



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Two



Lesson Two Topics

Welcome to Week 2 of the BTYSP program!

Last week we looked at an overview of the BTYSP principles. We also talked about how to keep track of your food and exercise minutes. In addition to your own person goals, your Week One Tasks were to complete your daily tracking and to weigh yourself daily.

Goals Achieved

Date	Goal/Description	Strategies that helped me meet my goal



Goals in Progress

Date	Goal/Description	What helped/hindered me this week

Eating Less: The First Step

There’s no getting around it: to lose weight, you’ve got to eat less. We are only going to focus on this first step of eating less for the time being. Any time you learn a new skill, it’s much easier and more effective to break it down into manageable pieces.

Law of Thermodynamics:

- » Energy In (calories from food) > Energy Out (calories burned) = weight gain
- » Energy In (calories from food) < Energy Out (calories burned) = weight loss
- » Energy In (calories from food) = Energy Out (calories burned) = weight maintenance

Fact: 1 pound of body fat stores ~ 3,500 calories.

Calories are calories, but some foods are more calorie dense than others (Example: fat carries 9 calories per gram, carbohydrates and proteins carry 4 calories per gram), so it is important to understand how to read a label and use your calorie count booklets until you get more familiar with high calorie vs. lower calorie options.

Eating less can leave you hungry. When people try to “be good” and eat less, they often create a more difficult situation because they leave themselves feeling hungry. This leaves them open to overeating at their next meal or giving into temptation. BTYSP teaches you two principles that will make it easier.

Rule 1. Feel full with 450

To feel full and satisfied until your next meal you should eat at least 450 calories.

Rule 2. Take 20

Spend at least 20 minutes eating each meal. The gut hormones and stretch receptors in your stomach that send an “I’m full” message take 15-20 minutes to reach your brain. Over time, you will train yourself to take 20 minutes and you will not find yourself wanting to go back for seconds.

- » Divide your plate into four 5-minute sections
- » Set a timer
- » Be more mindful



Portion Distortion

Did you know that portions are different than servings? Servings are what you are served at a restaurant for example, but your portion is what you decide to eat! It is always important to remember that while you may not be able to control your serving size, you can always control your portion sizes.

Determining a healthy portion size can be downright confusing. It is a lot simpler than you think. You can use your fist, palm, thumb and thumb tip to estimate helpings for different types of foods.

Your Handy Guide for Portion Size!



1 thumb tip = 1 teaspoon of peanut butter, butter, or sugar

1 fist = 1 cup cereal, pasta, vegetables



1 handful = 1 oz. of nuts

1 finger = 1 oz. of cheese



1 palm = 3 oz. of meat, fish, or poultry

2 handfuls = 2 oz. of chips or pretzels





Lesson 2: Weekly Tasks

- » Continue to keep track of your daily intake and assess R-K-O status and daily weight
- » Practice using Eat Less strategies: 450 in 20 minutes, measure portion sizes.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.



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Lesson Two Activity Workbook



Lesson Two Topics and Activities

This Week's Topics

- » Learning to eat less
- » Feeling full at 450
- » Taking 20
- » Measuring your portions by hand

This Week's Tasks

- » Continue to keep track of your daily intake and assess R-K-O status daily.
- » Practice using Eat Less strategies: 450 in 20 minutes, measure portion sizes. Record any questions, thoughts or feelings you have throughout the week to share
- » during the group chat.

This Week's Activities

- » Stack up to the 450 rule

This Week's Activity: Stacking up to the 450 rule

- » Take a peak at the journal entry below and see how this person's meals stack up to the 450 rule. Use an online calorie counter to see how many calories each meal contains and mark whether this person is meeting the 450 rule or not. Notice the late night snacking, but don't worry about calculating the calories for those. After you complete the activity, see the activity key on the next page for answers.

Day of the week: Tuesday

Date: July 21, 2009

Calorie Goal: _____

Exercise Goal: _____

Time	Food <i>(Amount & Name/Description)</i>	Calorie Worksheet	450 Rule <i>(yes/no)</i>
Breakfast 7:00 a.m. (hungry)	2 slices white bread 2 tsp. margarine Coffee with cream and sugar		Breakfast Total:
Lunch 12:30 p.m. (very hungry)	2 slices of pizza 1 small bag of potato chips 12 oz. diet cola		Lunch Total:
Dinner 6:30 p.m. (very hungry)	1m c. salad greens 2 tbsp. Italian dressing 1 dinner roll diet cola		Dinner Total:
Late night (still hungry)			
8:30 p.m.	1 fat free rice cake 2 tsp. almond butter		
9:30 p.m.	1 peach & a handful of tortillas		
10:00 p.m.	2 c. regular ice cream		



» Do you notice anything about the meal patterns you see for this person as they move through their day?

Answer Key

Day of the week: Tuesday

Date: July 21, 2009

Calorie Goal: _____

Exercise Goal: _____

Time	Food <i>(Amount & Name/Description)</i>	Calorie Worksheet	450 Rule <i>(yes/no)</i>	
Breakfast 7:00 a.m. (hungry)	2 slices white bread	140	Breakfast Total: 311 No, under 450	
	2 tsp. margarine	51		
	Coffee with cream and sugar	120		
Lunch 12:30 p.m. (very hungry)	2 slices of pizza	540	Lunch Total: 670 No, over 450	
	1 small bag of potato chips	130		
	12 oz. diet cola	0		
Dinner 6:30 p.m. (very hungry)	1m c. salad greens	540	Dinner Total: 203 No, under 450	
	2 tbsp. Italian dressing			
	1 dinner roll			
	diet cola	0		
Late night (still hungry)				
	8:30 p.m.			1 fat free rice cake
				2 tsp. almond butter
	9:30 p.m.			1 peach & a handful of tortillas
10:00 p.m.	2 c. regular ice cream			



» **Breakfast**

This meal is not balanced (it does not contain a protein and a fruit/veggie, it is predominately starch), it lacks fiber and protein, both important factors in keeping hunger at bay. Adding an egg or a yogurt with berries would have helped make this a balanced meal.

» **Lunch**

Too many hours have gone by without a meal or a snack. The goal is to eat every three to four hours to keep hunger at bay. Notice how the person writes that they are “very hungry.” Generally when you reach this point, your hunger overrides your ability to “eat less” and “eat well,” two very important factors in reaching your set point.

» **Dinner**

Too many hours have again gone by between meals. At this meal, however the person is trying to make up for their large lunch by “being good” at dinner and eating below 450 calories. This backfires however, leaving them hungry and susceptible to late night snacking.

Set Point Strategies

- » Eat well at breakfast by following guidelines.
- » Fuel up every 3-4 hours to prevent hunger from getting out of hand.
- » Follow “450 in 20” rule for eating.