



Changing Eating Behavior for Good

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Western Health Advantage

Objectives

- Visualization exercise
- Top ten tips for healthy eating
- Rate your behavior "0-10"
- Analyze results
- Pick your 2 lowest scoring behaviors
- Set you SMART goal(s)




I really regret eating healthy today.

-SAID NO ONE EVER



Tip #1: Eat Breakfast

- Breakfast can make or break a diet
- Jumpstarts metabolism for the day
- Less likely to overeat at lunch
- Within an hour of waking
- Cut back on the morning coffee
 - Natural appetite suppressant



Tip #2: Eat at Least 3 Meals a Day

- Don't skip meals
- Skipping meals:
 - allows our metabolism to slow
 - causes us to over eat at our next meal
 - leads to increased fat storage
- Eat around the same time every day
- Eat bulk of calories earlier in day
- Incorporate healthy snacks



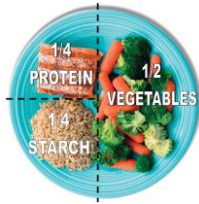
Tip #3: Eat Your Fruits & Veggies

- 5 servings/day
- Low calorie
- Fiber
 - Feeling of fullness, reduces hunger and cravings, controls blood sugar
- Antioxidants
 - Reduces risk of chronic disease and some cancers, promotes healthy aging
- Phytonutrients, Trace Minerals
- Supplements **DO NOT** count!



Tip #4: Practice Portion Control

- Plate method
- Measure and weigh
- Compare to objects
- One serving only
- Use smaller plates/bowls



Tip #4: Practice Portion Control

- Drink water before a meal
- Eat an apple
- Pre-package/single serving packs
- Listen to your body



Tip #5: Know Your Calories

- How many do you need a day?
- How many are you consuming a day?
- Food Journaling/Tracking
- Free Food Tracking Apps
 - MyFitnessPal, Lose It, Fitbit
- Where are your calories coming from?



Tip #6: Read Food Labels

Nutrition Facts
Serving Size 2/3 cup (59g)
Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	8%
Sugars 1g	2%
Protein 3g	6%
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

*Percent Daily Values are based on a diet of other people's secrets.

Old

vs.

New

Nutrition Facts
1 8 servings per container
Serving size 2/3 cup (59g)
2 Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	8%
Total Sugars 1g	2%
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	4%
Calcium 200mg	4%
Iron 8mg	18%
Potassium 250mg	5%

3 The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Tip #7: Healthy Meals & Snacks



- Nuts
- Fruit (Dried Fruit)
- Whole grain crackers
- Popcorn
- String cheese
- Yogurt
- Tuna
- Oatmeal and whole grain cereal
- Natural peanut or other nut butter
- Individually wrapped dark chocolate



Tip #8: Don't Buy It, Don't Give In, Don't Bring it Home



Tip #9: Mindless Eating

Eating while

Driving, talking, texting, working, watching television, boredom, loneliness, tension/stress, anxiety, depression, habit, reward



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Tip #10: Eating Out



- Choose your restaurant wisely
- Eat an apple and drink water
- Share a meal
- Ask for a box BEFORE the meal comes
- Ask for substitutions
- Order from starters or appetizer menu
- Order a la carte vs. platters and entrees
- Salads (dressing on the side)
- Put your fork down, take a drink of H₂O
- Eat lower calorie items first
- Place napkin on top of plate when finished
- Look menu up online prior to arriving

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Recap

- ✓ Eat breakfast
- ✓ Eat at least 3 meals a day
- ✓ Eat your fruits and veggies
- ✓ Practice portion control
- ✓ Know your calories
- ✓ Read food labels
- ✓ Incorporate healthy snacks
- ✓ Reduce or eliminate fast, junk, and buffet style foods
- ✓ Practice mindful eating
- ✓ Incorporate healthful tips when eating out

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SMART Goals

Healthy Living with WHA
ARE YOUR GOALS SMART?

When it comes to setting goals, the type of goal you set affects whether you get bored of setting the goal or motivated to keep going. Writing a goal using these SMART steps will help you set important personal success goals.

SMART stands for:

- S Specific:** Define your goal as clearly as possible. Do you really want to lose weight? A stronger goal than "I want to lose weight" would be "I want to lose 10 pounds in the next 3 months."
- M Measurable:** Make sure you track your progress. Measurement will give you a quick feedback and help you stay motivated. That way you will know when your goal is accomplished.
- A Attainable:** When thinking of your wellness goals, be sure to think big but make sure you can do it. Setting realistic goals allows you to gain the most benefit from your goal.
- R Realistic or Relevant:** You are being realistic if you are setting a goal that is realistic and you are motivated to do it. You are being relevant if you are setting a goal that is important to you.
- T Timely:** Your goal should include a deadline. Otherwise, you might put off your action plan. Instead, set your goal for the next 30 days, 3 months, 6 months, or 1 year.

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SMART GOAL WORKSHEET

My personal wellness goal is _____

Why is it important to me? _____

How will I measure it? _____

What will I do first? _____

What will I do next? _____

What will I do last? _____

What resources or support do I need? _____

Why is it important to me? _____

How will I measure it? _____

How often will I do it? _____

When will I start? _____

When will I finish? _____

What resources or support do I need? _____

Why is it important to me? _____

How will I measure it? _____

How often will I do it? _____

When will I start? _____

When will I finish? _____

What resources or support do I need? _____

Why is it important to me? _____

How will I measure it? _____

How often will I do it? _____

When will I start? _____

When will I finish? _____

What resources or support do I need? _____

Why is it important to me? _____

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SUCCESS



...because you too can own this face of pure accomplishment...



For more information

Western Health Advantage members can find more healthy living tips at mywha.org/healthyliving

Check with your health plan's wellness page for healthy living resources.