild to moderate dehydration include thirst, hunger, headache, mental confusion, decreased motor control, decreased memory and attention span, fatigue, nausea and inability to maintain a healthy body temperature. Severe dehydration can cause death.

Medical research has linked chronic dehydration to a multitude of chronic health problems including asthma, arthritis, type two diabetes, cataracts, back pain, chronic fatigue syndrome, depression, heart burn, colitis, high blood pressure, high cholesterol, kidney stones, migraines, multiple sclerosis and muscular dystrophy.

What are the best fluids to drink to maintain adequate hydration?

Hydration requirements are best met by plain water. The primary ingredient in all fluids is water. Most fluids can contribute toward meeting your body's daily need for water. However, all fluids are not created equal. There are a few fluids that are poor hydration sources.

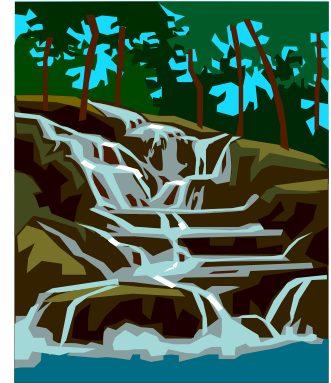


Caffeine and alcohol are diuretics. There is a great amount of variability in how much diuresis a caffeinated or alcoholic beverage will produce when consumed. The two primary factors that are going to affect diuresis are the concentration of caffeine or alcohol in the beverage and the body's sensitivity to each of these substances. For example, a strong cup of coffee can cause the body to

release a greater amount of fluid through the urine than what was contained in the cup of coffee.

Drinks with high concentrations of sugar or corn syrup, like soda pop, can cause the body to “steal” water from other parts of the body to dilute the sweetened beverage and make it less concentrated. Highly sweetened beverages are another poor hydration source.

What is the best kind of water to drink? There are three primary sources of drinking water in our country: 1) Surface water which comes from rivers, lakes, reservoirs or streams; 2) Well water which comes from underground; and 3) Spring water which is underground water that is forced up toward or to the surface. These water sources can be provided via city tap, from a private well or spring or purchased in a bottle.



The most important thing about the water that you choose to drink is that it comes from a documented uncontaminated source or it has been adequately filtered to remove contaminants. Solid carbon block filters are one kind of water filtering system that effectively and economically filters water. These filters remove chemicals, organic pollutants, radon and asbestos while leaving the ionic minerals intact.

Why do we need to drink filtered water? Many sources of drinking water in the United States have been contaminated with varying levels of harmful chemicals as a result of leakage from underground fuel tanks, run off from agriculture fertilizer, treated sewage sludge and solid wastes buried in landfill dumps. Any one of the sources of water mentioned above can become contaminated. However, the closer the water source is to the surface, the greater the opportunity for it to be contaminated.

Should we all just drink bottled water? Bottled water comes from the surface water, well water or spring water. The purity of bottled water is going to depend on geographical location that it was taken from and the filtering and purification process that it went through at the bottling plant. Therefore the purity of bottled water is going to vary. There may or may not be information on the label indicating the purity of the water in the bottle.



Would it be best to drink distilled water? Distilled water is free of all contaminants. It is also free of health supporting ionic minerals. Hard water is rich in ionic minerals which are beneficial to a person's health. Research studies have shown that individuals who live in areas where the drinking water is highly mineralized experience improved health such as decreased rates of heart disease, increased bone density, good teeth health and even increased longevity. Hard water can come from ground water (i.e. wells or springs) or from surface water (i.e. rivers, lakes, reservoirs or streams). Hard water can be contaminated so it is important to choose filtered mineral water.

Do water softeners filter contaminants out of the water? Water softeners do not filter out contaminants from tap water or well water. Water softeners exchange sodium ions for ions of other minerals and leave you with water that is high in sodium and low in other minerals. Consumption of softened water is linked to the development of cancer, heart attacks and strokes.

SESSION FIFTEEN

Grains



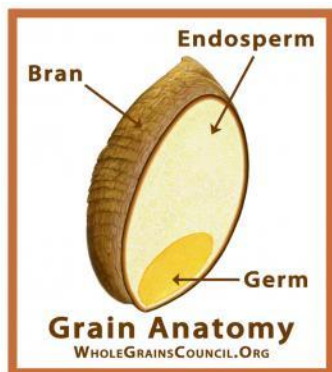
After you watch Video 15 you will be able to:

1. List foods in the grain group;
2. Know that grains are in the starch group;
3. Know that grains are energy foods;
4. Describe the difference between whole grains and refined grains;
5. Explain why whole grain is better for your health and how it supports energy balance;
6. Identify refined and whole grains by reading the food label.

GRAINS (Starch Group)

The starch group provides most of the energy in a person's diet. This is the food group that is usually responsible for an "energy overload". It is important that individuals RESPECT SERVING SIZES of starchy foods. In other words, be knowledgeable of the serving sizes on starchy foods and follow serving size guidelines when eating starchy foods.

There are three types of foods that make up the starch group: 1) Grains; 2) Legumes; and 3) Starchy Veggies. Americans get most of the starch in their diet from grains. Grains are also the food group that is the most abused of all the food groups. That is ... many grain products are **refined [1]** and stripped of valuable **vitamins [2]**, minerals and **fiber [3]**. When grains are stripped of these important nutrients, they become an unhealthy **quick-release energy [4]** food. Refined grains are **empty calories [5]**. There is more bad news about refined grains. Unhealthy substances like sugar, high fructose corn syrup, trans fat, hydrogenated oils, and chemical preservatives are commonly added to these refined grains.



Healthy grains are **whole grains [6]**. Whole grains provide **slow-release energy [7]** and are packed with nutrients that support a healthy energy balance and support good health. The **bran** contains fiber, selenium, and B vitamins. B vitamins are also found in the **germ** along with iron, vitamin E, antioxidants, and magnesium. You have learned about fiber, B vitamins, magnesium and vitamin E in the last session. The **endosperm** contains calories mostly from carbs and a few from protein. All the other nutrients are in bran and germ. In the process of making refined grains, the bran and germ are stripped away, only leaving the endosperm.

Here are some examples of foods made from whole grains and foods made from refined grains.

Grains	Whole (at least 2 grams of fiber)	Refined (1 or 0 grams of fiber)	Serving Sizes
Wheat	Cracked Wheat Hot Cereal, Whole Wheat Pasta, Whole Wheat Flour Products (100% Whole Wheat Bread, Pancakes, Waffles, Crackers, Whole Grain Breakfast Cereal, Etc.)	Cream of Wheat, Flour or Wheat Flour Products (Bread, Crackers, Muffins, Pancakes, Breakfast Cereals, Waffles, Pastries, Cookies, Cakes, etc.)	1 Slice of bread ½ Hamburger or hotdog bun ½ Tortilla shell 1 Regular muffin
Corn	Tortilla Chips, Corn Pasta, Popcorn, Corn on the Cob, Frozen or Canned Corn, Corn Tortillas	Cornmeal, Degermed Corn Flour Products (I.E. Bugles, Corn Bread, Muffins, etc.)	½ Large muffin ¼ Bagel ½ Cup Pasta
Rice	Brown Rice, Brown Rice Cakes, Brown Rice Pasta, Brown Rice Flour Products (Bread, Crackers, Pancakes, Muffins, Etc.)	White Rice, White Rice Flour Products (I.E. Bread, Breakfast Cereal, Crackers, etc.)	1/3 Cup Rice or other cooked whole grain kernels

Grains	Whole	Refined	Serving Size
Oats	Oatmeal, Granola, Oat Flour Products (Bread, Muffins, Crackers, Breakfast Cereal, Etc.)		1 Cup broth soup 3 Cups Popcorn
Barley	Barley Kernels in Soup, Barley Flour Products (Bread, Crackers, Etc.)		½ Cup Oatmeal & other cooked whole grain cereals Serving sizes on all packaged grain products not listed above will be 15 grams of <u>Carbohydrates [8]</u> per food label
Millet	Cooked Millet Kernels, Millet Flour Products (Bread, Crackers, Etc.)		
Quinoa	Cooked Quinoa Kernels, Quinoa Pasta, Quinoa Flour Products (Bread, Crackers, Etc.)		
Rye	Rye Flour Products (Bread, Pancakes, Muffins, Waffles, Crackers, Etc.)		
Buck Wheat	Buck Wheat Flour Products (Bread, Pancakes, Muffins, Waffles, Etc.)		

How can you tell what's a whole grain and what's a refined grain? If you can see the kernels of grain it is a whole grain – with the exception of white rice. But this only works with a small percent of grain products because most grains are ground into flour and baked into a variety of foods like breads, cereals, crackers, pasta, grain-based chips, pastries, snack foods and so on.

You could read ingredient lists and make sure that only whole grain flours are used. To do this you would look for the word “whole” at the beginning of each grain ingredient. Some examples include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

It is time consuming reading through ingredients lists. There is a simpler way to spot whole grain products and it works 90% of the time. Whole grain foods will contain at least 2 grams of fiber per serving – a serving being 15 grams of carbohydrates. If a grain-based food has at least 2 grams of fiber for every 15 grams of carbohydrates, then it most likely is a whole grain. In session 16 you will learn how to read labels and find this information.

Oatmeal is a nutritious whole grain. I love to make my family oatmeal muffins. These muffins are fun and easy to make and delicious to eat. Here's my recipe. ENJOY!

LAURIE'S APPLE OATMEAL MUFFINS

1 ½ Cups Oatmeal

2 teaspoons baking powder

¾ Cup Milk

½ Cup Unsweetened
applesauce

½ teaspoon cinnamon

1. Grind up the oatmeal into flour using your coffee grinder.

2. Mix in baking powder and cinnamon.

3. Next mix in milk and applesauce.

4. Grease a muffin tin or use muffin liners.

5. Fill muffin tin cups ½ full with batter.

6. Bake at 400 degrees for 16 to 18 minutes.

Make **Banana Oat** muffins by using 1 ripe blended up banana, 1 teaspoon of vanilla instead of the applesauce and cinnamon.

Make **Pumpkin Oat** muffins by using ¾ Cup of canned pumpkin, ¼ teaspoon ginger, 1/8 teaspoon cloves, 2 tablespoons of honey, 1 egg instead of applesauce.



Cooked whole grain kernels are obviously whole grains (white rice is the exception to this rule – not whole grain).

If whole grain in the ingredients plus at least 2 grams of fiber, this is a whole grain

This is not made out of 100% whole grains.

Unhealthy ingredients! Even whole grains can have unhealthy ingredients

FAMILY ACTIVITY FIND HEALTHY WHOLE GRAINS List Grain Products Here Then put an “X” mark in each column that describes this product.	Whole grain kernel (i.e. rice)	Whole grains in ingredients	At Least 2 grams of fiber	0 – 1 gram of fiber	Trans fat	Hydrogenated oil in ingredients	Sugar in top 2 ingredients	High Fructose Corn Syrup
For Example: Brown rice	X	X	X					
Go back through the list of grain products you have found in your kitchen and highlight HEALTHY WHOLE GRAINS.								

SESSION SIXTEEN

LABEL READING



After you watch Video 16 you will be able to:

1. List and understand key parts of nutrition labels;
2. Identify healthy food choices;
3. Identify unhealthy food choices.

Key Points to Label Reading

MULTI-SEED CRACKERS

Nutrition Facts

Serving Size about 15 Crackers (30g)

Servings Per Container about 4

Amount Per Serving			
Calories 140		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Brown rice flour, Sesame seeds, Potato starch, Quinoa seeds, Safflower oil, Flax seeds, Amaranth seeds, Tamari soy sauce powder, Maltodextrin, Salt.

Look here to see how big the serving size is.

Look here to see how many servings in this bag. If you eat the whole bag, you will get 560 calories.

Look here to find total amount fat per serving in the crackers. Try not to eat foods that have more than 1/3 of the calories from fat (33% of the calories from fat). These crackers have 31% calories from fat (140 divided by 45 = 3.1 X 10 = 31%).

Unnatural unhealthy highly processed form of fat that damages the body. Try to always avoid foods that have trans fat of any amount.

15 grams of Carbohydrate = serving size of starch. Twelve crackers would contain 15 grams of carbohydrates which would be the appropriate serving size.

Look at grams of fiber to help you identify whole grains. Whole grains will have at least 2 grams of fiber per serving.

SPOTTING HEALTHY INGREDIENTS

- Choose foods in their natural state or close to their natural state.
- When buying grain products, choose whole grains with ingredients like whole wheat flour or brown rice flour.
- Avoid buying food that has sugar or corn syrup listed as its 1st or 2nd ingredient.
- Avoid foods that have refined flour like White Flour, Wheat flour, Enriched flour, White rice flour, or denatured corn.
- Steer clear of foods that contain High Fructose Corn Syrup, Trans Fats, or Hydrogenated oils.
- Avoid foods with lots of chemicals listed as ingredients.

