



Module 8: Eating To Support Your Health Goals

Lifestyle Coach Guide



Module Overview

Taking a positive approach to eating can help people make changes that stick. This module teaches participants how to enjoy foods in positive and healthy ways to support their goals.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Describe how to take a positive approach to eating
- Describe how to eat foods in portions that support their goals
- Describe how to enjoy a variety of foods in healthy ways

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on eating to support their health goals. Here are some sample messages you can send to participants for this module:
 - 1 Week Prior: “Stop worrying about food! Join us for our next session as we dive in to discuss developing a positive and balanced approach to eating. With a positive approach to eating, you can make changes that stick while still enjoying some of your favorite foods! See you soon!”
 - 1 to 2 Days Prior: “Join us for our next session as we talk about enjoying food in positive and healthy ways to support your goals. We’ll also be having fun with recipe makeovers!”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be two participants per group for the “Ideas for Healthy Choices to Prevent T2” and “Recipe Makeover Activity” group activities.

- Prepare for the “Recipe Makeover Activity.”
 - Locate an appropriate recipe to use in the activity on page 15 of this guide.
 - Prepare copies of both the original recipe and a modified version of the recipe to share with the group.
 - Make notes about the modifications to guide your discussion with the participants.

After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on eating to support their health goals. Here are some examples of messages to post:
 - “Remember! Post your favorite recipe makeover you recently tried. How did it go? Post a photo of your meal makeover!”
 - “Share any recipe makeovers with the group that you find, even if you haven’t tried them yet. Someone in the group might want to give one a try!”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
Take a Positive Approach to Eating	Page 6	10 Min
Enjoy Foods in Healthy Ways	Page 12	35 Min
Plan for Success	Page 18	5 Min
Summary and Closing	Page 19	4 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about enjoying food in positive and healthy ways to support your goals.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all the participants to view.

SAY:

It’s important to stay positive about food! Eating is one of life’s great pleasures. Give yourself permission to eat the food you love but think about how you can do this in healthy ways to support your goals.

Today, we will talk about:

- Taking a positive approach to eating
- Eating foods in portions that support your goals
- Enjoying a variety of foods in healthy ways

Finally, you will make a new action plan.



Time Estimate: 10 minutes

Methods: Presentation, Facilitated Discussion

This section focuses on positive approaches to eating. Participants will learn how to enjoy foods in positive and healthy ways to support their goals.

Anthony's Story—Part 1 (5 minutes)

DISCUSS:

Before we begin with Anthony's story, what do you think it means to have a positive approach to healthy eating? What benefits do you think can come from having a positive approach?

SAY:

Developing a positive approach to eating can make changes that stick, which can lead to better health outcomes in the long run. Let's start with Anthony's story. Please look at "Anthony's Story—Part 1" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Anthony's Story—Part 1" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) the story.

DISCUSS:

In what ways do you connect with Anthony's story? How are you different?

How do you feel when you get very hungry?

What food choices do you make when you get very hungry?

DO:

Share the following ideas (if not mentioned by participants):

- Anxious
- Confused
- Mad
- Sad
- Afraid
- Grumpy
- Light-headed
- Rumbling stomach
- Shaky
- Weak

ASK:

Do you ever eat when you're not hungry? What are you doing or how are you feeling when you eat without being hungry?

ANSWER:

Possible answers from participants include:

- I feel bored, sad, or anxious.
- I have happy memories of a certain item.
- I just like the way the food tastes.
- I don't want to waste food.
- I don't even notice I'm eating because I'm focused on watching TV, working, driving, etc.

SAY:

Now, let's look at how we can take a more thoughtful and positive approach to eating.

Positive Approaches to Eating (5 minutes)

SAY:

First, a positive approach to eating involves taking a more helpful approach toward how you view the changes you are making. For example, instead of focusing on what you can't eat, focus or reframe your thinking to be more positive. What are you gaining by making these changes? How will you feel when you meet your next goal? It's important to not let negative thoughts interfere with reaching your goals. Let's discuss this a little bit further.

ASK:

What negative thoughts did Anthony have about making changes to his eating?

ANSWER:

Anthony thought he could never do without his potato chips after work. He also thought that preparing healthy snacks would be very time consuming.

ASK:

Instead of focusing on his negative thoughts, how is Anthony thinking more positively about his choices these days?

ANSWER:

Anthony is focusing on staying healthy for himself and his family. He is also focusing on feeling better and having more energy.

DISCUSS:

How would you tell Anthony to reframe his negative thoughts should they arise?

DO:

Share the following ideas (if not mentioned by participants):

- Potato chips weren't making you feel better. Making time to eat at work is making you feel better.
- The healthy snacks you prepare for work are providing your body with good nutrients, but potato chips aren't.
- Feeling better and staying healthy is worth taking the time to prepare a few snacks for work.
- The healthy choices you are making are benefiting you and your family in the long run.

SAY:

Taking a positive approach to eating also involves developing better eating habits and behaviors. Please look at "Positive Approaches to Eating" on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display "Positive Approaches to Eating" from the Participant Guide for all participants to view.

SAY:

Take a moment to think about your answer to this question. What is one eating habit or behavior that you have that you can improve or change? Write your answer in the space provided.

DISCUSS:

When participants have finished, ask for volunteers to share their responses. Focus the discussion on turning old habits into positive ones. For example, if a participant says that frying foods is their habit or behavior they want to change, a positive approach might include exploring air frying as an alternate cooking method.

SAY:

Now, let's discuss another topic related to taking a positive approach to eating: Eating the right amount.

DO:

Review the tips for "Eating the Right Amount" with participants.

DISCUSS:

Are any of these tips helpful? Which one lends itself to helping you improve or change the habit you wrote down?

