

Level 1.2 Weight Management

Nutrition: Eating Well for Weight & Health

Participant Workbook

Virtual Series

Name: _____

Date: _____

North Zone Alberta Health Living Program

Information Line: 1-877-349-5711

To book or cancel workshops and class handouts visit

www.healthylivingprogram.ca

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Handouts

There are handouts on our website:

- [Eating Well for Weight and Health](#)
- [Food and Activity Journal](#)
- [Foods with Fibre](#)
- [Choose Whole Grains](#)
- [Adding Protein to Your Diet](#)
- [Facts on Fats - Unlock Food](#)
- [Canada's food guide - Canada.ca](#)
- [Setting Goals for Lifestyle Change](#)

What we will cover:

- Review – SMART goals, journals
- Calories
- Eat Well plate
- Choose healthy drinks
- Prepare more food from home

SMART Goal Reflection

My SMART goal from last week:

How important is this goal to you? (circle a number from 0 to 10)

1	2	3	4	5	6	7	8	9	10
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*Not at all
Important*

*Extremely
important*

1. What did you learn this past week?

2. What were your challenges?

3. What were your successes? What is working well?

4. Are changes needed to your goal?

Activity:



Do you keep a lifestyle journal?

When and what do you record?

What helps you with recording?

Do you go back and read it?

What have you learned?

Have you made any changes?

Calories

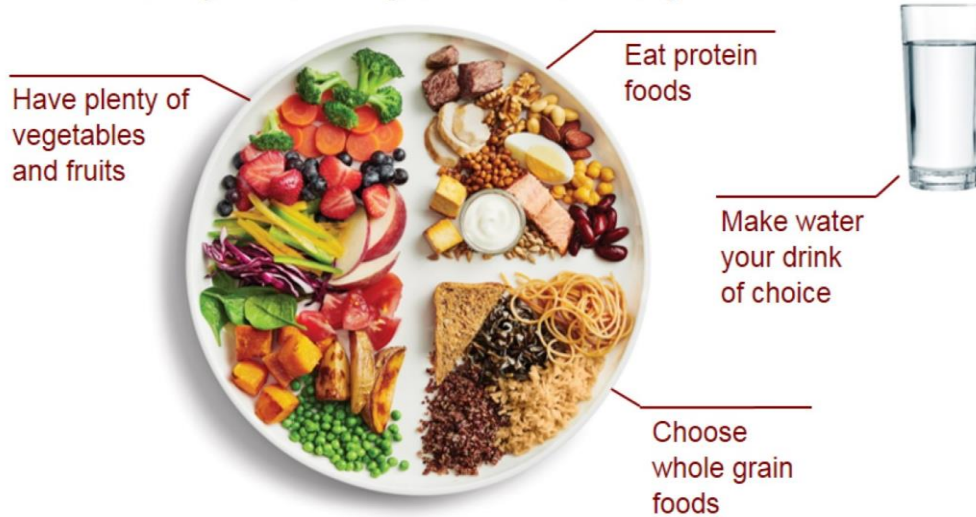
- Calories are the fuel or energy for your body
- Everyone has different calorie needs.
- Things that affect calorie needs:
 - genes
 - sex
 - age
 - life stage
 - weight and height
 - amount of muscle
 - medicines
 - health
 - sleep
 - hormones

Eating Well

- Use your plate as your guide
 - Choose healthy drinks
 - Prepare more food at home
 - Set a goal and track progress
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The Eat Well Plate – use your plate as your guide.

Eat a variety of healthy foods each day



Visit www.food-guide.canada.ca

Vegetables and Fruits _____

Whole Grain Foods _____

Protein Foods _____

Lifestyle Journal Review: Choose Healthy Drinks

1. What types of drinks do you choose most often? Fill in the table below

Drink	When?	Where?	With whom?	Reason:
<i>Example:</i> Strawberry smoothie	Thursday afternoon	Suzy's Smoothie Shop	My best friend	Weekly visit- it's our treat
1.				
2.				
3.				
4.				

2. How can you choose healthier drinks more often?

Choose one drink and write options to make it a healthier choice:

Lifestyle Journal Review: Prepare More Food at Home

What meals do you make at home?

Which meals do you eat out most often?

- Think about when, why or where/with whom

Can you prepare some of these meals at home? If Yes - which one? How will you do this?

Make your goal SMART

S is for Specific	
<p>What are you going to do? How are you going to do it? Where are you going to do it? Who will help you do it?</p>	
M is for Measurable	
<p>How will you measure your goal? Include details such as how much, how many, and how often.</p>	
A is for Attainable	
<p>Is your goal something you can do with everything else going on in your life?</p>	
R is for Rewarding	
<p>What makes your goal important to you?</p>	
T is for Timely	
<p>When will you start your goal? When will you plan to review your goal?</p>	

Finish your plan

Things that might get in the way of achieving my goal are...
Example: I am busy in the mornings.

My plan for dealing with things that might get in the way of achieving my goal is...
Example: I will portion out my high fibre breakfast cereal the night before.

List people who can support you in working toward your goal

Is there anyone who can support you with your goal? Examples might include a:



- a family member
- a friend
- a co-worker

People who can support me:	
They can help me by:	
My plan to get their support:	