LABEL READING TREASURE HUNT

Read label on foods in your kitchen to find the foods that fit the descriptions. Then check if you think it is a healthy food, ok to eat in small amounts, or unhealthy.		Healthy	OK in sm amt	Unhealthy
1	Find a food with Trans fat:			
2	Find a food with hydrogenated oil in the ingredients:			
3	Find a grain product with 0 grams of fiber:			
4	Find a grain product with 2 grams of fiber:			
5	Find a food with high fructose corn syrup in the ingredients:			
6	Find a food with sugar in the top 2 ingredients:			
7	Find a food with 1 ingredient:			
8	Find a food that has all calories from fat and 0 carbohydrates:			
9	Find a food that has more than 2 grams of fiber:			
10	Find a food that has 0 grams of fat:			
11	Find a food with some kind of whole grain listed in the ingredients:			
12	Find a food that has to be cooked for 1 or more hours before you eat it:			

Look on page 17.6 to see if you were right about which foods are healthy, ok in small amounts or unhealthy.

SESSION SEVENTEEN

Legumes & Veggies



After you watch video 17 you will be able to:

1. Explain how veggies and legumes help support health;
2. Understand how veggies and legumes help balance energy;
3. Identify one veggie that is a quick release energy;
4. List veggies that are in the starch group;
5. List veggies that are low in calories and dense in nutrients;
6. Explain the healthiest ways to cook and eat veggies.

LEGUMES (Starch Group)

Legumes are a high fiber **whole food 9** in the starch group that supplies slow release energy. They are a special type of veggie which has a high protein content compared to other veggies. In fact, one serving size of legumes supplies 8 grams of protein – that is as much as an ounce of meat. Legumes are also a rich source of antioxidants and a good source of several important minerals like iron, zinc, manganese, selenium, calcium, potassium and magnesium. Now these are only a few key nutrients that legumes contain. There are many more excellent nutrients in legumes that help support a healthy energy balance and good health.



There are 400 different kinds of legumes. Here are some common types of legumes with serving sizes.

Legumes	Serving Sizes
Pinto Beans, Lima Beans, Red Beans, Navy Beans, Kidney Beans, Black Beans, Great Northern Beans, Mung Beans, Garbanzo Beans, Chickpeas, Adzuki Beans, Fava Beans, Black-Eyed Peas, Lentils, Green Peas, Split Peas and Soy Beans	1/2 Cup canned 1/2 Cup cooked dried beans 1 Cup Soup

Beans retain their nutrients whether they are homemade or canned. There is something special you need to know about making homemade beans. You need to soak them in water over night. Drain that water off in the morning and place fresh water in the pan before beginning to cook them. Most beans need 1.5 up to 4 hours to cook.



Here's why you need to soak beans before cooking them. Beans contain high levels of phytic acid. In the digestive tract, phytic acid impairs the absorption of iron, zinc and calcium and may promote mineral deficiencies. Phytic acid is also a huge gas producer in the gut. Presoaking beans before cooking gets rid of most of the phytic acid.

Legumes are not only nutritious. They are also delicious.

Here are some of my favorite bean dishes –

chili, ham and bean soup, bean salad, and split pea soup with ham. I love refried beans with whole grain corn chips and salsa or in a bean and cheese burrito. Beans make a delicious addition to most lettuce salads or soups. What are your favorite ways to eat beans?

On the next page you will find the Family Activity – Find Legumes. How many legumes will you find in your kitchen and where?

FAMILY ACTIVITY – FIND LEGUMES

List Legumes Here

Then put an "X" mark in each column that describes this product.

	Dried/Cooked	Canned	Trans Fat

Legumes are a healthy food. The only way to make legumes unhealthy is to add something unhealthy to them – like hydrogenated oils or trans fat.

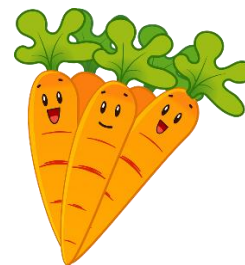
When you finish finding legumes in your kitchen, go back through your list of legumes and highlight the healthy ones.

You will probably highlight every legume you found, unless you have refried beans made with hydrogenated oils.

VEGGIES

Veggies are a high fiber, nutrient dense whole food. All but one veggie, provides slow-release energy! Veggies contain 2 macronutrients – carbohydrates in the form of starch and a little protein (usually 2 grams per serving). They are packed with a variety of vitamins, minerals, phytonutrients and antioxidants. Key nutrients include Vitamins A and C, a variety of B vitamins, magnesium and potassium.

There are 2 kinds of veggies – starchy veggies which are in the starch category and non-starchy veggies which are in a category of their own. The difference being that starchy veggies contain about 15 grams of carbohydrates per serving and non-starchy only have about 5 grams of carbohydrates per serving. Non-starchy veggies contain more fiber than the starchies. Let's look at examples of starchy veggies first.



Starchy Veggies (Starch Group)	Serving Sizes
Potatoes, Sweet Potatoes, Yams, Winter Squash, Taro Root, Turnip, Parsnip	½ Cup cooked

The potato is the most frequently eaten starchy veggie in the US. The potato is nutrient dense veggie and it has its fair share of fiber. Potato starch breaks down quicker than any other veggie. It is actually a nutritious quick release energy food. Because of this, it is important to limit yourself to eating just one serving of potatoes at a meal. The serving size for the potato and for all starchy veggies is a ½ cup.

The other thing about potatoes is that they are the most abused veggie of all veggies. They get submerged in hot boiling oil which causes most of their vitamins, minerals, and antioxidants to be destroyed. Then this damaged hot oil infuses into the potato making it even more unhealthy. It is about the only veggie that gets processed and stripped of nutrients. Instant potatoes and potato chips examples of this.



The healthiest way to cook potatoes and other starchy veggies is to steam them or bake them. Boiling them is ok too, it's just that you lose some the nutrients in the boiling water. Obviously deep fat frying is not healthy.

Now let's look at non-starch veggies. There are over 30 different kinds of non-starchy veggies. Here are some common non-starchy veggies that we eat.

Non-Starchy Vegetables	Serving Sizes
Asparagus, Artichoke, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Eggplant, Garlic, Green Beans, Bell Peppers, Lettuce, Mushrooms, Okra, Onions, Snow Peas, Spinach, Summer Squash, Tomatoes, Zucchini	½ Cup cooked 1 Cup raw 1 Cup 100% vegetable juice

Non-starchy veggies can be eaten raw or cooked. The best ways to cook non-starchy veggies is to steam, grill, bake, or sauté' them. Sautéing is when you use a tablespoon of oil in a frying pan, on a high heat. Cook the veggies just long enough to get them hot, while still retaining their crispness. You can also microwave non-starchies with a tight cover so it steams them. Boiling is not recommended for non-starchy veggies as a lot of the vitamins, minerals and antioxidants will be destroyed and pulled out into the water. Canning non-starchies has the same effect on the nutrients in these veggies as does boiling them. Not that canned veggies are bad for you, they just don't contain as many nutrients.

On the next page you will find the Family Activity – Find Veggies. How many legumes will you find in your kitchen and where?

FAMILY ACTIVITY – FIND VEGGIES

List Veggies Here

Then put an "X" mark in each column that describes this product.

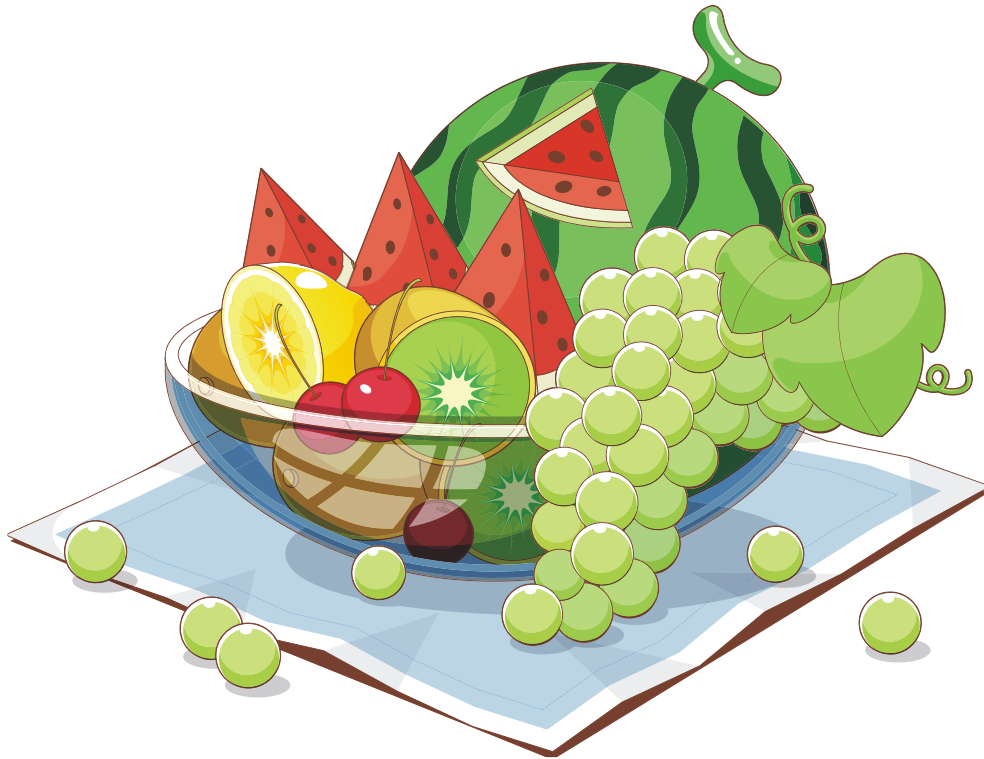
	Non-Starchy	Starchy	Raw	Frozen	Veggie Juice	Canned	Fried	33% of calories or more from fat

When you finish finding veggies in your kitchen, go back through the list and highlight the healthy ones. Veggies that are fried or are high in fat (40% of calories or more from fat) are unhealthy.

ANSWERS TO THE LABEL READING TREASURE HUNT		Healthy	OK in sm amt	Unhealthy
1	Find a food with trans fat. Trans fat damages the body. Try to always avoid it.			XX
2	Find a food with hydrogenated oil in the ingredients. Hydrogenated oil damages the body. Avoid it.			XX
3	Find a grain product with 0 grams of fiber. This will be a quick-release energy food. It is bad for the body's energy balance.			XX
4	Find a grain product with 2 grams of fiber. This is most likely a whole grain product. If it doesn't have sugar in the top 2 ingredients and doesn't contain high fructose corn syrup or hydrogenated oils, it would be a healthy food.	XX		
5	Find a food with high fructose corn syrup in the ingredients. Avoid foods with this ingredient.			XX
6	Find a food with sugar in the top 2 ingredients. Sugar in the top 2 ingredients can make a whole grain product into a quick-release energy food.			XX
7	Find a food with 1 ingredient. This is probably a whole healthy food or it could be an oil. If it is oil, it would be ok in small amounts.	XX	XX	
8	Find a food that has all calories from fat and 0 carbohydrates. This is most likely oil, butter, margarine or cream. As long as it is not a margarine made from hydrogenated oil, it is ok in small amounts.		XX	
9	Find a food that has more than 2 grams of fiber. If it doesn't have sugar in the top 2 ingredients and doesn't contain high fructose corn syrup or hydrogenated oils, it is most likely healthy.	XX		
10	Find a food that has 0 grams of fat. This is probably a healthy food unless you found candy. Many candies are made from sugar, flavoring and no fat – this is not healthy. Also, if you found a grain product with less than 2 grams of fiber, it is not a healthy food.	??		??
11	Find a food with some kind of whole grain listed as an ingredient. This is most likely healthy, as long as it doesn't have sugar in the top 2 ingredients and doesn't contain hydrogenated oils or corn syrup.	??		??
12	Find a food that has to be cooked for 1 or more hours before you eat it. This will be a healthy food. Refined foods don't need cooked for an hour before you eat them, but many healthy whole foods do.	XX		

SESSION EIGHTEEN

Fruit



After you watch video 18 you will be able to:

1. List reasons why fruit helps support health;
2. Explain how fruit helps balance energy;
3. Identify one fruit that is a quick release energy;
4. Describe the healthiest ways to eat fruit.

FRUIT

Fruit is a delicious nutritious high fiber whole food. Fruits are packed with a variety of vitamins, minerals, and antioxidants. Most fruits are slow-release energy foods. Fruit only contains one macronutrient – carbohydrate. A few of these carbohydrates are from fiber, a few from starch but mostly from fructose. Fructose is the form of sugar that is supplied in fruit. You have been told that sugar is quick release energy. So how can most fruits be slow-release energy foods? There are 2 reasons. You see the fructose molecule is more complex than the molecule of refined sugars so it takes longer to break down. Second the fiber in the fruit slows down the digestion of fruit. Between these two things, most fruits are slow-release energy foods. Here are examples of fruits and serving sizes.

