

# Level 3.1 Weight Management

# Nutrition: Eating Away from Home

## 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](http://www.healthylivingprogram.ca)

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## Handouts

There are extra handouts on our website:

- [Eating Well for Weight and Health](#)
- [Hunger and Fullness Scale](#)
- [Activity: Picture Potluck](#)
- [Top 10 Tips for Eating Out - Unlock Food](#)
- [Setting Goals for Lifestyle Change](#)

## What we will cover:

- Why we eat
- Foods prepared outside your home
- All or nothing thinking
- Healthy eating in different situations

## Why We Eat

What makes us want to eat?

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What can help you be more aware of the reasons you eat?

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What are my reasons for eating?

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# Hunger and Fullness Scale



Before eating	During or after eating
Aim to start to eat at around <b>3–4</b>	Consider stopping eating around <b>5–6</b>
Try to limit hunger getting to <b>1–2</b>	Try to limit fullness getting to <b>8–10</b>

## Challenges of Eating Away From Home

What challenges do I face when I eat away from home?

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## All or Nothing Thinking

1. What is “all or nothing” thinking? \_\_\_\_\_

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2. How can this affect weight and health? \_\_\_\_\_

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3. How can all or nothing thinking affect your choices? \_\_\_\_\_

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4. What are some strategies to help? \_\_\_\_\_

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## Review: All or Nothing Thinking

1. Does all or nothing thinking apply to me?

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2. If so, does this happen in certain situations or with certain people?

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3. What is one strategy I can try?

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## Eating Away from Home

1. How often do you eat away from home?

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2. Which meal do you eat out at the most?

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3. What are the reasons you eat out?

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4. How does eating out affect your health or your goals?

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

### Eat a variety of healthy foods each day



## Healthy Eating in Different Situations

What are some tips for eating out at a restaurant?

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**For each eating out situation:**

- What are the positive things?
- What are the challenges to weight management?
- What can be done to eat healthier and manage calories?

What are some situations when you eat foods prepared outside your home? For example when on vacation, workplace, busy days, celebrations or holidays,

1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Strategies I can try:

1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Make your goal SMART

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

## Finish your plan

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

<b>My plan for dealing with things that might get in the way of achieving my goal is...</b>
<b>Example:</b> 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

<b>People who can support me:</b>	
<b>They can help me by:</b>	
<b>My plan to get their support:</b>	