

Level 2.2 Weight Management

Nutrition: Make a Plan to Eat Well

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

Disclaimer

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Handouts

There are handouts on our website:

- [Eating Well for Weight and Health](#)
- [Wake Up to Breakfast Everyday](#)
- [Quick and Easy Meals](#)
- [Healthy Snacking](#)
- [7 Steps for Quick and Easy Menu Planning - Unlock Food](#)
- [Activity: Daily Meal and Snack Planner](#)
- [Label Reading the Healthy Way](#)
- [Recipe Makeover: Reducing the Fat in the Kitchen - Unlock Food](#)
- [Recipe Makeover: Reducing Sodium in the Kitchen - Unlock Food](#)
- [Recipe Makeover: Reducing Sugar in the Kitchen - Unlock Food](#)
- [Setting Goals for Lifestyle Change](#)

What we will cover:

- Review – SMART goals, journals
- Healthy Food Choices
 - What to eat and drink
 - How much to eat
 - When and often to eat

- Meal Planning

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

*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?

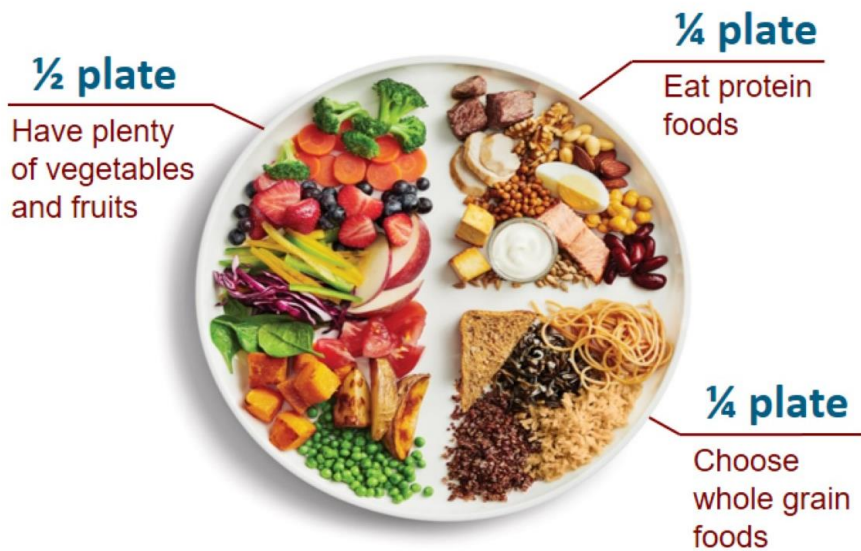


What influences our food choices?

The Eat Well Plate – use your plate as your guide.

Eat a variety of healthy foods each day

How much to eat



Visit www.food-guide.canada.ca

Protein Foods

Why is protein important for weight and health?



Activity: Protein

Review your journal and choose one day

Did I choose a protein food with each meal?

The protein foods I could choose and enjoy are:

Breakfast: _____

Lunch: _____

Supper: _____

Snacks: _____

Fibre Foods

What is dietary fibre? _____

Why is fibre important for weight and health? _____

What types of foods are high in fibre? _____

How much fibre is recommended for me every day? _____

Activity: Fibre

Review your journal and choose one meal

Did I eat foods with fibre at each meal? _____

The fibre foods I could choose and enjoy are:

Breakfast: _____

Lunch: _____

Supper: _____

Snacks: _____

When and How Often to Eat

Spacing what you eat over the day can help you:

Eating earlier in the day can help you:

Activity: When and How Often to Eat

How often do I eat? _____

Do I eat breakfast? _____

Do I skip meals? _____

Do I eat too often? _____

Do I need a snack? If so, when? _____

Meal Planning

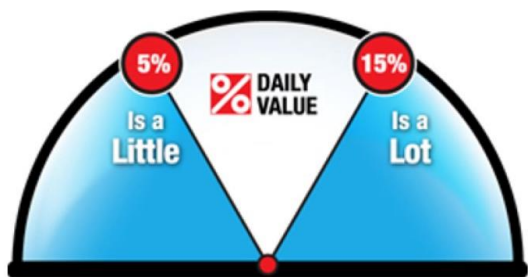
Putting It All Together: Make a Plan

Meal planning can help with:

Plan – Tips for planning:

Purchase - Tips for buying healthy foods:

Label Reading: Use % Daily Value for the serving size.



- 15% DV or more is a lot
- 5% DV or less is a little

Prepare - Tips for preparing healthy foods:

Pack – Tips for packing healthy foods:

Reflection: Meal Planning

What meal planning steps are you doing now?

What steps could you try to help improve your meal planning skills?

Putting it All Together:

- What's your goal?
- What is your plan?
- What can you focus on now?

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:	

