

FOUNDATIONS FOR A HEALTHY LIFESTYLE

Minimize ultra or highly processed foods

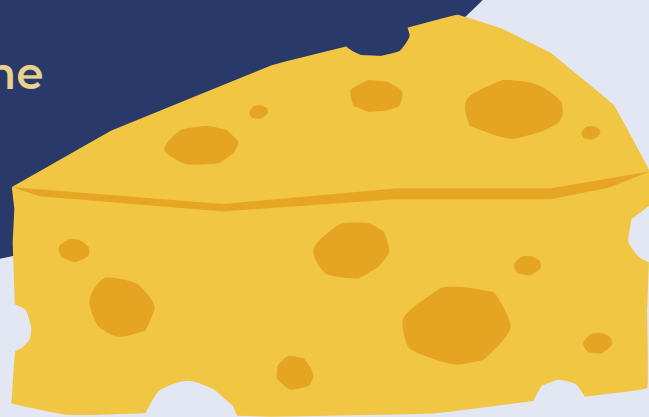
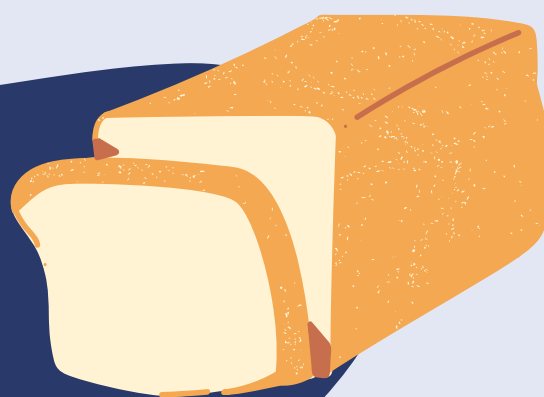


Unprocessed or minimally processed foods

This includes the natural edible food parts of plants and animals. Food is slightly altered, mainly for preservation, but does not change the nutritional content. Examples include fresh fruits, vegetables, whole grains, nuts, meats and milk.

Processed foods

Minimally processed food that has added sugar, salt or fat. This includes canned fruits and vegetables, fresh bread, some cheese, and canned fish.



Ultra Processed or Highly Processed foods

Typically includes ready-to-eat foods with minimal preparation. This tends to be food low in fiber and nutrients. Examples include sugary drinks, cookies, cereal, crackers, chips, frozen dinners and lunch meats.



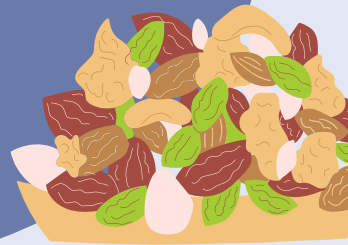
Incorporate more fiber



Fiber is a type of carbohydrate that the body cannot digest. However, it is still an important part of a healthy diet!

Fiber regulates digestion, prevents constipation, helps lower cholesterol, and helps to regulate blood sugars.

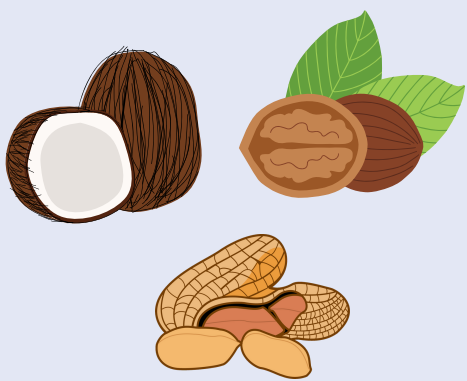
High fiber foods at meals and snacks increases satiety.



In general, the daily recommendation is:
Women ages 19-50: 25gm per day
Women ages 51+: 21gm per day
Men ages 19-50: 38gm per day
Men ages 50+: 30gm per day

Foods High in Fiber

Nuts



Whole grains



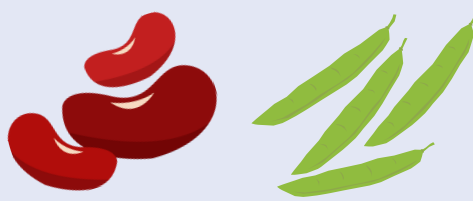
Fruits and Vegetables (with skin on!)