Fruit	Serving Sizes
Apples, Oranges, Lemons, Limes, Kiwi, Nectarines, Peaches, Pears, Plums	1 Piece
Bananas, Grapefruit	½ Piece
Cherries, Grapes, Blueberries, Raspberries, Strawberries	1 Cup of berries
Cantaloupe, Watermelon, Honeydew melon, Pineapple	1 Cup of cut-up
Canned fruit – Pears, Pineapple, Peaches, Applesauce, Mandarin Oranges, etc.	½ Cup
Dried Fruit – Raisins, Currents, Dates, Cranberries, Cherries, Bananas	¼ Cup

Raw fruit is the healthiest form of fruit. It is important to properly clean raw fruit before eating it. Wash it under clean, running water. Rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry it with a clean towel.

Frozen fruit is a nutritious alternative to raw fruit. Most of the nutrients retained during the freezing process. My favorite way to eat frozen fruit is blended up in a smoothy.

Bananas are delicious and nutritious. They contain more starch than other fruits. The fructose in bananas breaks down fast with ripening. The more the fructose is broken down, the faster it spikes your energy level when eaten. In other words, the riper the banana the quicker it spikes your energy level. This is true for all fruits as they ripen, however the fructose in bananas breaks down easier than the fructose in other fruits. Because of this and the fact that bananas have more starch than other fruits, they are a nutritious quick release energy food. A ½ a banana is the serving size.



Heat is something else that breaks down fructose in fruit. All fruit that has been heated will cause your energy level to spike quicker than if it had not been heated and was eaten raw. Fruit is heated during the canning process. Therefore, all canned fruit will cause a quicker energy spike when it is eaten. Something else about canned fruit is that some of the vitamins and minerals are damaged during the canning process. Some manufacturers add sugar or corn syrup to canned fruit. This adds

empty calories. If you eat canned fruit – try to only eat the kind in its own juice. If canned fruit does have added sweeteners, you can rinse fruit before eating it.

The last kind of fruit I want to talk to you about is **dried fruit**. Many nutrients are retained during the drying process. This process causes the fructose to break down and be concentrated. While there are lots of great nutrients in dried fruit, most dried fruits are dense quick release energy. Small serving sizes, ¼ cup, helps offset these negatives. You should limit eating dried fruit. Use is for an occasional treat and not as your primary source of fruit.



FAMILY ACTIVITY – FIND FRUIT

List Fruit Here

Then put an "X" mark in each column that describes this product.

	Raw	Frozen	Canned	Dried	Juice	No added sugar or corn syrup	Added sugar and corn syrup	Canned in heavy syrup

When you finish finding fruit in your kitchen, go back through the list and highlight the healthy ones. Fruits that are canned in heavy syrup can be made healthy if you drain all of the heavy syrup off the fruit. Fruit juice should be limited to 4 oz per day for kids and 6 oz per day for teens. If you buy fruit juice, it should only have water, fruit juice and vitamins as ingredients (not sugar or corn syrup).

SESSION NINETEEN

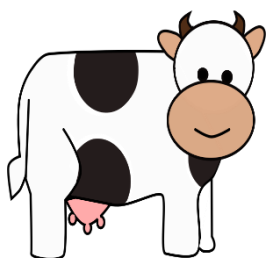
Dairy



After you watch video 19 you will be able to:

1. Explain important nutrients in dairy products;
2. List healthy dairy choices;
3. List unhealthy dairy choices.

DAIRY PRODUCTS



Dairy products come from milk producing animals. Mostly cows but also goats. Dairy products contain all 3 macronutrients – protein, fat, and carbs in the form of lactose which is milk sugar. Dairy products are an important source of calcium which is a **mineral [10]** that is necessary for growing and maintaining strong bones and teeth. Milk is often fortified with vitamin D.

Milk, cheese and yogurt are whole foods. Low fat dairy products, without added sugar, are healthy foods. Dairy products can contain large amounts of saturated fat. For example, whole milk has 150 calories – 60 of those calories from fat. While fat-free milk (skim milk) has 90 calories and 1% milk has 100 calories per cup – only 10 calories from fat. Fat is a dense energy source and a little bit can add a lot of calories. When large amounts of saturated fat are eaten, it is harmful to the body. For these reasons, BiW4Teens recommends that teens to choose low fat (skim, fat-free, 1% fat) dairy products. Here is a list of common dairy products and serving sizes recommended for youth following the BiW4Teens program.

Dairy Products	Serving Sizes
Skim Milk, 1% Milk, No-fat or 1% fat Plain Yogurt Flavored Yogurt	1 Cup (8 ounces) $\frac{3}{4}$ Cup (6 ounces)
Cheeses (American, Cheddar, Mozzarella, Ricotta, Swiss, Colby, etc.) Cottage Cheese 1% fat	1 Ounce $\frac{1}{2}$ Cup (4 ounces)

Yogurt is made when probiotics (friendly bacteria) are added to milk. These probiotics break down the milk sugar (lactose) and cause the yogurt to have a sour taste.

Sweeteners are added to yogurt to make it taste better, which increases calories, decreases serving size and decreases nutrients. Plain low-fat yogurt is the healthiest yogurt to eat. Try adding a drop of vanilla with a calorie-free sweetener like stevia or Splenda to sweeten plain yogurt without adding calories. A serving of sweet berries added to plain yogurt is another way to make it taste yummy. Greek yogurt is made in such a way that it has twice the protein content as regular yogurt without increasing calories. However, it is usually more expensive than regular brands of yogurt.



When it comes to choosing cheese, hard white cheeses (i.e. Swiss, provolone, and mozzarella) have lower fat content than hard yellow cheeses (i.e. Colby and cheddar). Soft yellow cheeses are usually processed. They tend to be lower in calories and protein content when compared to hard yellow cheeses. Cottage cheese is a soft curded cheese that is very nutritious and has a higher protein content than most other cheeses. Fat content varies with cottage cheese. The BiW4Teen program recommends 1% cottage cheese.

What about cream cheese? Cream cheese, cream, and butter are not part of the BiW4Teens dairy food group even though they are made from dairy products. They are high in saturated fat and have little or

no calcium. When recipes, such as dips, call for sour cream, substitute plain yogurt. Low-fat ricotta cheese can be used as a substitute for cream cheese and fat-free evaporated milk can be used instead of cream.



Ice cream is made with milk, cream and sugar or corn syrup. It is an unhealthy yummy treat. Because most of the calories come from fat and sugar, it is another dairy-based food that is not included in the BiW4Teens dairy group.

Teens and tweens need 3 servings of dairy products each day in order to meet their body's calcium requirements. You can do this by drinking milk or eating other dairy products, like yogurt and cheese.

A Word About Lactose Intolerance and Milk Allergies

If you are **lactose intolerant**, you can only eat/drink dairy products that are lactose-free. Which means that the lactose has been broken down in those products. Lactase is the enzyme that breaks down lactose. You could take a lactase supplement before eating dairy or drink lactose-free milk. Friendly bacteria that are used in the making of yogurt, hard cheeses, cottage cheese and soft white goat cheeses, break down lactose. So, yogurt and these cheeses are also lactose-free dairy products you can eat.

If you are **allergic to milk**, you are not able to consume dairy products to get your calcium. You could try milk substitutes that are fortified with calcium like almond milk, soy milk, rice milk or coconut milk. If you don't like any of these ideas, you can take a calcium/D3 supplement. These are also options for people who are lactose intolerant.

On the next page you will find the Family Activity – Find Dairy Products. How many dairy products will you find in your kitchen and where?

FAMILY ACTIVITY – FIND DAIRY PRODUCTS**List Dairy Products Here**

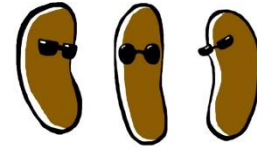
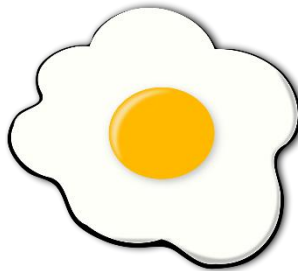
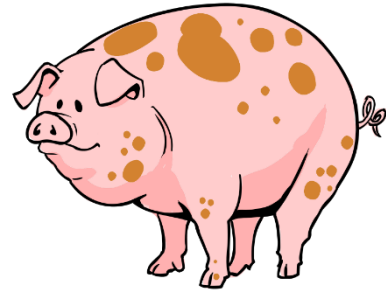
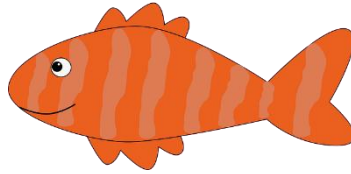
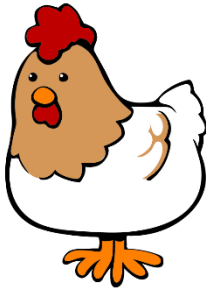
Then put an "X" mark in each column that describes this product.

	Fat Free	1% Fat	2% Fat or more	50% or more of calories from fat	Sugar Added	Corn Syrup Added

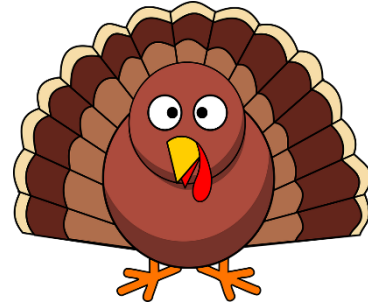
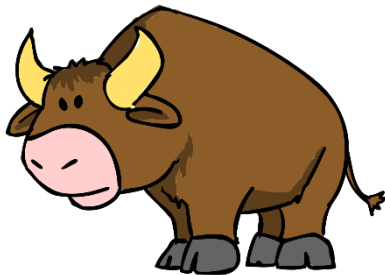
When you finish finding dairy products in your kitchen, go back through the list and highlight the low fat, sugar-free and corn syrup free dairy products.

SESSION TWENTY

Protein & Meat



COOL BEANS



After you watch video 20 you will be able to:

1. List protein rich foods;
2. Understand how protein supports a healthy body;
3. Explain how protein affects energy balance;
4. Identify healthy and unhealthy protein choices;
5. List protein sources that also count as a fat serving.

PROTEIN AND MEAT

Protein provides the body with material for building muscles, tissues, blood cells, hormones and many other important substances in the body. Red meat is an important source of iron and nuts are an important source of magnesium. Iron and magnesium are both important minerals for energy balance.

Fresh frozen and fresh raw meat, fish, seafood, eggs, seeds and nuts that are whole foods. Most high protein foods need cooked before eating. Seeds and nuts are the exception. Here are examples of healthy high protein foods with serving sizes.

Protein and Meat	Serving Sizes
Meat: Chicken, Turkey, Beef, Pork, Lamb, Buffalo, Elk, Deer, Cornish Game Hens, Pheasant, Grouse	1 Ounce
Fish: Salmon, Sardines, Trout, Cod, Tuna, Tilapia, Haddock	1 Ounce
Sea Food: Scallops, Shrimp, Crab, Lobster, Clams, Crawfish	1 Ounce
Nuts & Seeds: Almonds, Cashews, Hazelnuts, Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Peanuts, Walnuts, Pecans, Pistachio, Brazilian Nuts & seeds also count as a fat serving	¼ Cup of Nuts or Seeds 2 Tablespoon of Nut/Seed Butter
Eggs (high quality protein)	1 Egg

Keep Protein Healthy

- Choose lean cuts of meat and lean hamburger. Some meat contains high amounts of saturated fat. You heard in session 16 that a little bit is fine but a lot can be harmful to your body. Cut fat off steaks and chops – preferably before cooking.
- Saturated fat is found under poultry skin. Resist the temptation to eat brown crispy chicken skin. Pull it off and throw it away.
- Healthy methods to cook meat, fish, and seafood include baking without breading, grilling, broiling and sautéing. Fish and seafood can be steamed or boiled. Please note - the black char on grilled food is a cancer-causing substance. Make sure you scrap it off of meat fish and seafood before eating it.
- Drain the fat drippings off hamburger. You can rinse the hamburger after draining to remove even more of the saturated fat.
- Limit the amount and frequency that you eat high fat meat like bacon, sausage, salami, baloney, and hotdogs .
- Avoid eating breaded meats, fish, and seafood. If that's what is served for a meal, you can pull the breading off before eating it.



Unhealthy Things You Should Know About Protein

- Many processed meats such as ham, sausage, bologna, salami, and hot dogs—are high in sodium and often have added fat. Unnatural chemicals are frequently found in the ingredients.
- Canned meat and fish usually have lots of added salt.
- Prepackage breaded fish and chicken (i.e. fish sticks and chicken nuggets) are covered in white flour breading (quick-release energy) and are high in fat and salt.
- Breading and frying meat fish or seafood adds extra unhealthy calories.
- Some fish and seafood contain mercury. Mercury is the second more toxic substance in the world. A little mercury can do a lot of damage to the organs in the body, especially the brain. Fish and seafood that contain the highest levels of mercury include tile fish, shark, sword fish, mackerel, orange ruffe, marlin, tuna, lobster and cod.



