



# Session 3



NUTRITION



# REVIEW

## NUTRITION

## ACTION

## PLAN

SESSION 3



# REVIEW

ACTIVITY

# ACTION PLAN



# REVIEW

## MIND-HEALTH

# ACTION

# PLAN





# Welcome to **SESSION** TOPICS

# 3



Supportive people can help you during weight loss

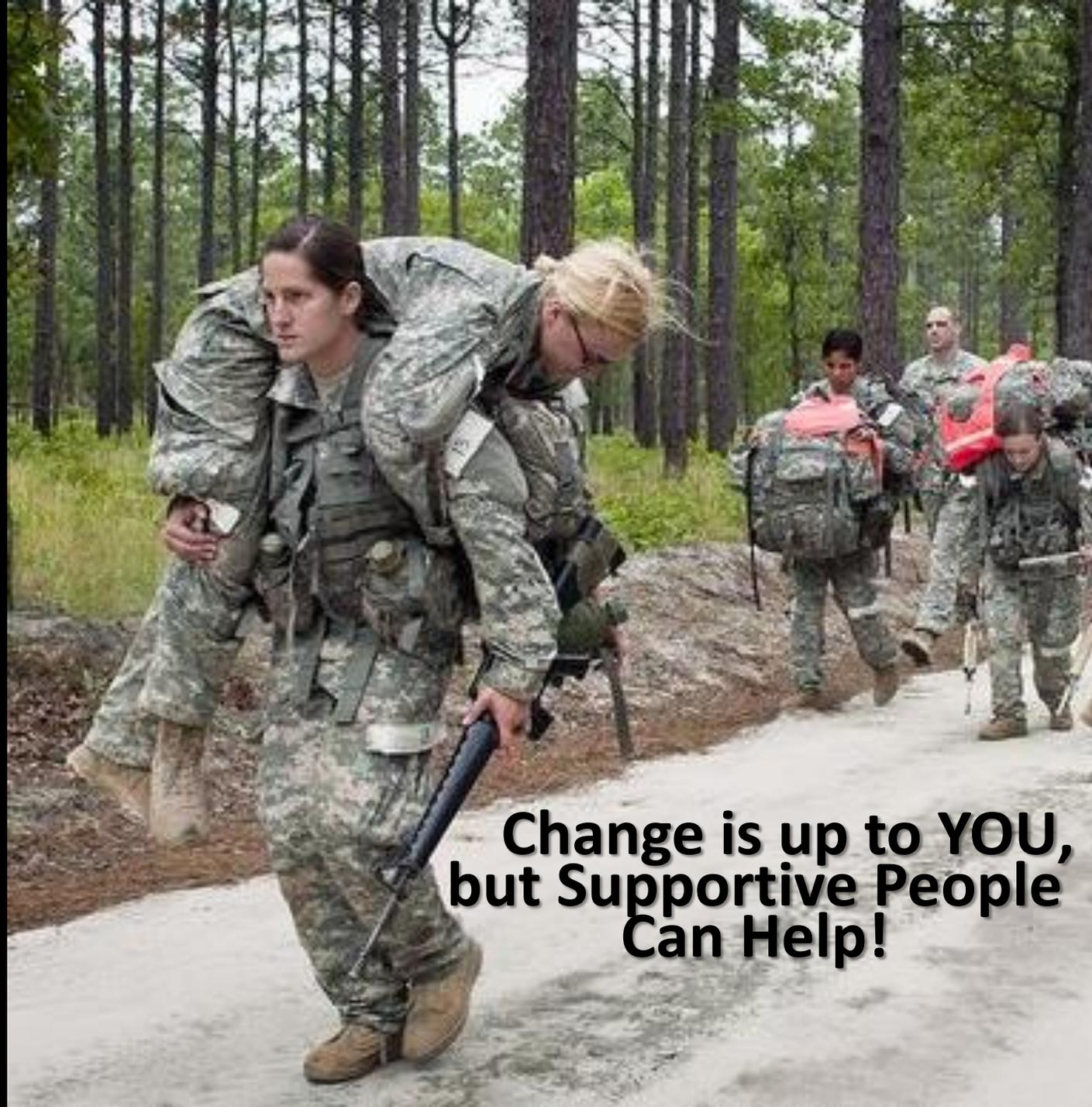
Get and stay active by adjusting your environment (where you work and play)

