






PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Eat Well to Prevent T2

Notes to Coach	How to Build a Healthy Meal
<p>Participants can use the pictures for guidance. Each food group is used just once.</p>	<p>You can also have:</p> <ul style="list-style-type: none"> ■ A small amount of <u>dairy</u> foods (such as 1 cup skim milk) ■ A small amount of <u>fruit</u> (such as one apple, half a banana, or ½ cup berries) ■ A <u>drink</u> that has low or no calories (such as water, sparkling water, or coffee without sugar) <p>These are shown at the side of the plate.</p> <p>↗ DO: Discuss as needed.</p> <p>SAY: Please look at “Make Your Plate” on page 4. Let’s label the picture together.</p> <p>↗ DO: Help participants write the number of the correct food group on each line.</p>

Notes to Coach	Summary and Closing (10 minutes)
<p>This discussion is optional.</p>  <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Make Your Plate ■ How to Cope With Challenges ■ Action Plan 	<p>► SAY: Please look at “Make Your Plate” on page 4, which we labeled earlier. I’d like you to finish it at home. Create a healthy meal by listing items that you like. You can use “Foods to Choose” on pages 5 to 7 for ideas.</p> <p>It can be challenging to eat well. Please look at “How to Cope With Challenges” on pages 9 and 10. It shows some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p> DISCUSS: What might you find challenging about eating well?</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed how eating well can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> ■ How to eat well ■ How to build a healthy meal ■ The items in each food group <p> DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>