FAMILY ACTIVITY – FIND PROTEIN AND MEAT

List Protein & Meat Here

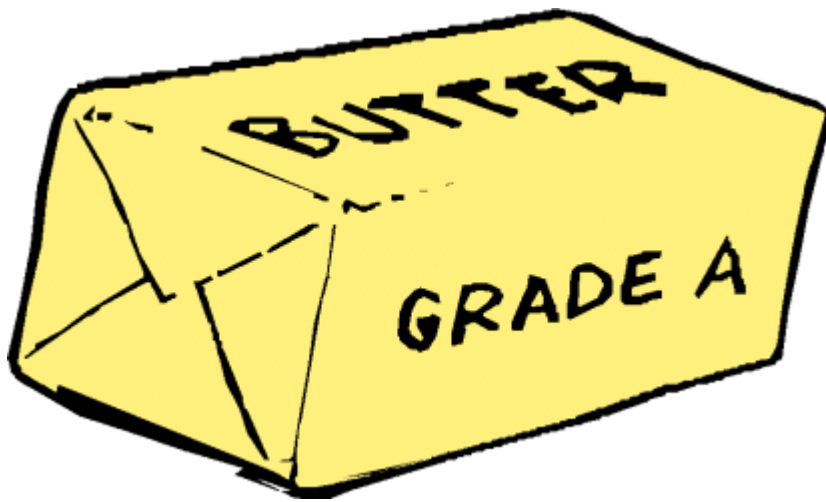
Then put an “X” mark in each column that describes this product.

	Nuts or Seeds Nut or Seed Butters	Fresh Raw Meat/Fish	Raw Frozen Meat/Fish	Canned	Precooked	Chemicals in ingredients	Breaded	Added sugar or corn syrup	Added Fat

When you finish finding protein and meat in your kitchen, go back through the list and highlight the healthy protein. The first 3 columns are the healthiest sources of protein. Canned and precooked meat and fish can be healthy if you haven’t checked any of the last 4 columns.

SESSION TWENTY-ONE

Fats



After you watch video 21 you will be able to:

1. List different types of fat;
2. Describe different jobs fat has in the body;
3. Understand how omega 3 fatty acids are vital to good health and a healthy energy balance;
4. List several healthy fats;
5. List several unhealthy fats;
6. Understand that fats are a dense energy source.

FAT

Fats are a dense concentrated energy source. It is also a very-slow-release energy. We need a little fat in our diet most every day. But we only need a little because it is a concentrated, dense energy. It is very VERY important to be respectful of the serving size on this very dense energy source.

We all need fat in our diet to survive. Fats have many important functions. Here is a list of some of those important functions:

1. We need fat for a healthy brain and nervous system. The solid weight of our brain is 60% fat. The insulation that surrounds all of our nerves is made of fat.
2. Fat is an important energy source.
3. Fat is needed for the absorption and transport our fat soluble vitamins – A, E, D, and K.
4. Fat provides protection and structure for internal organs.
5. Fat is needed for production of certain important hormones.
6. Fat helps regulate body temperature.
7. Fats help satisfy you after a meal.

Fat	Serving Sizes
Butter, Margarine without hydrogenated oil, Olive Oil, Sunflower Oil, Grape Seed Oil, Safflower Oil, Peanut Oil, Nut Oils, Coconut Oil	1 Teaspoon
Salad Dressing, Cream, Mayonnaise, Cream Cheese, Sour Cream	1 Tablespoon
Seeds, Nuts (Also count as an ounce of protein)	¼ Cup
Peanut Butter, Sunflower Seed Butter, Almond Butter, Cashew Butter, etc. (Also count as an ounce of protein)	2 Tablespoon
Avocados, Hard Yellow Cheeses, Bacon	1 Ounce
Black and Green Olives	8 Olives

DIFFERENT KINDS OF FATS

There are several different kinds of fats in our diets. Some fats are healthy and some are not. You need to learn about the various fats before you can understand how to make healthy choices concerning fats in your diet.

I. Unsaturated fats - there are two kinds of unsaturated fats - monounsaturated and polyunsaturated. It is important to eat oils in their unrefined state. These oils should be **cold pressed** or **expeller expressed** and it will be stated on the label.

A. Monounsaturated fatty acids – found primarily in nuts, avocados and olives. Good sources of monounsaturated fats are olive oil, canola oil, macadamia nut oil, oils from almonds, pecans, cashews, Brazil nuts, and avocados. These fats are liquid at room temperature and stable when heated.

Functions of Monounsaturated fatty acids

1. They provide antioxidants like vitamin E and selenium;
2. They provide small amounts of healthy fats that help the body absorb fat soluble vitamins – A, E, D, and K;
3. They can help prevent and treat obesity, diabetes, heart disease, cancer, muscular skeletal pain and other inflammatory conditions;
4. Research shows they have a beneficial effect on cholesterol, blood clotting, inflammation and blood pressure.

B. Polyunsaturated fats - are called essential fatty acid because our body does not make these fats. These fatty acids are essential for maintaining health, so we need to eat these fats in our diet. These fats are liquid at room temperature. They are not stable when heated and they become rancid easily. It is best to store them in the refrigerator. There are two polyunsaturated fats that play key roles in our diets: omega 3 fats and omega 6 fats. The tendency of the American diet is to eat too much omega 6 fat and too little omega 3 fat. This has unhealthy consequences like increased inflammatory diseases. It has been determined that the healthiest ratio of omega 6 to omega 3 is a 4:1 ratio.

1. Omega 3 Fatty Acids

Omega 3 fatty acid is the healthy fat in fish oil and flaxseed oil. **It is a proven fact that individuals who are deficient in Omega 3 fatty acid don't use their food for energy efficiently and store energy easy.** These fats are necessary for brain development, brain function, and emotional health.

The best sources of omega 3 fatty acids are flaxseed, hemp seed, chia seed and fish oil. Pumpkin seeds, walnut oil, and soy oil all contain omega 3 fatty acids but only in small amounts, ranging from about 3 to 15 percent.

Functions of Omega 3 Fatty Acids

- a. They increase metabolic rate;
- b. They increase transfer of oxygen throughout the body;
- c. They help burn fat more efficiently;
- d. They help keep cell membranes from becoming rigid – flexible cell membranes allow for more effective nutrient transfer;
- e. They lower cholesterol and triglyceride levels;
- f. They are necessary for brain development, brain function and emotional health;
- g. They help reduce inflammation, swelling and pain;
- h. They help reduce severity of allergic reactions;
- i. They enhance kidney function and fluid balance;
- j. They support healthy blood pressure and heart function;
- k. They improve gastrointestinal function,
- l. They produce smooth velvety skin;
- m. They keep blood healthier by decreasing clot formation, keeping blood thinner and running smoother through veins. This increases the clearing of waste products from blood and increases nutrient delivery.

2. Omega 6 Fatty Acids

The best sources of omega 6 fatty acids are sunflower seeds, safflower oil, cottonseed oil, soy oil, corn oil, grape seed oil, and poppy seeds. Sesame seeds, peanuts, and rice bran oil are high in omega 6 and monounsaturated fats. Omega 6 fats have many of the same functions as Omega 3 fats. However, Omega 3 fats produce more health benefits than the Omega 6 fats.

II. Saturated fats – found in animal products (meat and dairy) and tropical oils (coconut and palm oils). Saturated fats are solid at room temperature, stable when heated and safe to use for cooking. Saturated fats from animal sources are hard to break down once they have been eaten and are sticky as they travel through the blood stream.

Animal fats eaten in excess are unhealthy. Choose lean cuts of meat. Cut fat off meat before cooking it. Choose low fat dairy products like skim milk, 1% milk, low fat cheese (mozzarella, Swiss), low fat yogurt and low fat cottage cheese.

Functions of Saturated Fats

1. They make up about 50 percent of our cell membranes and give them stability;
2. They help our bones incorporate calcium into our skeletal structure;
3. They protect the liver from toxins like alcohol and certain medications;
4. They are necessary for the body to be able to utilize essential fatty acids;
5. They support healthy immune function.

III. Cholesterol – found in animal products. It is also made in the body by the liver. Cholesterol is sticky and does not break down in the body. It is either used, eliminated or circulates in the bloodstream, sometimes in excess.

Functions of Cholesterol

1. Healing salve within the body;
2. Precursor to certain hormones (sex and steroids);
3. Vitamin D is made as a result of cholesterol;
4. It protects our skin and makes it water resistant;
5. It is a component of our lining on our nerves;
6. It is a component of bile acids (special acids that help the body break down fats we eat);
7. It is needed for the production of serotonin (mood elevated hormone);
8. It plays an important role in maintaining the health of the intestinal wall.

IV. Some types of fat damage our bodies and should be avoided.

1. Trans Fats (Hydrogenated Oils) – an unnatural fat produced by subjecting polyunsaturated fats to high temperatures and forcing hydrogen atoms onto the fatty acids to create a solid fat, like margarine. Trans fat are considered to be a bad fat and should be avoided.

Damaging Effects of Trans Fats (Hydrogenated Oils)

The body does not have an enzyme to break down trans fats. Omega 3 or omega 6 fatty acids are needed to clear trans fats from the body. Trans fats are harmful to our cell membranes

when they are used for the building blocks of the cell membranes. They increase cholesterol levels and increase risk for heart disease. Trans fats increase insulin resistance and increase risk of developing diabetes. Trans fat blocks the utilization of essential fatty acids (omega 3 fat), causing many negative effects on the body including increased blood cholesterol, suppressed immune system, cancer, hardening of the arteries, diabetes, obesity and many more.

2. Deep fat fried foods are unhealthy foods. Oils are damaged when they are heated to high temperatures and become unhealthy fats. They have a similar effect on the body as do hydrogenated oils. Deep fat fried foods are high fat foods. The body only needs a small amount of fat each day. High fat intake is unhealthy for the body and is one thing that can cause an energy overload and get the body's energy balance out of whack. Some examples of foods that are deep fat fried include potato chips, corn chips, French fries, breaded meats, breaded seafood, breaded fish, and donuts.

3. Pan fried foods can be high in fat. When pan frying foods, use only a small amount of oil. Avoid eating pan fried foods. Sautéed fresh vegetables typically do not absorb much fat because they don't need much time to cook and it only takes a small amount of oil to sauté foods.

On the next page you will find the Family Activity – Fat Finding Mission. How many fats will you find in your kitchen and where?

FAMILY ACTIVITY – FAT FINDING MISSION**List Fats Here**

Then put an “X” mark in each column that describes this product. You will need to read ingredients lists on the food labels of margarine, salad dressing, tartar sauce and mayonnaise to see what kind of fat (oils) are used to make these products.

	Fat from Dairy [Saturated Fat – Damaging in large amt]	Fat from Nuts, Avocado & Olives [Monounsaturated]	Fat from Fish Oil & Flaxseed Oil [Omega 3]	Fat from Seeds & Vegetables [Omega 6]	Fat from Coconut & Palm Oil [Healthy form of Saturated fat]	Trans Fat & Hydrogenated oil

When you finish finding fat in your kitchen, go back through the list and highlight the healthy fats. Basically the only unhealthy fat will be hydrogenated oils and saturated fat from dairy. Put a check mark in front of saturated fat from dairy to signify it is ok in small amounts.

SESSION TWENTY-TWO

What About Sugar



After you watch video 22 you will be able to:

1. List several harmful effects that sugar has on the body;
2. Explain how sugar negatively impacts energy balance;
3. Understand how sugar has negative affect on the brain and emotions;
4. Understand how sugar promotes overeating and binging.

SUGAR IS HARMFUL TO THE BODY

1. Increases depression
2. Causes irritability, volatile moods, and hyperactivity
3. Decreased ability to concentrate
4. Decreased IQ – up to 40 point drop in IQ after sugar consumption
5. Causes Brain Fog – causes sensory deprivation in young children
6. Promotes seizure activity



7. Increases insulin levels – high insulin levels damage blood vessels and puts the body into fat-storing mode
8. Increases insulin resistance
9. Increases appetite and stimulates overeating
10. Causes cravings for high fat, high sugar, low nutrient foods
11. Sugar is an addictive substance – it lights up the brain's dopamine pathways the same way drugs and alcohol do

12. Causes inflammation
13. Suppresses immune function
14. Can cause an overgrowth of yeast in the intestines
15. Promotes the growth of harmful bacteria in the intestines
16. Causes oxidative stress which damages mitochondria
17. Causes fatty liver [fat accumulation in the liver]



Sugar Glossary

The following list of sweeteners are quick-release energy and should be avoided or only eaten in small amounts with foods containing protein, fat or fiber.

