

Eat Wisely to Tip the Balance

Session Overview

This session focuses on how to eat wisely to decrease calories and how to determine what is in the foods we eat.

Objectives for Session

1. Explain how to tip the balance between calories in and calories out
2. Discuss how all foods can fit
3. Understand how to read a food label
4. Be able to create a Healthy Plate

Session Preparation

- Prepare the following materials:
 - S01 The Basics of Weight Control
 - N01 All Foods Can Fit
 - N10 How to Read a Nutrition Facts Label
 - N12 Healthy Plate
 - N21 Serving Sizes
 - Rate your plate worksheet
 - An assortment of sample food labels and food models
 - “Eat Wisely” Healthy Living Message
 - NCP video – Eat Wisely
- Prepare yourself to encourage interaction and participation from the group, so the balance of talking rests with participants instead of the leader.
- As coach, your role is to facilitate discussion without lecturing.

Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5–Minute MOVE!® (5 minutes)
- Putting It All Together (10 minutes)

Check-in (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

Discussion Topics (40 minutes)

Introduction

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diaries, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.
- Focus most attention on successes.

Discussion #1: What are the basics of weight loss?

- Ask participants the question: "What do you need to do to lose weight?" Record feedback on the board. Distribute MOVE!® handout S01 The Basics of Weight Control and discuss the following:

To lose weight, you need to:

- Eat and drink fewer calories.
- Be more physically active.
- For best results, do both.

- Ask participants to discuss why this seemingly simple solution to losing weight is so difficult for so many of us.

Discussion #2: How do I eat wisely and still enjoy my food?

- Use handout N01 All Foods Can Fit to facilitate a conversation about how participants can choose healthier foods that they will still enjoy.



5-Minute MOVE!® (5 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises.

Ask participants to join you, if they wish, in doing the following warm-up and flexibility exercise:

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

Then, after 2-3 minutes, invite them to perform the following:

TRUNK ROTATION:

Sit in chair and gently rotate your head, shoulders, and trunk to one side. Take a deep breath in and slowly let it out. Repeat in the opposite direction. You should feel a stretch in your trunk.

Discussion #3: How can I be a food detective?

- Pass around sample food products, giving participants the opportunity to discuss the pros and cons of the products for the purpose of weight loss and healthy eating.
- Ask participants how they plan to use food labels to tip the balance in favor of weight loss. Distribute MOVE!® handout N10 How to Read a Nutrition Facts Label.

Discussion #4: How can I create a Healthy Plate?

- Distribute the handout N12 Healthy Plate and the rate-your-plate worksheet. Ask participants to plan and then draw their next dinner meal on the worksheet. Using handout N21 Serving Size and the familiar items you provided for the session, demonstrate recommended serving sizes for common foods. Remind participants that it is not an art competition and to focus on getting the size of the food correct. For example: If meat will take up half the plate, draw a piece of meat on half of the plate. Then, ask participants to compare the plate they planned with a past dinner meal and discuss how they are different.
- Ask participants how they would change their plate.

Putting It All Together (10 minutes)

Session recap:

- Summarize key points discussed during today's session.
- Referring to the earlier discussion on what you need to do to lose weight ask participants what their thoughts are from today's session on tipping the balance in favor of weight loss. How might they put these ideas into action?
- Remind the group that the best way to lose weight is to create a calorie deficit by eating and drinking fewer calories and being more physically active.
- Ask, "What was most helpful today? What could have been better?"

Goals and action planning for the next week:

- Ask Veterans to be mindful about portion sizes this next week and to refer to their healthy plate for the correct balance of foods.
- Mention that they can post the healthy plate placemat on the refrigerator or in another prominent place.
- Ask Veterans to review a minimum of 3 food labels this week.

Homework for next week:

- Encourage participants to begin recording weight daily, continue logging in their Daily Food and Physical Activity Diary, and bring it to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).
- Remind participants to bring their MOVE![®] handout booklet and any other needed class materials.

Topic for next week:

Be Active to Tip the Balance