



EAT WELL FOR LIFE: WEEK 7

LEARN TO *LIVE IT* *NOT DIET!*

MASTERING EATING WELL FOR LIFE

Maintaining healthy lifestyle habits that support better health, weight management and positive choices requires regular renewal to your commitment to a healthier way of life. It's similar to doing regular maintenance on your car to keep it on the road; putting money in the bank to save for retirement; continuing your education to better your career; or planning special times with loved ones to nurture relationships. We are skilled planners and organizers in many areas of our lives. We can use these same skills that make us effective and successful in other areas of our lives to help us achieve our health and wellness goals.

Achieving and maintaining healthy eating habits is a journey that evolves throughout our lives. It is not a stagnant process—it requires **renewal, reinforcement and resilience** for long-term success. Renewal will keep you committed, reinforcement will validate your choices and resilience will help you overcome obstacles. By embracing the three R's, you will master the art of eating well for life.



ALWAYS REMEMBER YOUR "Rs."

- **Recommit to your healthy lifestyle goals regularly** by re-examining your reasons for making healthy choices and recognizing how a healthy lifestyle has changed your life (and your health) for the better. Give credit where credit is due.
- **Realize that what counts is what you do MOST of the time**—don't expect perfection. If you consistently make healthier choices, you will accomplish your health goals. Relax, practice patience and let nature do the work for you.
- **Respond to and plan for changes in your life rather than reacting on impulse.** A successful health manager redefines their plans and goals as their work, home and personal lives change. Rearrange your eating plan whenever your schedule or priorities change. Don't take your health (or your weight) for granted.
- **Respect others' decisions regarding poor lifestyle choices,** but hold steadfast in your own resolution to take a different path. Insist that others respect your goals and your decision to change. Mutual support is motivating, so it helps to socialize with others of similar interest. Share your successes and personal discoveries with others.
- **Resist returning to the comforts of your old lifestyle.** While living a healthy lifestyle might continue to have its challenges, you will get better at it and become more comfortable with it. Practice makes progress. A sound, consistent plan and a little personal determination will ultimately pay off.

(Continued on page 2.)

BE A MINDFUL EATER AND TAKE IT SLOW

ALWAYS REMEMBER YOUR “Rs.” (Continued from page 1.)

- **Refresh your plan and read up on new information.** Try new foods and recipes and look for ways to add diversity and appeal to your daily routine. Research the latest news on nutrition and behavioral changes to stay informed. Finding ways to self-educate about healthy habits will help you create and look forward to opportunities for success.
- **Return to your healthy habits** as quickly as possible after vacations, holidays or periods of relapse. It's essential to catch slips before they turn into bigger problems. The ability to get back on track and recover from setbacks will determine your long-term success. Don't give up, and stop quitting—quitting is a habit. Winners never quit.
- **Reprioritize and reorganize when necessary** to support your goals. What works today might not work six months or two years from now, however, the general principles will still apply. You might just need to tweak a few things, not do a complete overhaul. Fad diets may come and go, but eating well for life will always be in style.
- **Reward yourself with non-food rewards when you reach your goals.** Look for incentives that are consistent with a healthy lifestyle. Go for a weekend getaway to relax as a reward for eating sensibly and without emotion or, buy a new cooking gadget to help prepare meals quickly as a reward for not eating unplanned snacks.
- **Resolve that it DOES take dedication** and some sacrifice to accomplish anything worthwhile. You won't succeed unless you take your healthy lifestyle goals seriously and make them a priority. Stop spending half your life going on and off diet plans. A full, rewarding life of good health is yours to choose, so choose to take control. Do it now and do it properly.



TO DIET OR NOT TO DIET

It is estimated that Americans spend over \$40 billion per year on weight-loss products and programs. Yet, the percentage of Americans who are overweight increases every year. So is dieting the answer? The short answer is “no,” and there are several reasons why. Here are just a few:

DIETING IS TEMPORARY

Any diet can result in short-term weight loss; it's long-term weight management that is the problem. Diets aren't sustainable. The average diet is short-lived, and it's believed that the majority of people who go on diets regain the weight they lost.

DIETING CREATES SETBACKS

Dieting often leads to cravings, frustration and a preoccupation with food. Lack of success can eventually lead to low self-esteem and depression. Physically, rapid weight loss results in loss of lean body mass (muscle). This translates to decreased metabolism and often weight re-gain.

DIETS AREN'T PERSONALIZED

Many of us follow someone else's advice about what we should and shouldn't eat, not even paying attention to our own food preferences. This usually doesn't work since following someone else's “rules” for when, what and how to eat doesn't take your own individuality into account.

DIETING IS BORING

Life is more exciting than what's for dinner. Embrace the fullness that life has to offer, which is much more than food, drive-thru and cable.



BE A MINDFUL EATER AND TAKE IT SLOW



SAVOR THE FLAVOR

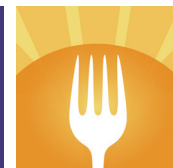
- **Strive to make your meal last between 15 and 30 minutes.** If you eat too quickly, you won't give the appetite center of your brain enough time to register that you've had enough to eat. If you eat too slowly, your stomach may begin to empty out, making room to eat more.
- **Slow down your pace of eating.** Place your fork down between bites. Cut your food into smaller bites.
- **Savor the sensations.** Pay attention to the flavor, aromas and texture of the foods you have selected.
- **Don't chew and stew.** Enjoy the pleasurable experience of your meal. Don't worry about life's problems—you can't solve them at dinnertime anyway.
- **Do chat and chew.** Enjoying a meal with friends, family and co-workers is an important part of nearly every culture. The added bonus is that it takes longer to eat when you're enjoying good conversation.
- **Divide and conquer.** Serve your meal in different courses rather than placing all the courses on the table at once. This trick will definitely add time to your menu.