1. Agave is a “natural” sweetener. However it is similar to high fructose corn syrup, and can range anywhere from 55-92% concentrated fructose, and the rest as glucose, depending on processing and the source of the plant.
2. Brown sugar is cane sugar with a little molasses added to provide the brown color
3. Confectioners’ sugar is white sugar that has been powdered.
4. Date sugar is derived from dates and is often touted as being a ‘healthy non-sugar’ to use as a sweetener, but it is a sugar and can have some of the same effects on the body as table sugar.
5. Fructose (fruit sugar) can be refined into a white powder form. It is sweeter than table sugar.
6. Granulated White Sugar (a.k.a. ‘table sugar’)
7. High fructose corn syrup contains about 42-55% fructose, with the remainder being glucose. Commonly used in refined foods and most soda pops. It spikes blood glucose levels quicker than white table sugar.
8. Honey
9. Malt Sugars – Some grains have been malted to produce a sweet syrup. These syrups have a distinct flavor, depending on which grains have been used in the malting process.
10. Maple syrup is the boiled down sap from maple trees.
11. Molasses – Sugar is refined by squeezing juice from beets or sugar cane. This juice is then boiled into syrup from which the sugar crystals are extracted. The remaining syrup is called molasses.
12. Rapadura is pressed cane sugar, but it has not been refined. It is darker in color and still has most of the minerals that are naturally found in cane sugar, otherwise lost in the processing of white, brown and raw sugars.
13. Raw Sugar – The residue left over after sugar crystals have been extracted and molasses.
14. Rice syrup is a sweetener made from processing rice. Though touted as being a more healthy option to other sweeteners such as table sugar, rice syrup is not very sweet, so more of it is needed in a recipe to achieve the same level of sweetness as sugar.
15. Sucanat is dehydrated juice from sugar cane.

This is a list of Calorie Free Sweeteners which do not affect blood glucose levels. But just because they are calorie free, does not mean that they are healthy to eat.

1. Aspartame (NutraSweet or Equal) – when broken down in the body it turns into a neurotoxin that can alter brain chemistry, affect mood and behavior, cause headaches and nerve dysfunction, and it is an appetite stimulant (makes you want to eat). Aspartame is the most common artificial sweetener in soda pop.
2. Maltitol, Sorbitol, Mannitol, Erythritol are sugar alcohols that are poorly absorbed. Safe to use but have side effects (gas and diarrhea) if you eat more than one or two servings.
3. Saccharin (Sweet N Low) – shown to cause cancer when consumed in large amounts
4. Splenda (sucrolose) – sugar with an attached chlorine molecule – tastes sweet but body can’t digest it. So far appears to be safe to use.
5. Stevia Powder – is an extremely sweet powder derived from a South American herb. Body is unable to digest it. It is very safe to use.
6. Tagatose (Naturlose) – a special milk sugar that is poorly absorbed. Safe to use.
7. Xylitol – made from the bark of a birch tree – safe to use.

SESSION TWENTY-THREE

Healthier Kitchen



After you watch video 23 you will be able to:

1. Make a plan to replace unhealthy food and healthy food in your kitchen;
2. Know where to look in the grocery store to find the healthiest food choices;
3. Find reasonably priced healthy food at the grocery store.

BLUEPRINT FOR A HEALTHIER KITCHEN

Identify and write down unhealthy foods in your kitchen. Then write one or two healthy foods that could replace each of the unhealthy foods on the list. Each time you run out of an unhealthy food in your kitchen, replace it with a healthy food from your Blueprint for a Healthier Kitchen. After about a month, most of the unhealthy foods in your kitchen will be replaced with healthy foods.

UNHEALTHY FOODS Leave these off your next grocery shopping list	HEALTHY FOODS Add these to your grocery shopping list	
Grains and Grain Products		
Starchy Veggies		
Meat		
Dairy		
Fats		
Do you have a few kinds of fruits in your kitchen? YES, Great! NO, Add to next shopping list.		
Do you have a few kinds of non-starchy veggies in your kitchen? YES, Great! NO, Add to next shopping list.		
Do you have any legumes in your kitchen? YES, Great! NO, Add to next shopping list.		

SMART TIPS FOR SHOPPING

Get the most for your budget by following smart shopping tips. There are several ways that you can save money on the foods that you eat. First – Shopping from a grocery list. Second – Planning before you go shopping. Third – Buying food at the best prices. Fourth – Practicing food storage and cooking methods that stretch your food dollars.

BUILD A SMART LIST

1. Before you head to the grocery store, plan your meals for the week.
2. Try to include low-cost food in your meals. For example, foods like carrots, greens, winter squash, potatoes, apples, bananas, and oranges are usually reasonably priced.
3. Make a grocery list - do not rely on memory alone.
4. Check to see what foods you already have and make your grocery list for what you need to buy.
5. List the foods in the quantity needed.
6. List items together that are located near each other in the store.
7. Double check space in your fridge and freezer. Make sure you will have room to put all the perishable foods when you get home from the grocery store.



SHOP SMART

1. Read food ads in the newspaper or at the grocery store to see what is on sale.
2. Look for specials on meat and seafood, which are often the most expensive items on your list.
3. Shop on the days when the store offers double value for coupons. However, avoid buying products that you don't need, just to use a coupon!
4. If your grocery store has a membership card, sign up to get even more savings.
5. Find out when your town is holding a farmer's market. Fresh produce is usually less expensive and fresher at a farmer's market.
6. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods.



BUY SMART

1. Buy fresh fruit and vegetables in season for great buys. It can lower the cost and add to the freshness.
2. Avoid buying fresh fruit and vegetables with soft spots, withered appearance or decayed pieces. Buy fresh firm produce for a longer shelf life at home.
3. Canned and frozen items may be less expensive than fresh. Choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.
4. Buy fresh vegetables and fruits in their whole form. Pre-cut, pre-washed, and ready-to-eat fresh produce often costs much more than when purchased in its whole form.

5. Buy cheese by the block and do your own slicing, grating, grinding and chopping. Sliced and grated cheese usually costs more than block cheese.
6. Buy a large cut of meat and divide into several meals rather than buying cuts separately.
7. Generic brands and store brands are safe and just as nutritious as the more expensive name brands.
8. White eggs cost less and have the same nutritional value and taste as brown eggs.
9. Shop for perishables and frozen foods last.
10. You will save money by buying only what you need.



COOK SMART

1. Take the time to prepare your own meals and save!
2. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions.
3. Beans are an inexpensive protein food. Try out some bean casserole or soup recipes.
4. Turkey and chicken are usually less expensive, lower in saturated fat and cholesterol, and contain more protein and nutrients than other meats.
5. Processed and ready-to-eat convenience foods usually cost more than home-prepared foods but may reduce preparation time. Here are a couple ideas to reduce food prep time in your kitchen:
 - Prepare a large batch of favorite recipes on your day off. Freeze in individual containers and use them throughout the week and you won’t have to spend money on take-out meals.
 - Prepare and freeze vegetable soups, stews, or other dishes in advance.



6. Throwing away food is throwing away your money!

- Spice up your leftovers or use them in new ways.
- Try leftover chicken in a stir-fry or over a garden salad, or use it to make chicken chili.
- Add leftover vegetables to casseroles or soups.
- Some fresh vegetables and fruits don’t last long (i.e. strawberries and raspberries). Buy these in small amounts so they can be eaten before they spoil.
- Store fresh fruits and vegetables properly to avoid spoilage.
- Overripe fruit is great for smoothies or baking.

SESSION TWENTY-FOUR

Team Up for Meal Planning



After you watch video 24 you will be able to:

1. Plan a healthy balanced meal;
2. Adjust unhealthy recipes and make them healthier;
3. Write a menu for a week;
4. Make out a grocery list for several meals.

A Snapshot of a Healthy Balanced Meal

Take a mental snapshot of this diagram. This mental snapshot will help you as you plan healthy balanced meals and menus. This diagram shows you a great example of how lunch and supper meals should look like on your plate.



BUILD A HEALTHY MEAL

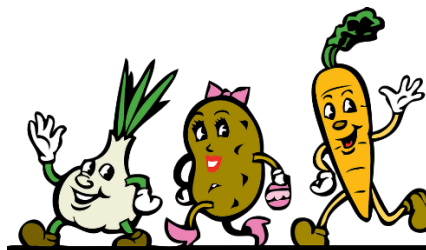
- Each meal is a building block in your healthy eating style. Try to include healthy foods from each of the BiW4Teens food categories during lunch and supper meals.
 - Make half your meal non-starchy veggies and fruits.
 - Choose healthy starches to make up one quarter of your meal. That would be whole grains or starchy veggies or legumes.
 - Protein rich foods should make up the last quarter of your meal. Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu.
 - Don't forget to include 3 servings of dairy products each day.
- Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.
- Go easy on the added fats like butter, sour cream, creamy salad dressing, heavy gravies or sauces. Here are some healthy alternatives:
 - Drizzle olive oil or lemon juice mixed with herbs on cooked vegetables or whole grain pasta instead of using cheese, butter, or cream-based sauces.
 - Try plain low-fat yogurt and chives on baked potatoes rather than sour cream.
- Take your casserole to the next level. Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.
- Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.
- Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.
- Make your own soups with a low-sodium broth like chicken or beef flavor. Add some leftover meat, your favorite vegetables, and a healthy starch like brown rice or black beans.
- The most important thing to remember about breakfast is to eat something and choose healthy slow-release energy foods. If you can, include something from the protein group.
 - Be creative with your breakfast Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.
 - Boost the color and texture of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.



LIVEN UP YOUR MEALS WITH VEGGIES AND FRUIT

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture.

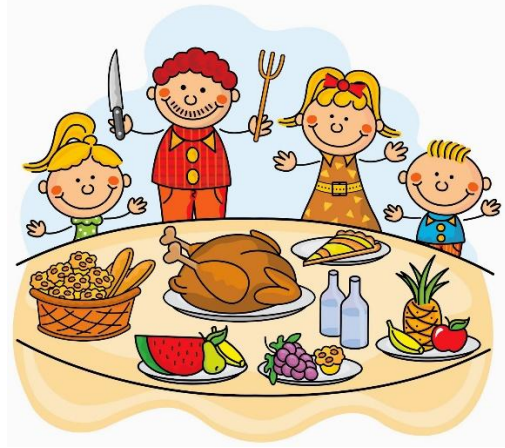
- Discover fast ways to cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or Bok choy in the microwave by putting them in a bowl with a small amount of water and a tight cover. This works great for quick nutritious side dish.
- Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.
- Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.
- Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.
- Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with extra virgin olive oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.
- Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress.
- Toss in shredded carrots, peas, strawberries, orange segments, or other seasonal items for a flavorful, fun salad.
- Sip on some vegetable soup. Try tomato, butternut squash, or garden vegetable soup. Look for low sodium soups.
- When ordering at a restaurant, ask for an extra side of vegetables or a side salad instead of the typical fried side dish.
- Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmer's market.
- Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.
- Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



MAKE HEALTHIER HOLIDAY CHOICES

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals.

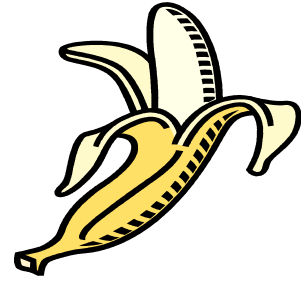
- Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.
- Choose lean meats for holiday meals. Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.
- Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
- For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.
- Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes.
- Make homemade sweets healthier by adding dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.
- Use spices such as cinnamon, allspice, or nutmeg to add flavor instead of butter and sugar.
- Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!
- Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.
- Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



TIPS FOR HEALTHIER RECIPES

Cut the sugar:

- When baking oatmeal cookies, quick breads or brownies you can cut down on the amount of sugar called for in the recipe by 1/3.
- Try replacing sugar in muffins or sweet bread with natural sweeteners like a half of a mashed ripe banana, coconut flakes, coconut butter or chopped up raisins.



Make healthy substitutions:

- Drizzle olive oil or lemon juice mixed with herbs on cooked vegetables or whole grain pasta instead of using cheese, butter, or cream-based sauces.
- Try plain low-fat yogurt and chives on baked potatoes rather than sour cream.
- Reduce fat by ½ the amount in baked products (i.e. cakes, cookies, quick breads, muffins) and replace with an equal amount of applesauce or yogurt.
- Substitute plain yogurt or low-fat cream cheese or low-fat cottage cheese for sour cream in recipes and dips.

Increase whole grains in recipes:

- Mix whole wheat flour together with white flour. Start with half of each type of flour. Gradually phase out the white flour until you are cooking with 100% whole wheat flour.
- Make your own whole oat flour out of oatmeal. Grind up the oatmeal in your coffee grinder. When cooking with whole oat flour, use 25% less flour than what the recipe calls for.



Reduce Fat:

- Use skim milk or 1% milk when cooking instead of 2% milk and whole milk.
- Bake, broil, or grill meats on a rack that allows fat to drip from the meat.
- Avoid deep-frying or pan-frying foods in oil.
- Trim all visible fat from meat and remove the skin from poultry before cooking.
- After cooking ground meat (i.e. beef, pork, turkey), drain the grease from the pan.
- Cool soups, gravies and stews in the refrigerator. Then remove the hardened fat from the top of these dishes before heating and eating.
- Cook with the less-expensive cuts of beef and pork. Choice or prime grade cuts of meat are the highest in fat.

Incorporate veggies into recipes whenever possible:

- Try zucchini bread, sugar-free carrot cake or pumpkin muffins!
- You can add extra veggies to starchy dishes. Mix cooked mashed carrots into a macaroni and cheese dish. Mix cooked mashed cauliflower in with mashed potatoes.

TEAM UP FOR MENU PLANNING

Get the family together for a menu planning meeting and develop one week's worth of supper menus. Use the MyPlate diagram as a guideline for a balanced meal. Let everyone choose at least one supper menu.

