

Lifestyle Coach Facilitation Guide: Post-Core

Healthy Eating with Variety and Balance

Content Overview

This session highlights the importance of eating a variety of fruits and vegetables. Participants learn strategies for shopping for fruits and vegetables and tips for adding them to meals and snacks. Participants also revisit the concept of *how* they eat and discuss mindful eating, which means being aware of what you are eating and tuning into all of your senses to find pleasure in food. This strategy allows participants to be more aware of hunger and fullness cues.

Lifestyle Coach Preparation Checklist

Materials

- Post-core handouts:
 - Fruits and Vegetables: An Important Part of Your Diet
 - Shopping for Fruits and Vegetables
 - Add Fruits and Vegetables to Every Meal and Snack
 - Mindful Eating (2)
- “Food and Activity Trackers”
- “Lifestyle Coach’s Log”
- Balance scale

Key messages to reinforce

- MyPlate recommends that you make half of each meal fruits and vegetables.
- When possible, it is best to buy local, fresh produce.
- Most frozen and canned fruits and vegetables maintain their nutrients and are a good alternative to fresh, local produce.
- Mindful eating is something we can do to bring our focus back to the food we are eating.
- Research shows that when people eat slowly and mindfully they tend to eat less food.
- Mindful eating allows your brain to register that you are full, which takes approximately 20 minutes.

After the session

At the completion of this session, do the following:

- Use the “Notes and Homework Page” for notes and follow-up tasks.
- Distribute “Food and Activity Trackers” (4) for the following month.



Fruits and Vegetables: An Important Part of Your Diet

Present: One of the best ways to ensure that you are eating a well-balanced diet that will help you lose or maintain your weight is to base your meals on **MyPlate**.

MyPlate recommends that you make half of each meal fruits and vegetables. Despite this recommendation, most Americans do not seem to be following this guideline.

- Vegetables and fruit make up only 10% of the caloric intake in the average U.S. diet. Furthermore, Americans spend about **15 cents** out of every food dollar on fruits and vegetables, but they spend about **19 cents** on foods like cakes, cookies, pies, soda, potato chips, candy, and pudding.

Ask: Do you eat the recommended amount of fruit and vegetables?

There are a lot of different types of fruit. Have you tried all of these?

Apples	Cherries	Grapefruit	Nectarines	Pomegranates
Apricots	Clementine	Honeydew melon	Oranges	Raisins
Avocados	Coconut	Kiwis	Papayas	Raspberries
Bananas	Cranberries	Lemons	Peaches	Star fruits
Blackberries	Dates	Limes	Pears	Strawberries
Blueberries	Figs	Mandarin oranges	Pineapple	Tangerines
Cantaloupe	Grapes	Mangoes	Plums	Watermelon

There are also a wide variety of vegetables

Alfalfa sprouts	Brussels sprouts	Greens (Collard, Chard, Kale, Mustard)	Peapods	Squash (Butternut, Zucchini, Dumpling, Patty Pan, Acorn)
Artichokes	Cabbage	Jicama	Green peas	Sweet potatoes
Asparagus	Carrots	Kohlrabi	Peppers (Bell, Jalapeno)	Turnips
Bamboo shoots	Carrots	Kohlrabi	Potatoes	Water chestnuts
Bean sprouts	Cauliflower	Leeks	Rutabagas	Yams
Beans	Celery	Mushrooms	Salad greens	
Beets	Corn	Okra	Sauerkraut	
Bok Choy	Cucumbers	Onions (Red, White)	Spinach	
Broccoli	Eggplant	Radishes	Tomatoes	
	Green onions			



Shopping for Fruits and Vegetables

Present: Fruits and vegetables provide vitamins, minerals, and fiber that your body needs to stay healthy. They can make a great snack and are an important part of a well-balanced meal.

Tips on Shopping for Fresh Produce:

- Buy only what you need and will use within a few days (although some items, such as apples and potatoes, can be stored at home for several weeks).
- Fruits and vegetables that are in season are usually the least expensive and are better quality.
- Examine each item individually, looking for bruises, blemishes, or decay.
- Look for bright color. Older items may appear darkened or brown in color.
- Lightly press on items to check for firmness.

Ask: What types of produce do you tend to buy: fresh, canned, or frozen?

Fresh	When possible, it is best to buy local, fresh produce.
Canned	Most canned food retains the majority of its vitamins and minerals. Some canned foods are high in sodium; try to buy those without added salt.
Frozen	Frozen fruits and vegetables tend to retain most of their nutritional qualities. Try to avoid selections that add cheese sauces, butter topping, sugar, or other added ingredients.