How to change your “food environment” to make weight loss easier



Surround  
Yourself with  
Supportive  
People

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**Change is up to YOU,  
but Supportive People  
Can Help!**



## Ways To Get The Support You Need

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- ✓ Be clear/specific on how friends/family can help
- ✓ Make it less about losing weight and more about a “lifestyle upgrade”
- ✓ Turn “social time” into “activity time” with family/friends
- ✓ Recruit a “weight loss buddy”



# Improve Your Activity Environment

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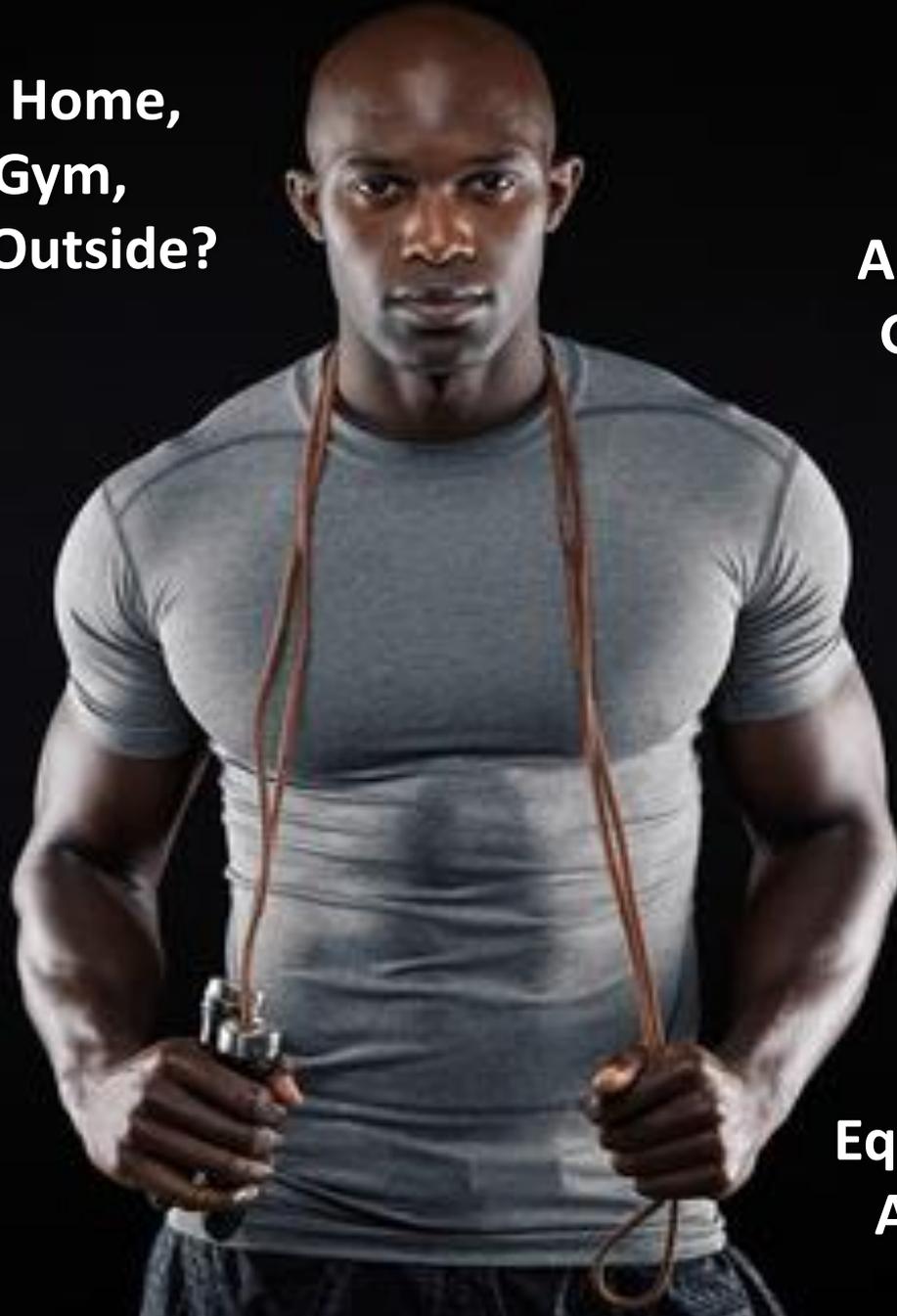
**At Home,  
Gym,  
or Outside?**