Seeds



Beans and Lentils



Edamame

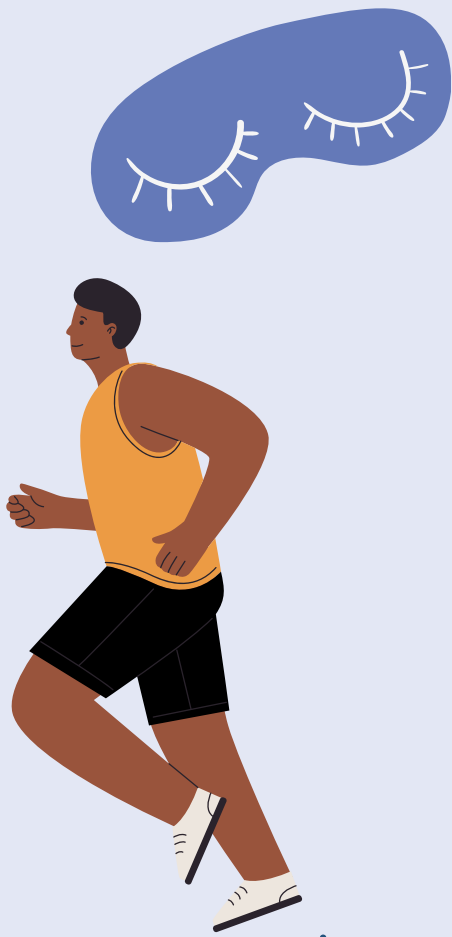


Ways to incorporate more fiber into your diet:

1. Enjoy a portion of beans as the carbohydrate portion of your meal
2. Switch to whole grain quinoa, brown rice, 100% whole wheat bread, and pasta
3. Limit refined grains such as chips, cakes, cookies, crackers, etc.
4. Keep raw, cut up vegetables ready for quick snacks

PHYSICAL ACTIVITY

Benefits of daily physical activity:



helps control appetite
increases metabolism
reduces stress
increases energy
improves sleep
increases bone density
helps lose weight
improves quality of life
improves levels of confidence
improves mood
reduces risk of disease
reduces inflammation
improves ability to do everyday activities



Examples:



walking
jogging
riding a bike
stretching
yoga
lifting weights
swimming
dancing
calisthenics
hiking
boxing
playing sports



any activity where you move your body for the sake of moving your body!

Tips on getting started:

- The BEST way to get started is to do something that YOU ENJOY! Moving your body should be something that you look forward to doing daily. The tough part is just getting started. However, once you do, your life will start to change!
- Consistency is key! Choose a time and frequency that works for you. Put it on your calendar and create a reminder to help you reach your goal.
- Community helps with accountability. Find a friend or family member to join you. Consider an online community or support group. Create fun challenges with each other.
- Again, physical activity should be enjoyable.

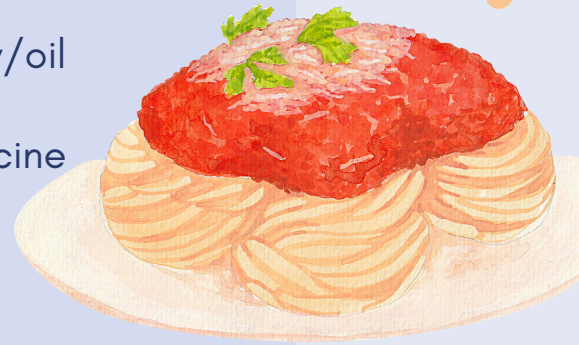
DINING OUT TIPS

- Aim for eating out less than 3 meals per week
- Share entrees to avoid another high calorie meal from leftovers
- Get a to-go box when your order comes out to cut portion in half
- Check out the menu online to choose healthier options before you arrive

TIPS FOR SPECIFIC CUISINES

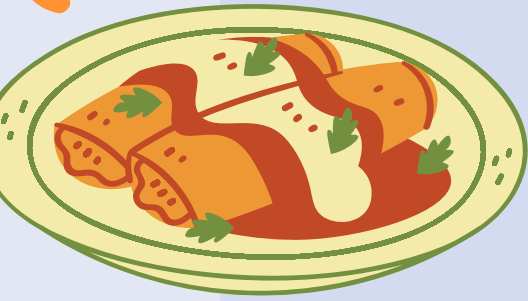
ITALIAN

- Avoid or limit the bread slices/sticks
- Choose tomato based sauce instead of creamy/oil based
 - Linguini with marinara (310 cal) vs Fettuccine Alfredo (800 cal) for a lunch serving
- Go LIGHT on the cheese



MEXICAN

- Put a handful of chips on your plate instead of eating from the bowl
 - average basket of chips has over 500 cal
- Order a la carte, this can reduce portions and calories
- Choose whole pieces of beef or chicken over ground meat
- Choose salsa over sour cream
- Limit guacamole and tortillas
- Cup of queso can add up to over 400 calories



