



**Eat Well.
Move More.
Feel Great!**

PRESENTATION GUIDE

INGREDIENTS FOR A DYNAMITE DEMONSTRATION

Supplies

- My Plate poster (large)
- Empty soda bottle with 17 sugar cubes

Handouts

- Activity: “How Do I Rate?” Food Habits Checklist
- Graph #1: Skipping Breakfast
- Graph #2: Waiting Too Long To Eat Between Meals
- Graph #3: How Protein Affects Blood Sugar
- ChooseMyPlate.gov
- Activity: Balancing Your Meals
- Tips for Adding Fruits and Vegetables
- A Healthier Me Commitment Form
- Frequently Asked Questions

GOAL: Participants will learn key components for attaining a healthy body and weight

OBJECTIVE: Participants will learn four strategies for changing eating and physical activity behaviors

INTRODUCTION

Welcome to the *Eat Well, Move More, Feel Great!* workshop! To start out, I am going to share a scenario with you. It's about Busy Betty.

Busy Betty gets up in the morning, and walks out the door without eating breakfast. By lunch time, she is so hungry that she overeats and makes poor choices. By afternoon, she craves something sweet and grabs a soda for a quick pick-me-up. As she leaves work and is on her way to pick up the kids she realizes she has no plan for dinner. She hasn't grocery shopped in awhile and she's wondering what she has on hand that she can improvise with. When she picks up her kids they are begging her to drive through a fast food restaurant for dinner. “The heck with it”, she decides, “I'm too tired and hungry to deal”.

Have you ever felt like this person?



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For many of us, maintaining a healthy lifestyle is a challenge. Some of you may have decided *'it's time to get healthy'* but you're not quite certain how to go about making changes.

This presentation will share some sound information that will help you in your journey to live a healthier life and maintain a healthy weight. We'll provide techniques about when and what to eat, and how regular physical activity fits into the equation. We will focus today on four strategies:

- Eating 3 meals a day, and at regular intervals;
- Focusing on balanced meals;
- Limiting sweetened beverages; and
- Moving more

Before we begin, we need to assess our current health behaviors. This will help us to not “bite off more than we can chew”, literally and figuratively!

Activity 1:

[Hold up handout: “How do I Rate? Food Habit Checklist”]

Please take out your handout titled “How Do I Rate? Food Habit Checklist”. Just take a few minutes to complete the checklist. This information is just for you, so try to be honest when checking the answer that best describes each habit. This will give you a good baseline from which to work.

STRATEGY # 1: WHEN TO EAT

Based on the assessment you just filled out, raise your hand if you begin every day with a healthy breakfast? Raise your hand if you think you eat 3 balanced meals every day. Okay, it looks like many of us are off to a good start.

Let's now look more closely at that word “Break-Fast”. It means just what it says: to break a fast. A fast means to go a long period of time without eating. This is exactly what we do when we sleep overnight. Sleep is an energy-consuming process; your heart, brain, lungs and digestion all require energy. You need to replenish energy stores after waking up, and you accomplish this by eating breakfast. Let's look at what happens to blood sugar when you skip breakfast altogether.

[Hold up handout: Graph #1: Skipping Breakfast]

Please take the handout titled, “Graph #1: Skipping Breakfast.” Looking at the *red line*, we see that throughout the night as we sleep, the amount of sugar in our blood continues to drop, until it hits a low point, often called a “crash”. If you skip breakfast, you're setting yourself up for failure from the very start: You may feel extreme hunger or cravings for sweets, and both can lead to overeating later in the day.



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[Ask the Audience]

Can anyone tell me how else you may feel when you skip breakfast and your blood sugar is low?

[Listen to responses before guiding to below points]

You are right. To reiterate, other common symptoms of low blood sugar are:

- feeling sleepy or having a headache
- difficulty concentrating / confusion
- anxiety / nervous for no reason
- shaky hands / dizziness
- irritable / moody / “hangry” (hungry and angry)

Raise your hand if you have ever felt these symptoms of low blood sugar.

Well, simply by eating breakfast, you can restore your energy levels. In comparison, let’s look at the *green line*. This is how blood sugar responds to eating a balanced breakfast. Your blood sugar rises after you eat and then gradually decreases over the next 4 to 5 hours.