Next, decide what ingredients are needed for each meal. Parents and children/teens should discuss what the healthiest ingredients will be to use in preparing each meal. As you write down ingredients needed to prepare each meal, you will be able to start building your grocery list for the week.



You can expand your weekly family menu planning meeting to include menu ideas for lunches, breakfasts and snacks. Save your menu lists from each week. After several weeks you will have enough menu ideas to build a master menu list for main dishes, side dishes, breakfasts and lunches.

Save a few weeks worth of grocery lists. After a few weeks you will see foods that commonly show up on weekly grocery lists. You can build a master grocery list from this. When you make a master grocery list, it is helpful to group foods that you commonly find in the same area in the grocery store. For example, milk, cheeses, butter and eggs are usually located in the same aisle in the grocery store – so group these foods together on your master grocery list. Also, make sure to leave a few blank spots by each grouping of food so that you can write in foods. After you have developed a master grocery list that you are happy with, make several copies.

The more a family sits down together to do weekly menu planning, the easier it gets. If family members are running out of ideas for menus or are wanting to try something different, open up a cookbook and look for new recipes. There are many online recipe websites. Try <http://allrecipes.com> or www.food.com. These two sites have literally thousands of recipes to choose from for free.



Planning for meals and shopping for groceries can feel like a chore when only one adult in the house is responsible for this duty. Meal planning and grocery shopping does not have to be drudgery. When the whole family gets involved, it can become quality family time. Planning weekly menus together as a family provides an excellent opportunity to talk about healthy eating and the benefits of eating nutritious food. Families who follow a weekly menu tend to eat healthier food. It also saves money when you make a week's worth of menus and go to the grocery store once a week.

TEAM UP FOR MEAL PLANNING – WORKSHEET

		MENU	INGREDIENTS	LUNCH IDEAS
1	PROTEIN MAIN DISH			
	STARCH SIDE DISH			
	NonSTARCH VEGGIE			
	FRUIT			
	DAIRY			
2	PROTEIN MAIN DISH			
	STARCH SIDE DISH			
	NonSTARCH VEGGIE			
	FRUIT			
	DAIRY			
3	PROTEIN MAIN DISH			BREAKFAST IDEAS
	STARCH SIDE DISH			
	NonSTARCH VEGGIE			
	FRUIT			
	DAIRY			
4	PROTIEN MAIN DISH			
	STARCH SIDE DISH			
	NonSTARCH VEGGIE			
	FRUIT			
	DAIRY			

HEALTHY FOODS SHOPPING LIST [pg 1]

FRUIT	STARCHY VEGGIES	NON-STARCHY VEGGIES
Frs/Fzn/Cnd	Frs/Fzn/Cnd	Frs/Fzn/Cnd
☐ ☐ ☐ Apples	☐ ☐ ☐ Corn*	☐ ☐ ☐ Asparagus
☐ ☐ ☐ Bananas	☐ ☐ ☐ Peas**	☐ ☐ ☐ Artichoke
☐ ☐ ☐ Blueberries	☐ Potatoes	☐ ☐ ☐ Avocado*
☐ ☐ ☐ Cantaloupe	☐ Sweet Potatoes	☐ ☐ ☐ Beets
☐ ☐ ☐ Cherries	☐ Yams	☐ ☐ ☐ Bell Peppers
☐ ☐ ☐ Grapes	☐ Taro Root	☐ ☐ ☐ Broccoli
☐ ☐ ☐ Grapefruit	☐ Turnip	☐ ☐ ☐ Cabbage
☐ ☐ ☐ Honeydew melon	☐ Parsnip	☐ ☐ ☐ Carrots
☐ ☐ ☐ Juice - Fruit	☐ _____	☐ ☐ ☐ Cauliflower
☐ ☐ ☐ Lemons	☐ _____	☐ ☐ ☐ Celery
☐ ☐ ☐ Limes	Winter Squash:	☐ ☐ ☐ Collard Greens
☐ ☐ ☐ Kiwi	☐ Acorn	☐ ☐ ☐ Eggplant
☐ ☐ ☐ Mandarin Oranges	☐ Buttercup	☐ ☐ ☐ Green Beans
☐ ☐ ☐ Nectarines	☐ Butternut	☐ ☐ ☐ Juice - Vegetable
☐ ☐ ☐ Peaches	☐ Carnival	☐ ☐ ☐ Leaf Lettuce
☐ ☐ ☐ Pears	☐ Hubbard	☐ ☐ ☐ Mushrooms
☐ ☐ ☐ Pineapple	☐ Pumpkin	☐ ☐ ☐ Okra
☐ ☐ ☐ Plums Oranges	☐ Spaghetti	☐ ☐ ☐ Onions
☐ ☐ ☐ Raspberries	☐ _____	☐ ☐ ☐ Snow Peas
☐ ☐ ☐ Strawberries	☐ _____	☐ ☐ ☐ Spinach
☐ ☐ ☐ Watermelon	☐ _____	☐ ☐ ☐ Summer Squash
☐ ☐ ☐ _____	*Grain eaten like starchy veggies.	☐ ☐ ☐ Tomatoes
☐ ☐ ☐ _____	** Legume eaten like starchy veggies.	☐ ☐ ☐ Zucchini
☐ ☐ ☐ _____	LEGUMES	☐ ☐ ☐ _____
☐ ☐ ☐ _____	Dry/Cnd	☐ ☐ ☐ _____
☐ ☐ ☐ _____	☐ ☐ Black-Eyed Peas	* 1 oz avocado = 1 serving of fat
DRIED FRUIT	☐ ☐ Black Beans	HEALTHY SNACKS
☐ Raisins	☐ ☐ Garbanzo Beans	Whole Grain Crackers
☐ Currents	☐ ☐ Great Northern Beans	☐ _____
☐ Cranberries	☐ ☐ Kidney Beans	☐ _____
☐ Cherries	☐ ☐ Lentils	Whole grain snack bars
☐ Bananas	☐ ☐ Lima Beans	☐ _____
☐ _____	☐ ☐ Mung Beans	☐ Multigrain chips
☐ _____	☐ ☐ Navy Beans	☐ Corn chip
CONDIMENTS	☐ ☐ Pinto Beans	☐ Granola bars
☐ Catsup	☐ ☐ Red Beans	☐ Brown rice cakes
☐ Mustard	☐ ☐ Split Peas	☐ 100% dehydrated fruit
☐ Salsa	☐ ☐ _____	Other Healthy Snacks
☐ _____	☐ ☐ _____	☐ Trail Mix
☐ _____	☐ ☐ _____	☐ Protein bars
☐ _____		☐ _____
☐ _____		☐ _____

HEALTHY FOODS SHOPPING LIST [pg 2]

WHOLE GRAIN FLOUR PRODUCTS Bread ☐ 100% whole wheat ☐ Oat ☐ Rye ☐ Multigrain ☐ _____ ☐ _____ ☐ Hamburger buns ☐ Hotdog buns Bagels ☐ _____ ☐ _____ Pasta ☐ Whole wheat ☐ Brown rice ☐ Quinoa ☐ Corn ☐ _____ ☐ _____ Pancake / Waffles ☐ _____ Tortilla shells ☐ _____ ☐ _____ Muffins ☐ _____ ☐ _____ Breakfast cereal ☐ _____ ☐ _____ ☐ _____ WHOLE GRAIN KERNELS ☐ Brown rice ☐ Barley ☐ Cracked wheat cereal ☐ Millet ☐ Oatmeal ☐ Quinoa ☐ Popcorn ☐ _____ ☐ _____ ☐ _____	MEAT Frs/Fzn ☐ ☐ Chicken ☐ ☐ Turkey ☐ ☐ Cornish game hens Beef ☐ ☐ _____ ☐ ☐ _____ Pork ☐ ☐ _____ ☐ ☐ _____ Buffalo ☐ ☐ _____ ☐ ☐ _____ FISH Frs/Fzn/Cnd ☐ ☐ ☐ Cod ☐ ☐ ☐ Salmon ☐ ☐ ☐ Sardines ☐ ☐ ☐ Tilapia ☐ ☐ ☐ Trout ☐ ☐ ☐ Tuna ☐ ☐ ☐ Walleye ☐ ☐ ☐ _____ SEAFOOD Frs/Fzn/Cnd ☐ ☐ ☐ Crab ☐ ☐ ☐ Crawfish ☐ ☐ ☐ Lobster ☐ ☐ ☐ Scallops ☐ ☐ ☐ Shrimp ☐ ☐ ☐ _____ DAIRY ☐ Skim or 1% Milk, ☐ Plain low-fat yogurt ☐ Low-fat flavored yogurt ☐ _____ Cheese ☐ Mozzarella ☐ Provolone ☐ Swiss ☐ String ☐ _____ ☐ _____	OTHER PROTEIN ☐ Eggs Nuts or seeds* ☐ _____ ☐ _____ Nut or Seed butter* ☐ _____ ☐ _____ * 1 oz protein & 1 fat serving FAT ☐ Butter ☐ Margarine without trans fat or hydrogenated oil ☐ Olive oil ☐ Olives ☐ Coconut oil ☐ Creamy / oil salad dressing ☐ Mayonnaise ☐ Cream ☐ Cream cheese ☐ Sour cream ☐ _____ ☐ _____ COOKING INGREDIENTS ☐ Whole grain flour ☐ Baking soda ☐ Baking powder ☐ Food starch ☐ Yeast ☐ _____ ☐ _____ ☐ _____ Spices / Seasonings ☐ _____ ☐ _____ ☐ _____ SUGAR-FREE DRINKS ☐ Mineral water ☐ Herb tea ☐ _____ ☐ _____ ☐ _____
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PART IV

KEEP MOVING FORWARD



SESSION 25

Problem Solving

SESSION 26

Getting Around Path Blockers

SESSION 27

Staying Motivated

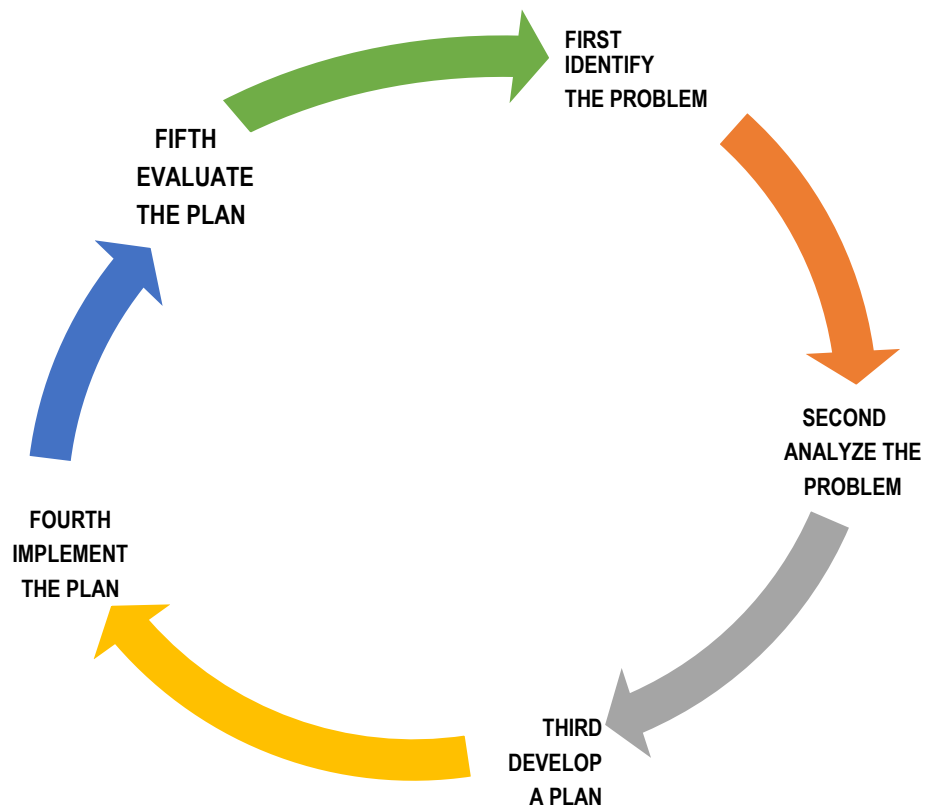
SESSION TWENTY-FIVE

Problem Solving



After you watch video 25 you will be able to:

1. Identify problems and brainstorm solutions;
2. List problem solving steps;
3. Know how to develop problem solving plan and put it into action;
4. Evaluate how well your plan worked.



Practice Session 1

1] Problem Identification – what is the problem?

2] Problem Analysis – what is not working or why is the problem occurring?

3] Plan Development:

a] What is the goal that has not been met OR what is the outcome that you want?

b] List 3 possible ideas to avoid or fix the problem:

1-

2-

3-

c] Choose the best idea: 1 - 2 - 3

d] Are there steps you need to take to transform this idea into a plan?

List these steps:

4] Plan Implementation – put the step by step plan into place!

5] Plan Evaluation – after you have tried the plan - how well did it work?

Practice Session 2

1] Problem Identification – what is the problem?

2] Problem Analysis – what is not working or why is the problem occurring?