PIZZA

- Choose thin crust
- Go LIGHT on the cheese
- Order fat free/low fat toppings such as onions, green peppers, mushrooms, tomatoes, ham, pineapple, and grilled chicken



ASIAN

- Opt for grilled protein and steamed vegetables. Avoid fried meats, fish, and vegetables.
- Spring rolls (not fried), lettuce wraps and soups can be low calorie options
- Choose steamed rice (1/2 cup is approx. 170 calories) instead of fried rice (1/2 cup is approx. 370 calories)
 - Limit portion size regardless of how it's prepared



MINDFULNESS AND APPETITE AWARENESS TIPS



Avoid Distractions

- Avoid watching TV or scrolling on social media while eating
- Eat at a hard top surface, rather than on the couch, in bed or while driving

Use smaller plates

- Switch to a salad plate rather than a dinner plate to reduce portions



Consider the 3Ps

- *Portion* your servings
- *Plate* (don't eat out of the large container)
- *Put away* any leftovers for the next meal

Hara Hachi Bu

- Japanese term to "eat until you are 80% full"
- The result of not practicing *hara hachi bun me*
- is a constant stretching of the stomach which in turn increases the amount of food needed to feel full
- This takes practice!



Slow down

- Take breaks between bites, put utensil down between bites
- Chew food thoroughly until taking another bite (approximately 20-30x)
- Take at least 30 minutes to finish a meal

Sleep

Sleep and weight gain play an intricate role with one another. Loss of sleep causes a hormonal imbalance that promotes overeating and weight gain. Feeling of hunger is increased due to an imbalance of Leptin and Ghrelin when you don't get adequate sleep. Lack of sleep causes elevated levels of cortisol and decrease in growth hormone, both of which have been linked to obesity. Sleep deprivation can also alter your metabolism.



Set a regular bedtime, and stick to it!

Create a dark environment to sleep. Use blackout curtains, turn off artificial lights and lamps, consider use of red lights. Avoid use of screens 30 minutes to 1 hour before bedtime

Don't eat right before bedtime, wait at least 2-3 hours before laying down

Be an early bird! Those who regularly stay up late may consume more calories which makes them at higher risk for weight gain

Get moving, regular exercise may improve sleep quality

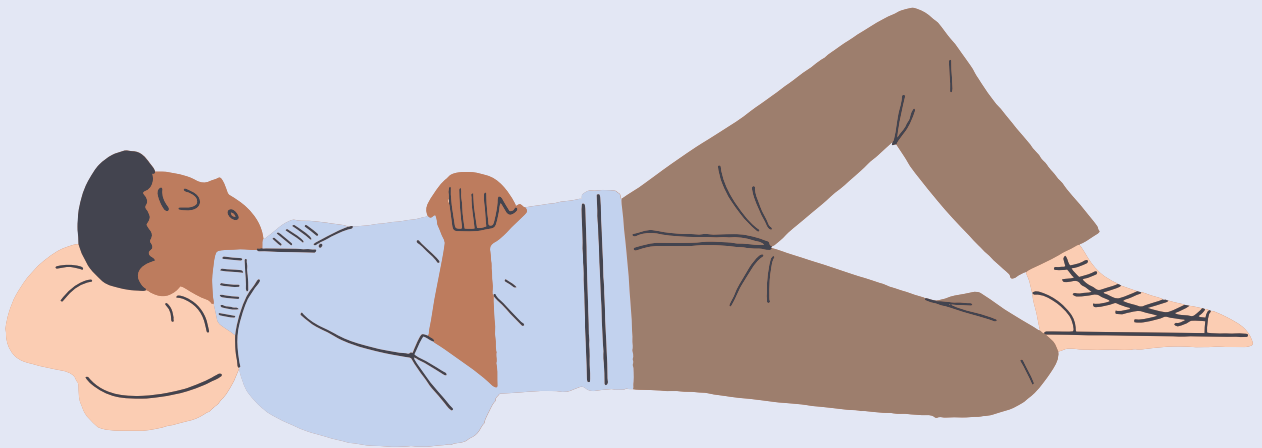
Do you snore? Are you told you stop breathing while sleeping?



Sleep apnea is a breathing disorder where your breathing repeatedly stops and starts again.

Symptoms include:

- Loud snoring
- Gaspings for air while sleeping
- Daytime sleepiness
- Morning headache
- Waking up with a dry mouth
- Difficulty staying asleep
- Difficulty paying attention while awake
- Irritability



Losing weight can significantly reduce symptoms of sleep apnea. Proper treatment of sleep apnea can also aid in further weight loss.