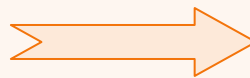
Adding Fruits and Vegetables to Every Meal and Snack

FACT: Only 10% of foods consumed at breakfast are fruits, vegetables, or 100% juice.



ACTION: Add a serving of fruit with breakfast, some raw vegetables to lunch, and a salad to dinner.

FACT: Americans are four times more likely to pick a processed snack than a fruit or vegetable.



ACTION: Select fruits and vegetables for a snack full of vitamins, nutrients, and good taste.

Ask: Has anyone increased their fruit and vegetable intake since starting this program? If so, how?

Try these tips for adding more fruits and vegetables to your day:

- ☑ Make fruit and vegetables visible in your home.
- ☑ Microwave vegetables to serve with dinner; when grilling out, add vegetables and fruit.
- ☑ Grab an apple, banana, pear, or other piece of portable fruit to eat on-the-go.
- ☑ Snack on raw veggies like baby carrots, pepper strips, broccoli, and celery.
- ☑ Pick up ready-made salads from the produce shelf for a quick salad anytime.
- ☑ Microwave a sweet potato for a delicious side dish.
- ☑ Choose fruit for dessert.
- ☑ Pile spinach, tomatoes, peppers, and onions on your pizza (and ask for less cheese).
- ☑ Add strawberries, blueberries, bananas, and other brightly colored fruits to your waffles, oatmeal, toast, or cereal.
- ☑ Stir fresh or frozen vegetables into your pasta, noodles, or omelet.
- ☑ Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- ☑ Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

Mindful Eating

Healthy eating is not just about *what* you eat, but also *how* you eat.

Ask: Let's start by hearing from the group where and under what conditions everyone typically eats **breakfast**? (Find out if people are eating with the TV on, while reading the newspaper, standing up while doing dishes, in the car, etc.).

Lunch? Snacks? Dinner?

Open responses.

Ask: What usually happens to the amount of food you eat while you are multi-tasking?

Ask: Do you tend to get more or less enjoyment from food while multi-tasking?

Mindful eating is something we can do to bring our focus back to the food we are eating.

Ask: What is mindful eating?

- Choosing food you enjoy that nourishes your body.
- Turning to all your senses to find pleasure in your food (smelling, chewing, tasting, swallowing, and savoring each bite).
- Being aware of your level of hunger and fullness.

Present: Most people don't think about, or even enjoy, the taste of what they eat. They are simply focused on the next bite, on finishing the meal and moving onto something else, or are distracted by what is happening in their environment (the TV, computer, driving, reading, etc.).



Mindful Eating

Ask: What are the **drawbacks** of mindless eating?

- Less awareness of how much food we're eating
 - Less ability to know when we're full
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Ask: What are the **benefits** of mindful eating?

- Your brain has time to register that you are full, which takes about 20 minutes.
 - Research shows that when people eat slowly and mindfully they tend to eat less food.
 - It improves the whole experience of eating.
 - It helps as you learn how to ignore the urges to snack that aren't associated with hunger.
 - It can help reduce overeating.
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Ask: How can you eat more **slowly**?

- Put down your utensils for 10-15 seconds after a few bites.
 - Take sips of water (or non-calorie beverage) after every few bites.
 - Take small bites and chew slowly. Finish chewing and swallowing each bite before you put more food on your fork.
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Mindful Eating

Ask: How can you eat mindfully?

Here are some tips for how to eat mindfully.

Mindful Eating

- ☑ **Focus on your food.** Look at the food on your plate. Notice how each bite feels and tastes. Take time to enjoy the taste and smell of the food.
- ☑ **Create a calm eating environment.** With less stress or chaos, you will be able to pay attention to what you are eating. Turn off the TV and computer, put away newspapers, books, magazines, and try not to eat on the run.
- ☑ **Learn to refocus on your food after a distraction.** Although it is ideal to eat without distractions such as the TV, computer, phone calls, etc., there will probably be times when you will be interrupted by someone or something. These are the times that you need to remind yourself to refocus on your food.

Each time you eat, sit down and eat slowly and mindfully. Learn how to enjoy every bite of food so you feel both physically and mentally satisfied at the end of the meal.

Present: Between now and the next session -

- Practice eating slowly and mindfully.
- The goal is to make each meal last at least **20 minutes**.

