Class Three- How to Lose Weight with The Food Spiral ™

CLASS NEEDS: -WHITE BOARD/MARKERS, INTERNET/AV FOR POWER POINT PRESENTATION AND SCREEN

HANDOUTS:

PERSONAL FOOD FACTOR AND FAVORABLE FITNESS FACTOR SHEET AND SCORECARD;

FOOD FITNESS FIRST ™ FOOD SPIRAL ™ HANDOUT;

EXERCISE – CALORIES USES AND TIME DONE

-CLASS LENGTH: APPROXIMATELY 1 HOUR

-CLASS LOCATION: CLASSROOM

Slide # 1 –Losing weight with Food Fitness First ™

Slide # 2 - Food Fitness First ™ was designed to help make better food choices. But to find out if you need to lose weight, you must know what your healthy weight is. Usually healthy weight is found by looking at your age, height and weight. Most often, we can look in the mirror and see that we weigh too much. If you are not sure, we can take a quick test to see if your weight is in a healthy range. Divide you weight by your height in inches; then take this number and divide by your height in inches again. Then multiply that number by 703. If this number is 25 or less, your weight is fine. If over, your weight is no longer healthy and weight loss would probably beneficial. The only time this is not true is if you are someone who exercises avidly – runners, weight lifters, those who exercise 5 or more times each week. Muscle weighs more and the more muscle you have, the heavier you can be and still be at a healthy weight.

Let's talk about some of the questions above. A healthy weight can mean losing just 5-10% of your body weight to see some positive health changes.

Weight loss is tough because we are making changes that sometimes we have done for a long time. We are often eating less than usual and may feel hungry. We may be trying new foods and trying to leave off foods that are available and easy to choose; Change is difficult and takes time, so we must be patient. Which leads us to the next question – are we being realistic about weight loss and what to expect and what time frame for it to happen in? Most often, we expect and want instant results; this requires big changes and when we make big changes, we often have trouble doing them for very long – example eating salads every day for lunch or walking 10 miles each day. This will become difficult and boring so we must approach weight loss as something we can do for a long time and plan to be patient with how long it takes.

Slide #3 - Weight gain occurs for most people gradually; as we get older and into adult hood, we stop being as active normally. Then we continue to eat the same amount of food or in some cases, more food. There are times when a medical condition may cause weight gain (under active thyroid is one example), and occasionally medicines, like steroids may cause weight gain, but 99% of the time. Weight gain is just lack of awareness of the amount of food we need to eat. Also knowing the calorie, fat, etc value of foods can help make better choices.

Slide #4 - Weight gain usually occurs over time and can often be pinpointed to a specific event – surgery, childbirth, back pain/injury, job change, etc. Most people do not have medical problems that cause weight gain – most just have the balance problem: too much food and not enough exercise.

Slide #5 - Sometimes just recognizing what we are doing, how things with exercise or eating have changed will give us the answer. Make a list of the things you are doing now and start working on an area at a time.

Slide #6 - So what is the answer – most of us believe weight gain was gradual, so weight loss should be too – make gradual changes with exercise and eating. What are some examples of this?

Slide #7 - We need to find what motivates us to make changes – is it our looks, how we feel, what others think of us, etc. We need to really think about this because changing habits must have a reward or we will not do it – we will always take the easiest and best solution for us, even if it not the healthiest!! Think about it!!

Slide #8 - How can we do it? It seems easy enough, but we all know if losing weight were easy, we would all be thin!! Is medicine the answer – take participants answers? What types of foods do we need to be using? Using the food spiral can be an answer. - More fruits, veggies, whole grains, etc.

Slide #9 - Review the spiral and food group placement – green, yellow and red food groups.

Slide #10   - Go over each stripe and the food it represents; then ask if any questions about the spiral food groups.

Slide #11 - Remember, there are "go" "caution" and "stop" foods.

Slide #12 - How can the spiral help us to lose weight? We will be using more "Go" foods, use of FFF menus and recipes, fast food and grocery store guide and other tools.

Slide #13 - We'll also use the Food Factors – they give us a way to count the foods and to know how much to eat. The factors are based on cal, fat, and other things that will help with eating less.

Slide #14 - The first group is the vegetables: The "go" veggies are "0" factors, while the others are 1 or 3 factors. Try to use more of the go veggie for weight loss – eat all you want!!

Slide #15- The second group is the Dark green Fruit group. The "Go" groups are fresh and have only 1 factor. The serving size is a little larger than the other two fruit groups. They have a lot less fat and calories and they give us plenty of fiber.

Slide #16 - The light yellow stripe gives us grains. The whole grains are only 1 factor, so are better choices for weight loss. They have more fiber and the serving size is a little larger. The other two groups have less fiber, more fat and calories, as well as a higher factor. You will even find sweet cola, sweet tea and alcoholic drinks listed in the "stop" group.

Slide #17 - Diary is the next group – the dark yellow stripe. Each "go" dairy is only 1 factor – remember, cheeses are in the meat/protein stripe. 2% and whole milk dairy are higher factors.

Slide #18 - Meats are next and can make a big difference when we are losing weight. The "go" meats are low fat, have 1 factor and provide us with the protein we need each day. Chicken and fish are the main meats in this group. Red meats and fried meats are in the caution and stop sections and have a lot more fat and calories.

Slide #19 - The last group is the fats – the dark red stripe. Using fats that are healthier for us, like monounsaturated oils and margarines, are the best choices, have only 1 factor. This is the main difference with the fats – there possible effect on our blood vessels.

*Slide #20- -*Some other tips we might use in losing weight with the spiral

1. Use more green!

2. More fruits and veggies.

3. Serving sizes

4. Use less "stop" foods.

Slide #21 - 5. Eat out less often

6. Keep food records – keeping track of what you eat, the number of factors you need and the number you actually eat, keep track of the food groups you use and those you don't use.

Slide #22 - What about exercise? Take a good look at your activity pattern. By keeping a short record, we can see how often we are active and when we might be able to increase.

Name some activities that would be simple to do – some are on the slide – can anyone think of any others?

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Slide #23 - Remember, have fun first and foremost. Eat foods you like, but learn the servings and the amount you need. Use your favorable fitness factor food factor to help you. Make exercise something fun and new – keep it realistic.

Slide # 24 - Any questions?