SIX WAYS TO FEEL FULLER
ON FEWER CALORIES

1. **Choose low calorie or calorie-free beverages.** The calories we get from beverages don't trip the satiety (i.e. satisfaction or staying power) mechanism in our brains. Stick with water or other calorie-free beverages.
2. **Enjoy foods of low caloric density.** Foods with a low caloric density (i.e. fruits, vegetables, legumes, nonfat dairy, lean poultry, seafood, etc.) provide more satiety per calorie than foods with a high caloric density (i.e. cookies, cakes, pies, fatty meats, etc.).
3. **Increase your intake of high fiber foods.** Foods high in dietary fiber make people feel satisfied longer than foods with less dietary fiber.
4. **Don't eat when you're not hungry.** The same snack provides more satiety if eaten when hungry than when consumed in the absence of hunger.
5. **Increase your consumption of low calorie, high volume foods.** For example, choose popcorn rather than corn chips.
6. **Enjoy foods low in fat and sugar.** Research suggests that foods with more protein, starch and fiber make you feel fuller than foods high in fat, sugar or refined grains.



BE A MINDFUL EATER AND TAKE IT SLOW



BUILDING A BETTER DIET: STEP 7

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

KEY POINTS FOR WEEK 7:

1. A healthy lifestyle isn't about winning or losing — it's about better choices.
2. Accept responsibility for your choices. Don't beat yourself up, but don't blame others.
3. Eat with awareness — no distractions, no multi-tasking — focus on the pleasurable eating experience.
4. The faster you eat, the more you'll eat. So slow down.

GOALS FOR WEEK 7:

1. Refer back to the lifestyle changes that you need to improve (as identified on the "Are You Eating Well for Life?" introduction survey) to establish your weekly goals.
2. Whenever possible, eat your meals in a quiet, relaxed atmosphere, without distractions.
3. Notice how you feel before, during and after you eat. Note your hunger, your fullness or lack thereof.
4. Continue writing entries in your Food Journal to notice any changes from week to week.
5. _____
6. _____

MY ACTION PLAN TO ACHIEVE THESE GOALS:

ACCOMPLISHMENTS
& CHALLENGES:

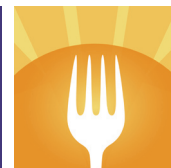
My accomplishments this week:

The challenges I faced this week:

How I overcame these challenges
or plan to overcome them:

How I celebrated my success!

BE A MINDFUL EATER AND TAKE IT SLOW

WEEK 6 RECIPE:
MOM'S MEAT LOAF

No offense to mom, but our version of meat loaf is better for you. Extra-lean beef improves the fat and cholesterol levels, but a healthy amount of chopped vegetables (carrots, celery, and onion) and lycopene-rich tomato paste bring bonus nutrients to this family dish.

2 slices white bread, crumbled

1/4 cup skim milk

3/4 pound extra-lean ground beef

1 cup grated carrots

1 stalk celery, finely chopped

1 medium onion, minced

2 cloves garlic, minced

1 can (6 ounces) no-salt-added tomato paste

1 egg white, slightly beaten

1/2 teaspoon dried thyme

1/2 teaspoon salt

1/4 teaspoon pepper

1. Preheat oven to 400°F. Line 8-1/2- x 4-1/2-inch loaf pan with foil.
2. In large bowl, combine bread and milk. Add beef, carrots, celery, onion, garlic, tomato paste, egg white, thyme, salt, and pepper. Mix until well combined.
3. Transfer to prepared pan and bake 25 minutes, or until cooked through. Serve hot, warm, or chilled.

**Nutritional Facts per Serving:**

256 calories, 8.7g total fat, 3.3g saturated fat, 3.5g monounsaturated fat, 0.5g polyunsaturated fat, 4g dietary fiber, 22g protein, 23g carbohydrate, 31mg cholesterol, 513mg sodium.

Good Source of:

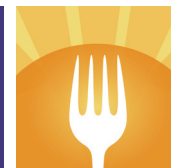
beta-carotene, niacin, potassium, riboflavin, vitamin B6, vitamin B12, zinc

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FEED THE RIGHT HUNGER

- Be aware of physical hunger, no hunger and fullness.
- Identify feelings that trigger emotional eating.
- Acknowledge your food-mood connections.
- Express feelings to a supportive listener.
- Be accepting of yourself and your behaviors.
- Eat in a relaxed, inviting atmosphere.
- Take pleasure in eating.
- Nurture yourself in non-food ways.

FOOD JOURNAL



Directions: Record keeping has been shown to be one of the most effective tools for lifestyle change and weight management. Keep a food journal to record your meal and snack intake. Check off the food group(s) that the food belongs to and see where you need to improve. How close do you come to achieving a balanced diet? Consider keeping a food journal throughout the entire eight-week *Eat Well for Life* campaign. Make copies of this food journal to record your daily food intake.

DATE:		GRAINS & STARCHES	MEAT, DAIRY & PROTEIN	FRUITS & VEGETABLES	ADDED FATS	EXTRAS
MY GOAL FOR TODAY:						
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
WATER						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						