**Alone or  
Group?**



**What's Your  
Exercise  
Personality  
&  
Preference?**

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**Equipment  
Access?**



# Build In Variation

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# Consider a Walk/Run Challenge

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Stock and Stash an  
extra gym bag at  
work  
or  
in your car



# Plan Ahead



Promote  
More  
Activity



Go to Sleep Earlier  
and  
Wake Up Earlier  
to Exercise



Turn “Idle Time”  
into  
“Activity Time”



# Plan Ahead



Schedule It!

  
Burn  
More  
Calories



# Change Your Nutrition Environment

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200+ Food  
Choices  
Every day

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“Temptation” Nation



# How We Typically React to Food

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# SEE Food... REACH Food Club





# What's In Your Refrigerator?



Setting Up  
Your  
Environment  
For Success

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# Make Unhealthy Eating Less Convenient



Keep high-calorie, less nutritious foods out of sight and/or out of reach!



**Out of Sight...**  
**Out of Mind**

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# Make Eating Healthy More Convenient



**Keep nutritious, low-calorie options easily accessible and visible**

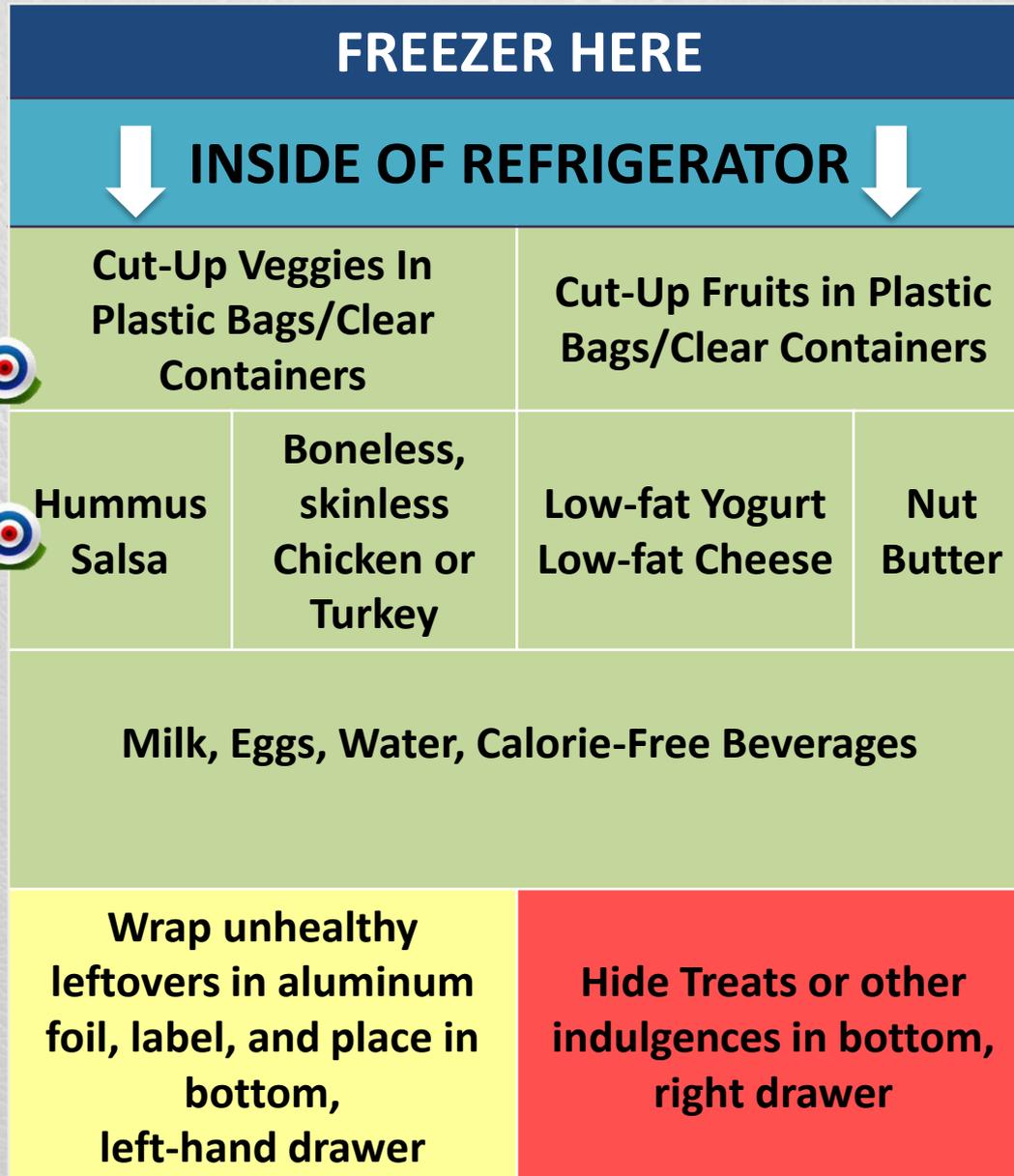
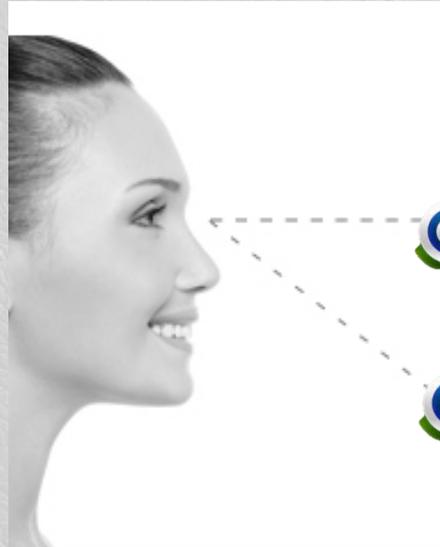
- Pre-assemble / purchase individually sized healthier snacks/meals
- Pack snacks / meals and take them with you