SAY:

Being mindful of your eating is another positive approach to eating. By practicing mindful eating, you use your body's natural ability to control eating behaviors.

DO:

Review the mindful eating tips with participants.

DISCUSS:

Can you envision practicing mindful eating in your everyday eating? How so?



For a virtual session, encourage participants to type their responses in the chat window or "raise their hand" in the web conferencing tool.

SAY:

Once you've got the hang of this, mindful eating will become more natural. Then you can focus on implementing this method in more meals!

Now, there are a lot of tips on this page. Take a moment and write one tip that you can begin implementing today.

DISCUSS:

Based on what we've talked about in this section, what is one thing you think would help you have a positive approach to eating?

On a scale from 1 to 10, how ready are you to take steps toward a positive approach to eating?



Time Estimate: 35 minutes
Methods: Presentation, Facilitated Discussion, Group Activity

In this section, participants discuss healthy food choices to prevent type 2 diabetes. They also engage in a group activity to discuss and plan a recipe makeover.

Anthony's Story—Part 2 (5 minutes)

SAY:

Now, let's read more about the types of foods that Anthony is choosing to eat now. Please look at "Anthony's Story—Part 2" on page 5 in the Participant Guide.



For a virtual session, use the screen share feature to display "Anthony's Story—Part 2" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) the continuation of Anthony's story.

SAY:

In addition to being low in calories, fiber has another bonus: It takes longer to digest. So, you feel full longer. Have you ever eaten a serving of french fries and then felt hungry again an hour later? That's because they're low in fiber. Fiber is a type of carbohydrate that passes through your body without being digested. Foods that are high in fiber take longer to digest. So, you feel full longer.



Healthy Choices to Prevent Type 2 (5 minutes)

SAY:

Now, let's look at some examples of healthier choices. Please look at "Healthy Choices to Prevent Type 2" on page 5 in the Participant Guide.



For a virtual session, use the screen share feature to display "Healthy Choices to Prevent Type 2" from the Participant Guide for all participants to view.

DO:

Review the healthy choices presented in the Participant Guide. Explain why the choices in column 2 are healthier than the choices in column 1.

Ideas for Healthy Choices to Prevent Type 2 (10 minutes)

SAY:

Please look at "Ideas for Healthy Choices to Prevent Type 2" on page 7 in the Participant Guide.



For a virtual session, use the screen share feature to display "Healthy Choices to Prevent Type 2" in the Participant Guide for all participants to view.

SAY:

In this activity, you will work with a partner to write ideas for healthy choices. In the left column of the chart, write the name of a food you want to replace. In the right column, write a healthy swap for this food.



If dividing participants into partners is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group.

When participants return, conduct a short debrief. Ask for volunteers to share their healthy choice ideas to prevent type 2 diabetes.

Recipe Makeover (5 minutes)

SAY:

Now let's talk about how to make our healthier choices enjoyable. One way is to make over recipes. Please look at "Recipe Makeover" on page 8 in the Participant Guide.



For a virtual session, use the screen share feature to display "Recipe Makeover" from the Participant Guide for all participants to view.

DO:

Review the ways to make healthy choices enjoyable. Discuss each one briefly.

DISCUSS:

What are some other ways you can think of to make healthy choices enjoyable?



For a virtual session, encourage participants to type their responses in the chat window or "raise their hand" in the web conferencing tool.

SAY:

Let's talk about how we can put some of these tips into action and make over a recipe that I brought in to share today.

DO:

Display or share copies of the recipe you brought for the session discussion.



For a virtual session, use the screen share feature to display the original recipe you provided, so all participants can view it.

ASK:

Looking at this recipe and thinking about the ideas listed on page 8 of your Participant Guide, which parts of this recipe do you think could be changed to make the recipe a bit healthier? Are there any ingredients or cooking methods that could use a makeover?

DO:

Discuss participants' suggestions.

DO:

Display or share copies of the recipe makeover you brought for the session discussion. Discuss how these changes reflect the suggestions participants have already mentioned and point out any modifications that have not already been discussed.



For a virtual session, use the screen share feature to display the revised recipe you provided, so all participants can view it.

DO:

Now, let's practice doing a recipe makeover of your own!

Recipe Makeover Activity (10 minutes)

SAY:

Please look at “Recipe Makeover Activity” on page 10 in the Participant Guide.



For a virtual session, use the screen share feature to display the “Recipe Makeover Activity” group activity in the Participant Guide for all participants to view.

SAY:

For this activity, you will work with your partner again to make over a recipe. Use any of the recipe makeover ideas on the previous page or use your own ideas to create a healthier version of this dish.



If dividing participants into partners is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group.

When participants return, conduct a short debrief. Ask for volunteers to share the ingredients they swapped and any ideas they used to create a healthier version.



For a virtual session, encourage participants to type their responses in the chat window or “raise their hand” in the web conferencing tool.

DO:

Tell participants that you will be sharing a link via the group's social media page. The link is to a 5-minute video called "Cooking with Herbs, Spices, and Other Seasonings" for them to view at home. Tell participants that the video features a chef who makes healthy food taste great.

www.youtube.com/watch?v=clnr1F4jkzs



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about eating to support your health goals.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:



Time Estimate: 4 minutes

SAY:

Today we looked at ways to make the recipe I brought healthier. Between now and our next session, I'd like you to do your own recipe makeover at home and test it out. Post a photo of your dish or even the recipe on our group's social media page. Let us know how it went!

SAY:

We have come to the end of our meeting. Today, we talked about:

- Taking a positive approach to eating
- Eating foods in portions that support your goals
- Enjoying a variety of foods in healthy ways

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.