



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Four



Lesson Four Topics

Welcome to Week 4 of the BTYSP program!

- » Last week we focused on what eating well is truly about. Your session 3 BTYSP Tasks were to complete your daily tracking, weigh yourself daily, measure foods and assess portion sizes and redesign your plate and food pyramid.

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 secret to smart shopping is to plan meals and make a list. Planning out a week's worth of meals may seem like a chore, but can save you time and money in the long run.

Menu Planning Steps

- » The secret to smart shopping is to plan meals and make a list. Planning out a week's worth of meals may seem like a chore, but can save you time and money in the long run.
 - Scan the weekly circular for deals and to get some creative ideas.
 - Look through your pantry and take inventory what you already have.
 - Using the same method we used for planning out your plate last week, do the same method for planning each meal:
 - o Pick 1 protein
 - o Pick 1 starch
 - o Pick 2 veggies and fruit (or one of each)
 - Fill in your shopping list with the necessary ingredients to make each meal.



In what ways can menu planning be helpful?

» Quick tips:

- Use leftovers wisely! You may get 2 nights worth of meals out of one well planned menu plan.
- Make it a date. Make every Wednesday homemade pizza and salad night and every Thursday vegetarian night for example. That takes the guesswork out of planning meals for at least two nights each week.
- Make everything but the kitchen sink. These nights tend to fall the day before a much needed trip to the grocery store! By keeping a well stocked pantry, you can be prepared when you need a quick meal.
- Recycle menu plans and lists. After you've made menu plans for a few weeks, they essentially turn into your own individualized set of meal plans. Keep staples on hand.

When looking at a nutrition label where should your eyes go first for information?

» 1) Calories

First, check the serving size and servings per container. How many servings will you eat? If you eat more than one, be sure to multiply that number by the calories (the next line) to determine the actual number of calories you'll consume. Does the calorie count fit into to your meal goal of 450 calories? Foods with 40 calories or less per serving are considered low-calorie; those with 400 or more per serving are high calorie.

2) Fats

Look for foods low in saturated fats, trans fats, and cholesterol to lower your risk of heart disease. For fat and cholesterol, low-fat is defined as 5% of the daily value or lower.

3) Sodium

Eating less than 2,300 mgs of sodium (about 1 teaspoon) of salt a day may lower the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not the saltshaker.



4) Fiber

When choosing grain-based foods (breads, crackers, cereal), look for products that contain at least 3 grams of fiber. You should eat at least 25 grams of fiber per day.

5) Sugars

Sugar provides calories but few nutrients, so look for foods and beverages low in added sugars. Check the ingredient list to make sure that added sugars are not one of the first few ingredients. Other names for added sugars include sucrose, glucose, corn syrup, fructose, and high-fructose corn syrup.

6) Protein

Most adults should eat between 60 to 70 grams of protein a day. Try eating a little extra protein if you find you're often hungry (but don't forget the 450 calories/20 minutes rule from the previous chapter).

Nutrition Facts	
Serving Size 1 Cake (43g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200 Calories from Fat 90	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Cost Comparison: Eating Well doesn't have to cost more!

Healthy Day	Less Healthy Day
<p>Breakfast: Stop and Shop Oatmeal-Maple Brown Sugar (box \$1.88, \$0.18 per packet) Plum 1 @ \$0.69 2 hardboiled eggs (\$2.49/12 eggs, \$0.41 total for 2 eggs) Total: \$1.28</p>	<p>Breakfast: Orange Juice (\$3.99 for container, 8 oz = \$0.56) Aunt Jemima Great Starts Breakfast (frozen) @ \$2.00 Total: \$2.56</p>
<p>Snack: Almonds (1, 6 oz container @ 3.50, 1 oz serving @ \$0.58) Banana \$0.39 each Total: \$0.97</p>	<p>Snack: Frappucino Coffee \$2.99 Scone \$1.99 Total: \$4.98</p>
<p>Lunch: Tuna 3 oz can (0.44/oz) \$1.32 Whole Wheat bread (2 slices, \$0.22) Mayo light \$0.15 Apple sauce (\$0.40) Baby carrots \$0.90 per oz Total: \$2.18</p>	<p>Lunch: Ham \$1.20 Grinder Roll \$0.50 American cheese \$0.25 Diet cola \$1.50 Total: \$3.45</p>
<p>Dinner: Pre-marinated chicken breasts \$1.25 (per breast) Wild rice ½ cup \$1.80 Zucchini and yellow squash, steamed with lemon (\$0.80) 1 cup Skim milk 8 oz (\$0.32 cents) Total: \$4.17</p>	<p>Dinner: Chicken Parm Sub \$5.45 Small bag of chips \$1.00 Lemonade \$1.10 Total: \$7.55</p>
<p>Snack: 1 pudding snack (\$0.64 per snack)</p>	<p>Snack: Ice cream and whipped topping (1 cup, \$0.90)</p>
<p>Total: \$9.24</p>	<p>Total: \$19.44</p>



Lesson 4: 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, use nutrition label.
- » Use the strategy above (pick a protein, pick a starch, pick fruits and veggies) to plan your meals and form your shopping list.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.



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Lesson Four Activity Workbook



Lesson Four Topics and Activities

This Week's Topics

- » Planning Your Meal
- » Learn to read the nutrition label
- » Shopping List Quiz

This Week's Tasks

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This Week's Activities

- » Let's Make a Meal!
- » Assessing Your Meal

Activity 1: Let's Make a Meal

Plan out Two Days Worth of Meals

Meal	Day 1	Day 2	Starter List
Breakfast	P: 2 Eggs S: 1 slice wheat bread F/V: ½ c. strawberries	P: S: F/V:	Items I have on hand: Eggs Items I need to get: Wheat bread Strawberries
Lunch	P: S: F/V:	P: S: F/V:	Items I have on hand: Items I need to get:
Dinner	P: S: F/V:	P: S: F/V:	Items I have on hand: Items I need to get:



Activity 2: Meal Planning Assessment

Let's Look at Last Week

- » Look back at your journal from the past week. Take a peak at a few of each kind of meal, breakfast, lunch and dinner and fill in the information about when you planned the meal. Then assess whether you think it contributed to you having an R, a K or an O day. What are some ways you could have planned better to make this meal fit into a healthier plan?

Example:

Meal 1: Breakfast

Donut and coffee from Coffee Shop

When did you plan it?

no planning

that evening

that afternoon

the night before

that morning

previous day or earlier

Did it help promote an R day?

Yes

No

What could I have done differently?

I could have set out an oatmeal packet the night before. Cut up fruit on the weekend end portioned out ½ cup the night before and cooked up some hardboiled eggs over the weekend as well.



Activity 2 *(cont.)*

Your Turn!

Meal 1:

When did you plan it?
no planning
that evening
that afternoon
the night before
that morning
previous day or earlier

Did it help promote an R day?
Yes
No

What could I have done differently?