[Hold up Handout: “Graph #2: Waiting Too Long To Eat Between Meals”]

Now, let’s take out the handout titled “Graph #2: Waiting Too Long To Eat Between Meals.” Looking at the *red line on the graph*, we see that similarly, a blood sugar crash happens if *too much time passes* without eating. For example, you might have eaten breakfast, but became too busy and skipped lunch. By the time you sit down for dinner, 10 to 12 hours will have passed since you ate breakfast. The same end-result happens: a crash.

With a little forethought and planning, you can bring healthy snacks with you to have throughout the day to make sure you are eating on a regular basis. Looking at the *green line*, we see how your blood sugar level responds by eating and/or snacking regularly.

In review, we’ve heard about starting each day with breakfast, and eating at least every 5 hours for better energy. That leads to the question, “*What* should we be eating?”

STRATEGY # 2: WHAT TO EAT

[Hold up handout: “ChooseMyPlate”]

Please take out your handout, titled, “ChooseMyPlate.”

[Ask Audience]

Raise your hand if you have seen or heard about this new “ChooseMyPlate” icon. What about this image grabs your attention, or what message do you get from it?



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The image of this familiar plate setting gives us a quick reference of what our own plate should look like. It shows that we should balance our plate with fruits, vegetables, grains, protein foods, and dairy.

One key message of MyPlate is to make half of your plate **fruits and vegetables**—the more color and variety on your plate, the better. Here's why:

- Fruits and vegetables are high in vitamins, minerals, fiber and phytochemicals – but very low in calories
- The fiber in fresh produce not only fills you up but can help lower cholesterol levels; and finally...
- Eating fruits and vegetables can help lower your risk of chronic diseases such as cancer, heart disease, hypertension, stroke, obesity, and diabetes.

In addition to fruits and vegetables, balance your meal with **whole grains**, because they add fiber to your diet and help you feel full. Try to make half your grains whole.

Some whole grain products include: bread, pasta, crackers and brown rice.

Including a **lean protein** with each meal and snack is another key strategy in helping you maintain good health and weight. The best lean proteins are chicken, turkey, fish, beans, and eggs. Good sources of non-meat proteins include: tofu (soybean curd) edamame (soybeans), veggie burgers, beans and hummus. Non-meat proteins (plant-based) are lower in saturated fat, cholesterol-free, and lower in calories than meat-based proteins.

Eating protein with each meal and snack has many benefits. First, protein foods help us feel full. Proteins slow the digestive process of your entire meal. For this reason, proteins are very satisfying and help you feel full for hours. This can help you keep your appetite in check. Protein foods also help regulate blood sugar, and therefore energy levels. Besides the foods in the protein group, some foods in the dairy group, such as greek yogurt and cottage cheese, are also good sources of protein.

[Hold up handout: Graph #3: How Protein Affects Blood Sugar]

Please take out your handout titled “Graph #3: Eating Sugary Foods.” Let’s see how protein affects our blood sugar. Pretend you stop by a café and order a coffee and a pastry, like a muffin or doughnut. There is almost no protein in a pastry, but it has lots of added sugars. The *red line* shows how blood sugar responds after eating the pastry. Within 30 minutes, the sugar in your blood peaks.

How would including protein make a difference? Let’s say that instead of the pastry, you had chosen to eat a breakfast with protein -- such as a boiled egg, whole wheat toast with peanut butter, and a banana. This would be a balanced meal, providing enough protein.



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Looking at the *orange line* we see that when you eat protein as part of a meal, the increase in blood sugar is less dramatic—there is no spike and no crash. This is exactly why eating protein at every meal and snack creates sustainable energy levels, helps control appetite and sugar cravings, and helps you feel better overall.

Most of us eat enough protein in a day, much more than we need. However, we often don't include a small portion at *each of* our meals and snacks. And, many of us have difficulty eating enough vegetables and fruits. How can you ensure that each meal and snack is balanced? By planning ahead!

Activity 3:

[Hold up handout: "Activity: Balancing Your Meals"]

Please take out the handout, titled "Activity: Balancing Your Meals" from your packet. Take a few minutes by yourself to complete the activity by generating your own ideas on ways to add more fruits and veggies into these high protein foods. Then, when everyone at your table is finished, as a group, please share among one another the ideas that were generated.

We'll give you about 5 to 7 minutes to complete this activity.

