



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Three



Lesson Three Topics

Welcome to Week 3 of the BTYSP program!

- » Last week we looked at the health benefits and strategies for eating less. In addition to your own personal goals, your session 2 BTYSP Tasks were to complete your daily tracking, weigh yourself daily, measure your foods and assess your portion sizes.

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 Well: The First Step

» The first step is to learn how to compose your plate. Sounds easy right? It is! BTYSP plate management is based on the New American Plate from the American Institute of Cancer Research. Learn more at www.aicr.org.

1. Imagine a picnic plate divided into three sections.
2. Fill the largest section with two or more vegetables. Make it a colorful mix, such as steamed broccoli and carrots flavored with a little olive oil, salt and pepper.
3. Fill one small section with a whole-grain starch, such as brown rice.
4. Fill the last small section with a lean protein such as grilled chicken or fish.



Build Your Pyramid

Below is the Walter Willett's Healthy Eating Pyramid-moderation, balance and variety. Learn more at <http://www.hsph.harvard.edu/nutritionsource/>



USE SPARINGLY:
 RED MEAT & BUTTER
 REFINED GRAINS: WHITE RICE, BREAD & PASTA
 POTATOES
 SUGARY DRINKS & SWEETS
 SALT

OPTIONAL: ALCOHOL IN MODERATION
 (Not for everyone)



DAILY MULTIVITAMIN
 PLUS EXTRA VITAMIN D
 (For most people)



DAIRY (1-2 servings a day) OR
 VITAMIN D/CALCIUM SUPPLEMENTS



NUTS, SEEDS, BEANS & TOFU



FISH, POULTRY & EGGS

HEALTHY FATS/OILS:
 OLIVE, CANOLA, SOY, CORN,
 SUNFLOWER, PEANUT
 & OTHER VEGETABLE OILS;
 TRANS-FREE MARGARINE



VEGETABLES & FRUITS



HEALTHY FATS/OILS



WHOLE GRAINS

WHOLE GRAINS:
 BROWN RICE,
 WHOLE WHEAT PASTA,
 OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL



Source: The Nutrition Source, Harvard School of Public Health
www.nutritionsource.org



Lesson 3: Weekly Tasks

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



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Lesson Three Activity Workbook



Lesson Three Topics and Activities

This Week's Topics

- » Learning to eat well
- » Building Your Pyramid

This Week's Tasks

- » Continue to keep track of your daily intake and assess R-K-O status daily.
- » Practice using Eat Well strategies: Building Your Pyramid, Redesign Your Plate
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week's Activities

- » Building Your Pyramid
- » Redesign Your Plate

This Week's Activity: Redesign Your Plate

- » Look at the two meal plans below. In the first box we have a hypothetical “typical” meal pattern. Notice how the meals are not balanced to meet the New American Plate model. Then look at how the meals were redesigned in the second section to make them more balanced. See how your plate stacks up on on the next page!

Typical Breakfast:

Veg/Fruit:
Protein: yogurt
Starch: granola

Typical Lunch:

Veg/Fruit: Big salad with low-fat Italian dressing
Protein:
Starch: 2 packages oyster crackers

Typical Dinner:

Veg/Fruit: broccoli with butter sauce
Protein: flank steak with Cajun rub
Starch: Dinner roll, baked potato



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Set Point Breakfast:

Veg/Fruit: berries
Protein: yogurt
Starch: Kashi Crunch

Set Point Lunch:

Veg/Fruit: Salad with low-fat dressing
Protein: 3 oz tuna & beans added to salad
Starch: 1 slice whole wheat bread

Set Point Dinner:

Veg/Fruit: broccoli & butter spray, small side salad
Protein: 3 oz chicken breast w/Cajun rub
Starch: m large baked potato

BTYSP Plate based on New American Plate





» Think about what you ate yesterday (or use some typical meals) and fill the blank plate on the left with the approximate amounts of each type of food you ate. In the second section below design your new plate. Feel free to use the Suggested Food List to get started.

Typical Breakfast:

Veg/Fruit:

Protein:

Starch:

Typical Lunch:

Veg/Fruit:

Protein:

Starch:

Typical Dinner:

Veg/Fruit:

Protein:

Starch:



Set Point Breakfast:

Veg/Fruit:

Protein:

Starch:

Set Point Lunch:

Veg/Fruit:

Protein:

Starch:

Set Point Dinner:

Veg/Fruit:

Protein:

Starch:

Design Your New Plate





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Lesson Three Suggested Food Lists



Try These Foods as You Begin To Build Your Pyramid

Section 1: Vegetables (2 cups)

Asparagus	Cauliflower	Mixed green salad
Bell peppers	Cucumber	Spinach (2 c. cooked or 4 c. raw)
Broccoli	Eggplant	Squash
Brussels sprouts	Green beans	Swiss chard
Carrots	Kale	Tomatoes

Section 2: Whole grain (2 oz. portion) or starchy vegetable

Brown rice (1 c. cooked, 2 oz. dry)	Green peas (1 c.)
Whole wheat couscous (2/3 c.)	Potato (1 medium, 1 c. mashed)
Whole wheat pasta (1 c. cooked, 2 oz. dry)	Sweet potato (1 large, 1 c. mashed)
Whole wheat bread (2 regular slices)	
Corn (1 c.)	

Section 2: Protein (3-4 oz. portion)

Beans (1 c.)	Nuts (1 oz. = 24 almonds, 14 walnut halves, 2 Tbsp peanut butter)
Beef, lean (1 small hamburger patty)	Pork (1 pork chop)
Chicken (1 small breast)	Tofu (1/2 c.)
Eggs (2 eggs or 4 egg whites)	Tuna (1 can)
Fish (1 salmon steak)	