3] Plan Development:

a] What is the goal that has not been met OR what is the outcome that you want?

b] List 3 possible ideas to avoid or fix the problem:

1-

2-

3-

c] Choose the best idea: 1 - 2 - 3

d] Are there steps you need to take to transform this idea into a plan?

List these steps:

4] Plan Implementation – put the step by step plan into place!

5] Plan Evaluation – after you have tried the plan - how well did it work?

Practice Session 3

Think of a personal problem you have encountered on the journey to Peak Health. Now go through the problem solving steps with your problem.

1] Problem Identification – what is the problem?

2] Problem Analysis – what is not working or why is the problem occurring?

3] Plan Development:

a] What is the goal that has not been met OR what is the outcome that you want?

b] List 3 possible ideas to avoid or fix the problem:

1-

2-

3-

c] Choose the best idea: 1 - 2 - 3

d] Are there steps you need to take to transform this idea into a plan?

List these steps:

4] Plan Implementation – put the step by step plan into place!

5] Plan Evaluation – after you have tried the plan - how well did it work?

SESSION TWENTY-SIX

Getting Around Path Blockers



After you watch video 26 you will be able to:

1. Understand what a path blocker is;
2. Identify path blockers in your life;
3. Evaluate if a path blocker is something you can get around;
4. Recognize when to develop a new health goal for path blockers you can't get around.

EXPLORE PATH BLOCKERS IN ON YOUR JOURNEY

Think about examples of things or situations that could be path blockers to health goals. List them below:

Have you encountered any path blockers along your BiW path to a healthier weight?

Have you been able to get around the path blockers?

If yes, how?

If no, do you think there was anything that could have been done?

If no, should you write a new health goal for the current goal that is being blocked?

SESSION TWENTY-SEVEN

Staying Motivated



After you watch video 27 you will be able to:

1. Identify several ways to keep yourself motivated;
2. Understand how to stay on track during the maintenance phase of the BiW4Teens program;
3. Learn about benefits that go with the maintenance phase.

STAY MOTIVATED!

Thoughts and emotions motivate people to do the things they do. Upbeat emotions and positive thoughts about healthy habits will help you stay excited about taking good care of your amazing body. It motivates you to keep moving forward on this journey to Peak Health. The type of motivation that inspires people to change health habits does not happen accidentally. Inspirational motivation happens “ON PURPOSE.” You may not know it, but you have already learned several things you can do to stay motivated “on purpose.”

1. Each power tool helps keep you motivated by helping you think positive thoughts about yourself and about your Back in Whack health plan.
2. Hopefully you are using positive reinforcements and rewards with your Back in Whack plan. These make working on your healthy habits more fun and helps keep you excited about accomplishing your health goals. Ask your parents to help you with this.
3. You have learned a lot about healthy habits during the past few weeks. Learning about healthy habits keeps your brain actively thinking about making healthy choices. Keep on learning and have fun doing it.



Your brain is the boss of your body so it is very important to think about what you are thinking about. The brain is attracted to anything positive and is motivated to achieve things that have positive results. It is important to purposely look for positive things about yourself and your life. Here are some examples of what I am talking about:

1. When you think about yourself – look for the things you like about yourself;
2. Look for good things that happen to you and around you during the day;
3. Think about the benefits you will get from sticking with your healthy habits;
4. What did you write at the top of your Peak Health in session 2? Believe you will achieve whatever you wrote at the top of your peak.

People with healthy bodies are happier than people with sick bodies. Keep taking wonderful care of your AMAZING BODY and you will live a healthier happier life.

KEEP MOING FORWARD!

You have finished the video series and you have developed your own personal Back in Whack health plan to take care of your AMAZING BODY! You will want to keep moving forward on this journey and stay on the Back in Whack Path clear to the top of Peak Health. Some sections of the path will be easy and other sections will be tough. You may even slip and fall down from time to time. The important thing is that YOU GET BACK UP and KEEP MOVING FORWARD.

IMPORTANT! The closer you follow the BiW4Teens program, the quicker your energy balance will get back in whack, and the faster you will lower your BMI and reach your supreme health goal that you wrote at the top of Peak Health.

WHERE TO GO FROM HERE?

Now it is time to begin the MAINTENANCE PHASE (phase two) of your program.

This is an exciting time!! You are going to experience a positive transformation of your body as move toward the top of Peak Health. This exciting time will not be without challenges. You will encounter new challenges, that you have not experienced before ... challenges that can derail you. Most teens/tweens need ongoing encouragement and support in order to successfully complete this incredible journey to the top of Peak Health. This is why the BiW4Teens Group Program continues for another 3 months.

It will be important that you continue to attend the BiW4Teens Group Program for the next **3** months. Continuing to participate in group will provide heal and support while you continue to follow your Back in Whack health plan. The program power tools and the BiW Habit Tracker will help you stay on track till you get your energy balance back in whack. Let's review everything you are going to be doing as you move forward from here:

1. Continue adopting healthy habits:
 - a. Add a new healthy habit every 3 weeks until you are working on and/or have adopted all the healthy habits on your list (Remember it takes about 3 weeks for you brain and body to start getting used to a new habit).
 - b. Monitor each healthy habit daily with the BiW Habit Tracker for at least 3 months (Remember it takes 3 months for a new habit to become an automatic health habit).
 - c. Review the Parent-Youth Contract with your parents each time you start working on a new healthy habit and update the contract as needed.



2. Continue using power tools to support habit change:
 - a. Wear your special bracelet on the hand you eat with to help remind you to make healthy choices.
 - b. Journal most every day.
 - c. Practice your mighty messages. Keep your mighty messages visible on pocket cards or sticky notes.
 - d. Watch your mini movies in your mind several days a week.
 - e. Use positive reinforcements and rewards.
 - f. Stomp ANTs! Don't let Automatic Negative Thoughts get you down.
 - g. When problems arise, use problem solving to get yourself back on track.
 - h. If you encounter path blockers, rewrite health goals to get around the path blockers.
3. Continue eating healthier:
 - a. Eat from all the healthy food categories daily.
 - b. Look at your nutrition plan weekly to help you stay aware of how much food is appropriate for your body.
 - c. Respect serving sizes – especially from the energy food categories.
 - d. Avoid quick release energy foods and empty calorie foods.
 - e. Reduce portion sizes on sweet treats and savor the flavor.
 - f. Use the nutrition plan worksheet a couple times a week to help you track success with healthy eating.
4. Stay physically active:
 - a. Include a variety of physical activities to help you meet your BiW 360 goal.
 - b. Think about finding an exercise buddy. Encourage each other and have fun exercising together.
5. Stay connected with your support system:
 - a. Keep talking to your parents about what you're working on.
 - b. Ask family members to work on some healthy habits with you.
 - c. Tell close friends about your program and ask for them to support you.
6. Monitor and record measurements and BMI in your BiW Habit Tracker:
 - a. Weigh yourself once a week.
 - b. Remeasure waist circumference once a month.
 - c. Recheck your height and BMI every 3 months. Use the CDC BMI calculator at <https://www.cdc.gov/healthyweight/bmi/calculator.html>





Stay motivated! Be persistent! Never give up! Never give in!!

APPENDIX

A - Wacky Words Form

B - Parents Support Pack *(Separate)*

C - Personalized Nutrition Plans

D - Nutrition Plan Worksheets

E - Food and Activity Log

F - Resources for Working with Your Doctor *(Separate with Parent Support Pack)*

G - BiW Habit Tracker

H - Program References



BIW WACKY WORDS FORM

As you watch the BiW4Teens program videos, you will find 14 sets of Wacky Words. Write the Wacky Words and their session number on the form below. Write neatly, so that you are able to read what you wrote later. When you finish watching all the videos and have found all the Wacky Words, you will be able to complete the online Wacky Word form and then you will receive your BIW Gift Pack.

SESSION #	Write each set of WACKY WORDS in the space below
1	1
	2
	3
	4
	5
	6
	7
	8
	9
	10
	11
	12
	13
	14

Congratulations on finding all 14 sets of Wacky Words and for completing the implementation phase of the BiW4Teens program. Now it's time to receive your FREE BiW Gift Pack from your group leader.

1400 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	4
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	
cooked beans (dried beans) or lentils	1/3 cup	1
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	3
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	2
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	4
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	3
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

1600 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	5
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	
cooked beans (dried beans) or lentils	1/3 cup	1
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	3
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	3
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	5
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	4
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

1800 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	6
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	
cooked beans (dried beans) or lentils	1/3 cup	2
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	3
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	3
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	5
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	5
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

2000 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	6
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	
cooked beans (dried beans) or lentils	1/3 cup	2
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	4
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	3
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	6
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	5
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

2200 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	7
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	
cooked beans (dried beans) or lentils	1/3 cup	2
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	4
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	4
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	6
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	6
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

2400 Calorie Nutrition Plan

STARCH: Grains, Legumes, Starchy Veggies	SERVING SIZES	SERVINGS PER DAY
slice of 100% whole grain bread	1 slice	8
hamburger or hot dog bun or tortilla shell	½ bun or shell	
whole grain bagel	¼ bagel	
whole grain muffin	1 regular or ½ large	
oatmeal or other cooked whole grain cereal	½ cup	
whole grain pasta	½ cup	
brown rice or cooked whole grain kernels	1/3 cup	
popcorn without added fat	3 cups	
packaged foods like crackers or cold cereal or granola bars or rice cakes or multigrain chips	15 grams carbohydrates	2
cooked beans (dried beans) or lentils	1/3 cup	
starchy veggie (potatoes, squash, yams, peas)	½ cup	
FRUIT	SERVING SIZES	SERVINGS PER DAY
piece of fresh fruit	1 small to medium	4
canned fruit	½ cup	
100% fruit juice	½ cup or 4 ounces	
cut up fruit (fresh or frozen)	1 cup	
dried fruit	¼ cup	
DAIRY	SERVING SIZES	SERVINGS PER DAY
milk (skim or 1%)	1 cup or 8 ounces	3
plain non-fat yogurt	8 ounces	
flavored yogurt	6 ounces	
cheese	1 ounce	
NON-STARCHY VEGETABLE	SERVING SIZES	SERVINGS PER DAY
cooked vegetable	½ cup	4
vegetable juice	½ cup	
raw vegetable	1 cup	
PROTEIN/MEAT	SERVING SIZES	OUNCES PER DAY
meat, fish, poultry	1 ounce	7
egg	1 egg / 2 egg whites	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
FAT	SERVING SIZES	SERVINGS PER DAY
oil, butter	1 teaspoon	6
salad dressing, mayonnaise, sour cream	1 tablespoon	
**seed/nut butter	2 tablespoons	
**seeds/nuts	¼ cup	
EMPTY CALORIES	SERVING SIZES	SERVINGS PER DAY
candy, cookies, pastry, cake, ice cream, chips, soda, sweet drinks, sugar, etc.	½ or 1 serving size per package description	1 X WK or less often – replace with 1 – 2 starches
OTHER		
WATER or Calorie Free/Caffeine Free (maximum 96 oz)	1 oz per every 2 lb of body weight	
MULTIVITAMIN		
OMEGA 3 FATTY ACID		
VITAMIN C 500 mg (for individuals with high cholesterol)		

1400 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies	DATE→							
SERVING SIZES								
100% whole grain bread	1 ounce	☐	☐	☐	☐	☐	☐	☐
dry, unsweetened cereal	¾ cup	☐	☐	☐	☐	☐	☐	☐
cooked cereal	½ cup	☐	☐	☐	☐	☐	☐	☐
whole grain snack crackers	4 to 5	☐	☐	☐	☐	☐	☐	☐
pasta	½ cup	☐	☐	☐	☐	☐	☐	☐
cooked rice or whole grains	1/3 cup							
stuffing	1/3 cup							
broth based soup	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
popcorn without added fat	3 cups	○	○	○	○	○	○	○
carbohydrates on food label	15 grams	○	○	○	○	○	○	○
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○
		○	○	○	○	○	○	○
FRUIT	SERVING SIZES							
piece of fresh fruit	1 small to medium	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
canned fruit	½ cup	☐	☐	☐	☐	☐	☐	☐
100% fruit juice	½ cup or 4 oz							
cut up fruit (fresh or frozen)	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY	SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE	SERVING SIZES							
cooked vegetable	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
vegetable juice	½ cup							
raw vegetable	1 cup							
PROTEIN (1 ounce)	SERVING SIZES							
meat, fish, poultry	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
egg	1 egg or 2 egg whites	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT	SERVING SIZES							
oil, butter	1 teaspoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
salad dressing	1 tablespoon	☐	☐	☐	☐	☐	☐	☐
sour cream, mayonnaise	1 tablespoon							
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES	SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
		▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER								
Multivitamin		☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐

☐ = Prescribed healthy serving
 ○ = Extra food, healthy choice
 ▽ = Extra food, unhealthy choice