[After Activity]

Thank you. I am sure you all came up with great ideas. For additional ideas, we've also provided you with a handout, titled, "Tips to Add More Fruits and Vegetables" which can be found in your packet.

STRATEGY # 3: LIMIT SWEETENED BEVERAGES

[Hold up handout: "How Do I Rate? Food Habits Checklist"]

Let's look back at the Food Habits checklist that you filled out earlier. Let's take a look at Question #6 on the assessment which relates to sodas and other sugary beverages.

[Ask Audience]

Raise your hand if you:

Drink sugary beverages multiple times per day?

Once a day?

1-2 times per week?

Never or rarely?

Thank you for sharing. Extra calories from added sugars lead to weight gain and obesity, and can contribute to serious health problems such as diabetes, certain cancers and heart disease.



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Most of the added sugar in our diets comes from sodas and other sweetened beverages. One 20 oz bottle of soda has a whopping 17 teaspoons of sugar in it! So, the calories from adding just one 20-ounce soda each day to your diet for a year- could result in a weight gain of 26 pounds of body fat — all from added sugars.

[Hold up display of clear soda bottle with sugar cubes in it]

If you are drinking a lot of sugary drinks, try drinking less and drink water instead. The first thing you may want to do is to try replacing at least one sugary drink with water every day. You can add a slice of orange, lemon, or cucumber for almost no calories and lots of flavor.

Also, don't mistake dehydration as hunger. You may feel hungry, but what you truly need is some water. Drinking water can help control appetite. Although diet soda doesn't contain the added sugar, it is still not a healthy drink alternative, and in fact, may drive your cravings for other sweet, sugary foods.

STRATEGY # 4: MOVE MORE!

Along with improving upon the types of food we eat, it is important to be physically active on a regular basis for overall health and well-being. The U.S. Health and Human Services Physical Activity Guidelines recommend for all adults to get at least 150 minutes each week of moderate-intensity aerobic activity. That equals about 30 minutes of activity 5 times per week. Aerobic activity is the type of activity that increases your breathing and helps improve the health of your heart, lungs, and circulatory system. Before we discuss the importance of regular physical activity, we're going to "walk the talk" by making time for some - right now!

PHYSICAL ACTIVITY BREAK

[Lead group in a 10 minute physical activity break of your choice]

[Ask Audience]

So, didn't that physical activity ("PA") break feel good? How many of you do some physical activity at least four days each week?

Regular exercise is important for overall health and fitness for many reasons. You can improve your health and quality of life and even live longer with just a modest increase in your daily physical activity.

[Ask Audience]

What are some benefits of regular physical activity that are important to you?
(Listen to answers before guiding to these ideas.)



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Those are all great reasons. Here are some more reasons to move more:

- It gives you more energy
- You will burn more calories to help control your weight
- Boosts confidence
- Improves mood and overall well-being
- Helps to manage back pain and arthritis
- Improves blood pressure
- Keeps your bones strong
- Prevents and can even reverse pre-diabetes
- Improves cholesterol levels
- Reduces the risk of heart disease and diabetes

We all agree, engaging in physical activity is a key strategy for health. The recommendation of 150 minutes a week is only for maintaining your current weight. If your goal is to lose weight, you need to be even more active. If you aren't doing much activity currently, divide your daily goal into 10 to 15 minute physical activity breaks and slowly increase the time as you become more active. In other words, your 150 minutes of exercise can be accumulated in smaller bouts. For example, you might try to do a ten minute walk in the morning or at lunch and then a 20 minute walk in the evening.

Also, we are not talking about a leisurely stroll. We're talking about doing activities that increase your breathing and your heart rate, such as *brisk* walking, dancing, taking the stairs, biking, Zumba classes, etc. The most important thing is that you choose an activity that you enjoy, so you'll be more likely to maintain that activity in the long term.

CONCLUSION

In summary, we've learned some helpful strategies about when to eat, what to eat and how to move more. We now understand we need to eat at regular intervals, include a small amount of lean protein at every meal and snack, limit sugary beverages, and move more.

[Hold up handout: "A Healthier Me Commitment Form"]

Last, but not least, we hope that you feel inspired to make a commitment to being a healthier you. Please take out the handout titled, "A Healthier Me Commitment Form." Now, let's take a closing minute to write down two habits or behaviors that you want to commit to changing in the upcoming weeks ... the beginning of your healthy life.

Thank you!



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