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Weight Management Part 1: What Do the Guidelines Say?

(A Dietary Guidelines for Americans Focus Area)

Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Food Groups to Encourage: What Do the Guidelines Say?*

1. Foods like fruits, vegetables and whole grains are good for your overall health.
2. The five food groups are: grains, vegetables, fruits, milk products, meats.

Review Healthy Steps from last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

You can refer to the two-sided laminated *Facilitator's Delivery Checklist* when using Solutions for Wellness materials as a reminder of important facilitator tips.

Materials Needed to Accompany Participant Handout:

Healthy Snacks Less than 150 Calories

Tips for this Session

Draw the grid from the exercise *Simple Ways to Manage Calorie Intake and to Increase Physical Activity* on the board or flip chart. When you get to this section of today's handout, ask each participant to place at least one tip on the board in written or art form. This will give participants an opportunity to share and learn more tips than they would have on their own. Some people may find it easier to make a food change and others may prefer to make a change in their physical activity level.

General Tips

Intervene to refocus and re-engage participants in the learning process if needed.

As the facilitator, participants will count on you to intervene if some participants in the group make comments that take the discussion off track or who may want to debate with you. At times, participants may have additional concerns that are not the focus of the topic.

While it may be appropriate to spend a few minutes discussing other issues, it is also important to lead the discussion back to the topic of the session. Let individuals know that if they have additional concerns that you would be happy to either talk with them later or make an appointment for them to speak with someone on their treatment team. Of course, as in every session, use your judgment, as the situation calls for. For example, if something critical was in the news, or happened in the treatment setting, you may want to spend some time acknowledging its impact on participants.

Suggestion for Topic Introduction and Relevance to Participants

“Today, let’s start by thinking about some of your favorite snack foods. Who wants to start by telling us your favorite snack food?”

(Make a list on the board or flip chart of the snack foods that they mention.)

“About how many times a week do you eat your very favorite snack?”

“Do you know about how many calories the snack has or how long it takes you to burn off the calories through exercise?”

Some examples are:

- peanuts (10 peanuts = 105 calories and 20 minutes to burn off)
- potato chips (10 chips = 90 calories and 17 minutes to burn off)
- a bagel (1=161 calories and 31 minutes to burn off)
- orange (1=77 calories and 15 minutes to burn off)
- tomato juice (1/2 cup=23 calories and 4 minutes to burn off)

“Today we’re going to talk about what the Daily Guidelines for Americans say about weight management.”

Topic Assessment

1. B 2. B 3. B 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 10: Food Groups to Encourage: What Do the Guidelines Say?



Main Learning Points of Session 10

What were the main learning points of Session 10? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Foods like fruits, v_____s and whole grains are good for your overall health.
2. The five food groups are: g_____s, vegetables, fruits, milk products, meats.

Take a Small Healthy Step Review:

What small healthy step did you choose to practice between sessions?

Did you complete your healthy step yet?

1. **Yes.** How did it go? _____

2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. **I didn't choose a small healthy step.**

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. A _____ is the unit used to measure the amount of energy produced by the food you eat.

- A. scale
- B. calorie
- C. ounce
- D. measuring cup

2. If a person eats food containing more calories than the body needs for energy, the extra calories may be stored as muscle.

- A. True
- B. False

3. To prevent gradual weight gain over time, you need to:

- A. Wear clothes that are the size you want to be.
- B. Burn more calories than you consume.
- C. Gradually increase the number of hours you sleep.
- D. Just stop eating dessert, nothing else is needed.

4. To work off the calories from a slice of cheese pizza, you must exercise for:

- A. 13 minutes
- B. 25 minutes
- C. 42 minutes
- D. 67 minutes

Topic Assessment



5. I am confident that I know what I need to do for weight management.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Weight Management (A DGA Focus Area) Part 1: What Do the Guidelines Say?

Objectives for this Session

1. Understand how food and physical activity work together to affect weight.
2. Choose and use 1 change to reduce your calorie intake.
3. Choose and use 1 change to increase your physical activity.

Would you be willing to walk 79 minutes to burn off a piece of apple pie? Have you ever considered how easy it is to eat a high calorie snack and how long it takes to burn off the calories to stay at a healthy weight? This session covers the Dietary Guideline's two key recommendations for weight management. Each recommendation is followed by some simple ideas to think about and practice.



What is your favorite snack food? _____

Recommendation #1: To stay at a healthy body weight, find the balance between the food you eat and your physical activity. The amount of calories you eat should be burned off through physical activity to keep you at a healthy weight. A simple way to remember this is: “Calories in = Calories out.” You need to pay attention to size and number of servings while slowly adding daily physical activity in recommended amounts.

Did you know? A calorie is the unit used to measure the amount of energy made by the food you eat. Depending on age, gender, height and weight, we all need a different amount of calories to keep our bodies running. If a person eats food with more calories than the body needs for energy, the extra calories may be turned into fat.