1600 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies		DATE→							
SERVING SIZES									
100% whole grain bread	1 ounce	☐	☐	☐	☐	☐	☐	☐	☐
dry, unsweetened cereal	¾ cup	☐	☐	☐	☐	☐	☐	☐	☐
cooked cereal	½ cup	☐	☐	☐	☐	☐	☐	☐	☐
whole grain snack crackers	4 to 5	☐	☐	☐	☐	☐	☐	☐	☐
pasta	½ cup	☐	☐	☐	☐	☐	☐	☐	☐
cooked rice or whole grains	1/3 cup	☐	☐	☐	☐	☐	☐	☐	☐
stuffing	1/3 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
broth based soup	1 cup	○	○	○	○	○	○	○	○
popcorn without added fat	3 cups	○	○	○	○	○	○	○	○
carbohydrates on food label	15 grams								
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○	○
		○	○	○	○	○	○	○	○
FRUIT		SERVING SIZES							
piece of fresh fruit	1 small to medium	☐	☐	☐	☐	☐	☐	☐	☐
canned fruit	½ cup	☐	☐	☐	☐	☐	☐	☐	☐
100% fruit juice	½ cup or 4 oz								
cut up fruit (fresh or frozen)	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY		SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐	☐	☐	☐	☐	☐	☐	☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE		SERVING SIZES							
cooked vegetable	½ cup	☐	☐	☐	☐	☐	☐	☐	☐
vegetable juice	½ cup	☐	☐	☐	☐	☐	☐	☐	☐
raw vegetable	1 cup								
PROTEIN (1 ounce)		SERVING SIZES							
meat, fish, poultry	1 ounce	☐	☐	☐	☐	☐	☐	☐	☐
egg	1 egg or 2 egg whites	☐	☐	☐	☐	☐	☐	☐	☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT		SERVING SIZES							
oil, butter	1 teaspoon	☐	☐	☐	☐	☐	☐	☐	☐
salad dressing	1 tablespoon	☐	☐	☐	☐	☐	☐	☐	☐
sour cream, mayonnaise	1 tablespoon								
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES		SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
		▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER									
Multivitamin		☐	☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐	☐

☐ = Prescribed healthy serving
 ○ = Extra food, healthy choice
 ▽ = Extra food, unhealthy choice

1800 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies	DATE→							
	SERVING SIZES							
100% whole grain bread	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
dry, unsweetened cereal	¾ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
cooked cereal	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
whole grain snack crackers	4 to 5	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
pasta	½ cup							
cooked rice or whole grains	1/3 cup							
stuffing	1/3 cup							
broth based soup	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
popcorn without added fat	3 cups	○	○	○	○	○	○	○
carbohydrates on food label	15 grams							
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○
		○	○	○	○	○	○	○
FRUIT	SERVING SIZES							
piece of fresh fruit	1 small to medium	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
canned fruit	½ cup	☐	☐	☐	☐	☐	☐	☐
100% fruit juice	½ cup or 4 oz							
cut up fruit (fresh or frozen)	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY	SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE	SERVING SIZES							
cooked vegetable	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
vegetable juice	½ cup	☐	☐	☐	☐	☐	☐	☐
raw vegetable	1 cup							
PROTEIN (1 ounce)	SERVING SIZES							
meat, fish, poultry	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
egg	1 egg or 2 egg whites	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT	SERVING SIZES							
oil, butter	1 teaspoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
salad dressing	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
sour cream, mayonnaise	1 tablespoon	☐	☐	☐	☐	☐	☐	☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES	SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER								
Multivitamin		☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐
☐ = Prescribed healthy serving ○ = Extra food, healthy choice ▽ = Extra food, unhealthy choice								

2000 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies		DATE→							
SERVING SIZES									
100% whole grain bread	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
dry, unsweetened cereal	¾ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
cooked cereal	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
whole grain snack crackers	4 to 5	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
pasta	½ cup								
cooked rice or whole grains	1/3 cup								
stuffing	1/3 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
broth based soup	1 cup	○	○	○	○	○	○	○	○
popcorn without added fat	3 cups	○	○	○	○	○	○	○	○
carbohydrates on food label	15 grams								
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○	○
FRUIT		SERVING SIZES							
piece of fresh fruit	1 small to medium	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
canned fruit	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
100% fruit juice	½ cup or 4 oz								
cut up fruit (fresh or frozen)	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY		SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE		SERVING SIZES							
cooked vegetable	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
vegetable juice	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
raw vegetable	1 cup								
PROTEIN (1 ounce)		SERVING SIZES							
meat, fish, poultry	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
egg	1 egg or 2 egg whites	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seeds/nuts	¼ cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
		○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT		SERVING SIZES							
oil, butter	1 teaspoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
salad dressing	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
sour cream, mayonnaise	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES		SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER									
Multivitamin		☐	☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐	☐
☐ = Prescribed healthy serving ○ = Extra food, healthy choice ▽ = Extra food, unhealthy choice									

2200 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies	DATE→							
SERVING SIZES								
100% whole grain bread	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
dry, unsweetened cereal	¾ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
cooked cereal	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
whole grain snack crackers	4 to 5	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
pasta	½ cup	☐	☐	☐	☐	☐	☐	☐
cooked rice or whole grains	1/3 cup							
stuffing	1/3 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
broth based soup	1 cup	○	○	○	○	○	○	○
popcorn without added fat	3 cups	○	○	○	○	○	○	○
carbohydrates on food label	15 grams							
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○
FRUIT	SERVING SIZES							
piece of fresh fruit	1 small to medium	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
canned fruit	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
100% fruit juice	½ cup or 4 oz							
cut up fruit (fresh or frozen)	1 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY	SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE	SERVING SIZES							
cooked vegetable	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
vegetable juice	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
raw vegetable	1 cup							
PROTEIN (1 ounce)	SERVING SIZES							
meat, fish, poultry	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
egg	1 egg or 2 egg whites	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seeds/nuts	¼ cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
		○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT	SERVING SIZES							
oil, butter	1 teaspoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
salad dressing	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
sour cream, mayonnaise	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES	SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER								
Multivitamin		☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐
☐ = Prescribed healthy serving ○ = Extra food, healthy choice ▽ = Extra food, unhealthy choice								

2400 Calorie Nutrition Plan Worksheet

STARCH: Grains, Legumes, Starchy Veggies	DATE→							
	SERVING SIZES							
100% whole grain bread	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
dry, unsweetened cereal	¾ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
cooked cereal	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
whole grain snack crackers	4 to 5	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
pasta	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
cooked rice or whole grains	1/3 cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
stuffing	1/3 cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
broth based soup	1 cup	○	○	○	○	○	○	○
popcorn without added fat	3 cups	○	○	○	○	○	○	○
carbohydrates on food label	15 grams							
cooked beans & lentils	1/3 cup	○	○	○	○	○	○	○
starchy veggie (potatoes, squash, yams, peas)	½ cup	○	○	○	○	○	○	○
		○	○	○	○	○	○	○
FRUIT	SERVING SIZES							
piece of fresh fruit	1 small to medium	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
canned fruit	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
100% fruit juice	½ cup or 4 oz	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cut up fruit (fresh or frozen)	1 cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
dried fruit	¼ cup	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
DAIRY	SERVING SIZES							
milk (skim, 1% or 2%)	1 cup or 8 oz	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
plain non-fat yogurt	8 ounces	☐	☐	☐	☐	☐	☐	☐
flavored yogurt	6 ounces	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
cheese	1 ounce	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
NON-STARCHY VEGGIE	SERVING SIZES							
cooked vegetable	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
vegetable juice	½ cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
raw vegetable	1 cup	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
PROTEIN (1 ounce)	SERVING SIZES							
meat, fish, poultry	1 ounce	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
egg	1 egg or 2 egg whites	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	☐	☐	☐	☐	☐	☐	☐
**seeds/nuts	¼ cup	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
		○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
FAT	SERVING SIZES							
oil, butter	1 teaspoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
salad dressing	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
sour cream, mayonnaise	1 tablespoon	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐
**seed/nut butter	2 tbsp	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA	EXTRA
**seeds/nuts	¼ cup	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
EMPTY CALORIES	SERVING SIZES							
chips, candy, ice cream, soda, sugar drinks, etc.	per package	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽	▽ ▽
OTHER								
Multivitamin		☐	☐	☐	☐	☐	☐	☐
Omega 3 fatty acid		☐	☐	☐	☐	☐	☐	☐
Ate food from each food group		☐	☐	☐	☐	☐	☐	☐
Ate appropriate amount energy food		☐	☐	☐	☐	☐	☐	☐
☐ = Prescribed healthy serving ○ = Extra food, healthy choice ▽ = Extra food, unhealthy choice								

Food and Activity Log

Date:			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Supplements			
Activity			
Screen Time			

Food and Activity Log

Date:			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Meal Time			
List Food & amount			
Include			
Fluids			
with			
Calories			
HLR			
Snack Time			
List Snack & amount			
HLR			
Supplements			
Activity			
Screen Time			

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 1 Totals								WK 2 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Start Date:								WT:							
								HT:							
								Waist Circ:							
								BMI:							

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ✍

Month:

							WK 3 Totals								WK 4 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack								13 Supper equal or less than lunch							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream								22 Use less butter, creamy dressing, gravy							
23 Replace junk food with healthy snack options								24 Pack healthy snacks and drinks when away from home							
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:		WT:		Date:		WT:		Waist Circ:							

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 5 Totals								WK 6 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch					14 Avoid eating after supper						
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Date:		WT:		Date:		WT:									

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ➤

Month:

							WK 7 Totals								WK 8 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Date:	WT:			Date:			WT:			Waist Circ:					

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ↘

Month:

							WK 9 Totals								WK 10 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Date:		WT:		Date:		WT:		Date:		WT:		Date:			

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ✍

Month:

							WK 11 Totals								WK 12 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack								13 Supper equal or less than lunch							
14 Avoid eating after supper															
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream								22 Use less butter, creamy dressing, gravy							
23 Replace junk food with healthy snack options								24 Pack healthy snacks and drinks when away from home							
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:								Date:							
WT:								WT:							
HT:								HT:							
BMI:								BMI:							

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 13 Totals								WK 14 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Date:				WT:				Date:				WT:			

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 15 Totals								WK 16 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack								13 Supper equal or less than lunch				14 Avoid eating after supper			
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream								22 Use less butter, creamy dressing, gravy							
23 Replace junk food with healthy snack options								24 Pack healthy snacks and drinks when away from home							
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:								Date:							
WT:								WT:							
								Waist Circ:							

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ↘

Month:

							WK 17 Totals								WK 18 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:				WT:				Date:				WT:			

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 19 Totals								WK 20 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack				13 Supper equal or less than lunch				14 Avoid eating after supper							
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream				22 Use less butter, creamy dressing, gravy											
23 Replace junk food with healthy snack options				24 Pack healthy snacks and drinks when away from home											
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime				28 Get 8 hours of sleep per night											
Personalized Goal:															
Date:		WT:		Date:		WT:		Waist Circ:							

BiW HABIT TRACKER

✍ Write days of the week in gray squares below ↘

Month:

							WK 21 Totals								WK 22 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack								13 Supper equal or less than lunch				14 Avoid eating after supper			
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream								22 Use less butter, creamy dressing, gravy							
23 Replace junk food with healthy snack options								24 Pack healthy snacks and drinks when away from home							
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:								Date:							
WT:								WT:							

BiW HABIT TRACKER

↙ Write days of the week in gray squares below ↘

Month:

							WK 23 Totals								WK 24 Totals
1 Drink milk or eat a dairy product 2 – 3 times per day								2 Take a daily calcium/D3 supplement							
3 Eat 1 or more servings a fruit per day															
4 Eat 1 or more servings a veggies per day															
5 Eat breakfast every morning, with some protein															
6 Limit fruit juice to 4 oz/day															
7 Eat slower - set fork/spoon down after each bite - put hands on lap before taking next bite															
8 Choose non-starchy vegetables, fruit, or protein for seconds instead of starchy foods															
9 Take smaller servings - leave space on plate - order small servings at restaurants															
10 Eat home cooked meal with family at least 5 times a week															
11 Limit eating fast food to once a week or less															
12 Limit eating after school to 1 small snack								13 Supper equal or less than lunch							
14 Avoid eating after supper															
15 Only eat 1 small healthy snack between each meal															
16 If hungry between meals, drink a glass of water and wait 15 minutes															
17 Eat snacks and meals at the table with an adult or family member(s)															
18 Turn the television off during snacks and meals															
19 Make a contract with someone you trust, that you agree to stop sneaking and hiding food															
20 Replace pop and sugary beverages with sugar-free drinks – water, unsweetened tea, calorie-free flavored water															
21 Avoid fast foods, fried foods, breaded meat, chips, ice cream								22 Use less butter, creamy dressing, gravy							
23 Replace junk food with healthy snack options								24 Pack healthy snacks and drinks when away from home							
25 Increase aerobic activity to 360 minutes per week (describe):															
26 Limit screen time to 2 hours OR LESS and find alternative activities															
27 Have a regular bedtime								28 Get 8 hours of sleep per night							
Personalized Goal:															
Date:								WT:							
								HT:							
								Waist Circ:							
								BMI:							

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