Main Learning Point #1

**To stay at a healthy weight,
remember calories in = calories out.**

Weight Management (A DGA Focus Area) Part 1: What Do the Guidelines Say? (continued)



Many people take in more calories each day than their bodies need. At the same time, they may not be physically active every day. Let's look at the apple pie example above. If a person snacks on high calorie foods and does not do enough physical activity to burn off the calories, what do you think will happen?

On average, it takes many minutes to burn off calories from the variety of foods and drinks we eat. Put a checkmark by the items you enjoy eating. Now look at how long it would take to walk off the calories from each snack. (Please mark an X by your selection.)

X	Food & Calories Contained	Time to Burn Walking*
<input type="checkbox"/>	1. ½ cup pudding (170)	33 minutes
<input type="checkbox"/>	2. Milk shake, 1 cup (240)	47 minutes
<input type="checkbox"/>	3. 1 cup hot chocolate (238)	46 minutes
<input type="checkbox"/>	4. 1 egg boiled (72)	14 minutes
<input type="checkbox"/>	5. 2 snack cakes w/crème filling (250)	50 minutes
<input type="checkbox"/>	6. 1 orange (77)	15 minutes
<input type="checkbox"/>	7. ½ cup green beans (25)	5 minutes
<input type="checkbox"/>	8. 1 slice pizza (350)	67 minutes
<input type="checkbox"/>	9. 20 potato chips (200)	41 minutes

Recommendation #2: To prevent gradual weight gain over time, decrease food and drink calories and increase physical activity. Basically, to prevent weight gain and/or lose weight, you must burn more calories than you eat. A simple way to remember this is “Calories in need to be fewer than calories out.”

Main Learning Point #2

To lose weight, work to burn more calories than you consume.

Weight Management (A DGA Focus Area) Part 1: What Do the Guidelines Say? (continued)

Note: Talk to your healthcare provider before starting or changing an exercise program.

Tips to Balance Your Food Intake and Physical Activity:

What can you do to find a balance between your food intake and physical activity to prevent weight gain? Circle the ideas you would like to practice and/or fill in at least one blank space in each column with something that makes sense for you:

Simple Ways to Manage Your Calorie Intake	Simple Ways to Increase Your Physical Activity
1. Put a note on your refrigerator – Kitchen Closed After 7pm!	9. Watch less TV. When you do watch, walk during commercials.
2. Cut out one soda from your day.	10. Don't use the remote control.
3. Hold the gravy for your meats.	11. Take a walk.
4. Use less salad dressing.	12. Clean the house.
5. Chew sugar-free gum.	13. Vacuum.
6. Eat one less dessert this week.	14. Rake the leaves.
7. Eat one less fast food meal.	15. Bike, swim or play a team sport.
8. Select low calorie foods.*	16. Sit less.

*See attached sample list of healthy foods less than 150 calories.

Small Steps for Success

- Eat Smart (Eat an apple instead of apple pie)
- Sit Less (Watch less TV)
- Move More (Add an extra 5-minute walk to your day)

Weight Management (A DGA Focus Area) Part 1: What Do the Guidelines Say? (continued)

The 2005 Dietary Guidelines for Americans and the MyPyramid Food Guidance System explains that being more physically active everyday is important for weight management. So is making better food choices. Using some of these small steps for success will make change possible!

Main Learning Point #3

Use a small steps approach to weight management.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about weight management.
- 3. APPLY.** In the next week, I will apply a tip learned in the session to cut out some calories. I will use the tip _____ at least once before the next session.
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step”

- 5. INCREASE ACTIVITY.** In the next week, I will choose a tip learned in the session to increase my physical activity. The tip I choose is _____ and I will do it at least once before next session.
- 6. TRACK.** I will use the *Food and Beverage Tracker* for the next 24 hours to identify something I can do to make a smart food choice or decrease calories. I will make that my food goal for the next day.

A Sample List of Healthy Snacks Less Than 150 Calories



Food/ Snack	Number of Calories
1. Celery stalks - 2	10
2. Carrots ½ cup	25
3. Strawberries, 1 cup	43
4. Grapefruit Juice, ½ cup	48
5. Orange Juice ½ cup	60
6. Pretzels (10)	70
7. Hard Boiled Egg	72
8. Jello ½ cup	80
9. String Cheese, 1 ounce	80
10. Apple, 1 medium	81
11. Cottage Cheese, 1 percent fat, ½ cup	82
12. Pear	86
13. Banana	89
14. Peanut Butter (tablespoon)	105
15. Popcorn, air-popped, 1 ounce	110
16. Frozen Yogurt, ½ cup	114
17. 2% milk 1 cup	121
18. 1 English Muffin	130
19. Oatmeal 1 cup, with artificial sweetener	132
20. Corn on the Cob (1 ear)	130