**Make it Easier  
To Eat Healthy**

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# “Make-Over” Your Fridge!





# “Make-Over” Your Pantry/Kitchen



**Make It Easier  
To Eat Healthy**

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- Clear the clutter! Put fresh fruit in a bowl on the counter
- Downsize plates, cups, bowls
- Pre-portion snack foods



# "Outsmart" Your Grocery Store

## Shopping List

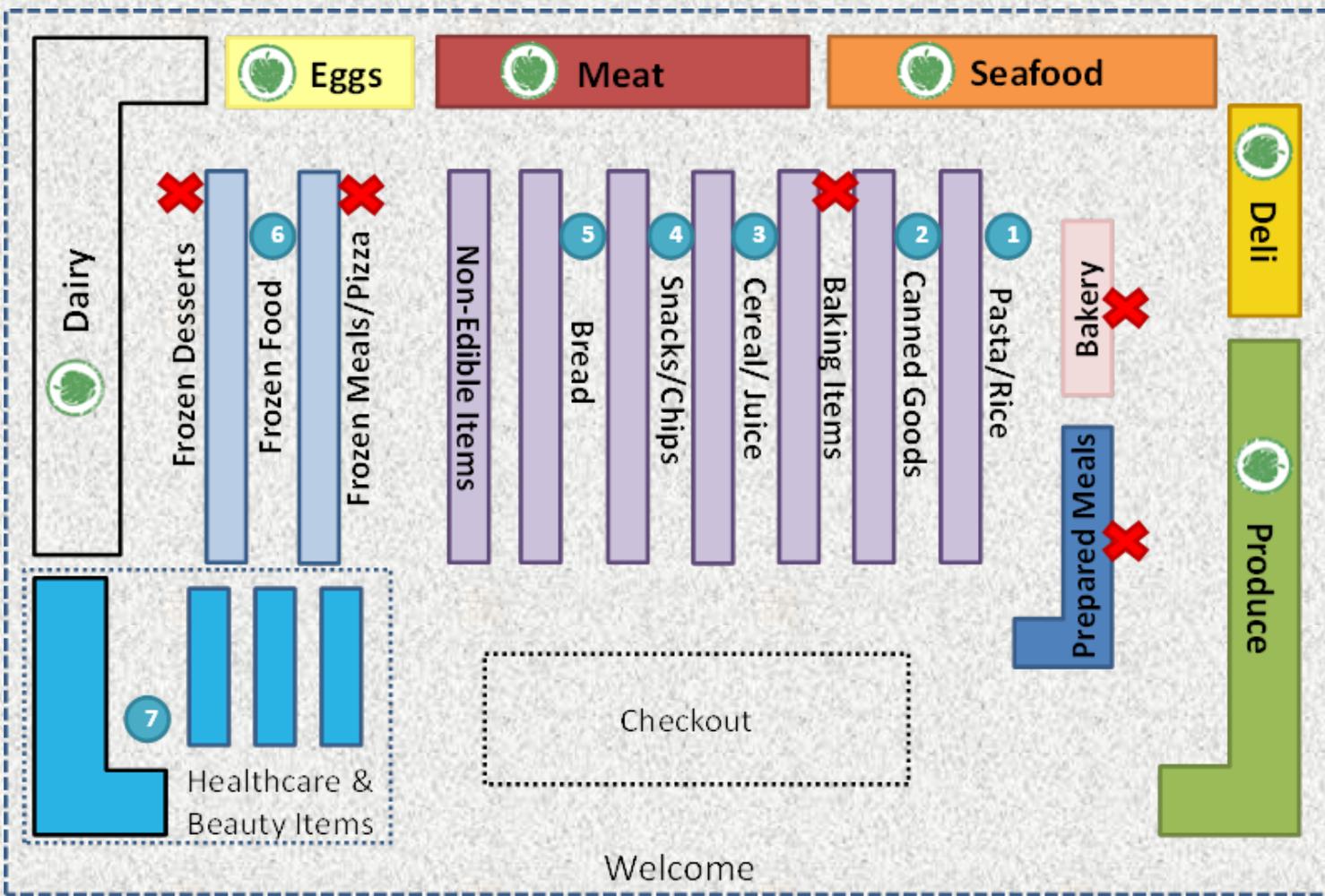
Cucumber  
Tomatoes  
Lettuce  
Fresh Salmon  
Flowers  
Avocado  
Mushrooms  
Dried fruit  
Crackers



Plan  
Ahead

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# Maneuvering Through the Grocery Store



- Shop the perimeter first
- Most expensive items are placed at ~ 5'4" on the shelves
- Less expensive brands are on the other shelves
- Impulse items are placed on the ends of the aisles
- Processed foods are placed on the inner aisles



# Pre-Packaged Meals/Foods

- **Frozen Meals (8-11 oz. Meal):**
  - $\leq$  500 Calories
  - $\leq$  10 g. Fat
  - $\leq$  600 mg Sodium
- **Choose prepared foods with lean meats, low-fat toppings, and lots of veggies**
- **Choose low-fat, reduced sodium options**
- **Check the serving size**

# Best Snack Ideas

▪ Celery, cucumber slices, carrot sticks, etc., with 1 tbsp. peanut butter, hummus, low-fat dip	▪ Fresh fruit (apple, banana, grapes, orange, plum, etc.) Bite size fresh fruit slices with yogurt
▪ Low-fat yogurt or chocolate milk	▪ Bite size fresh fruit slices with yogurt
▪ Mozzarella cheese stick with whole grain crackers or fresh fruit/veggie	▪ Cereal bars or nutrition bars
▪ Nuts, sunflower seeds, or trail mix	▪ Baked chips, low-fat popcorn, pretzels
▪ Fig bars, animal crackers, graham crackers	▪ Dried fruit with bite-sized whole grain cereal

- **60 - 200 calories per snack**
- **Combination of carbohydrates and protein with low levels of unhealthy (saturated) fats**



# Healthy Vending



The Right Choice...  
for a Healthier You!

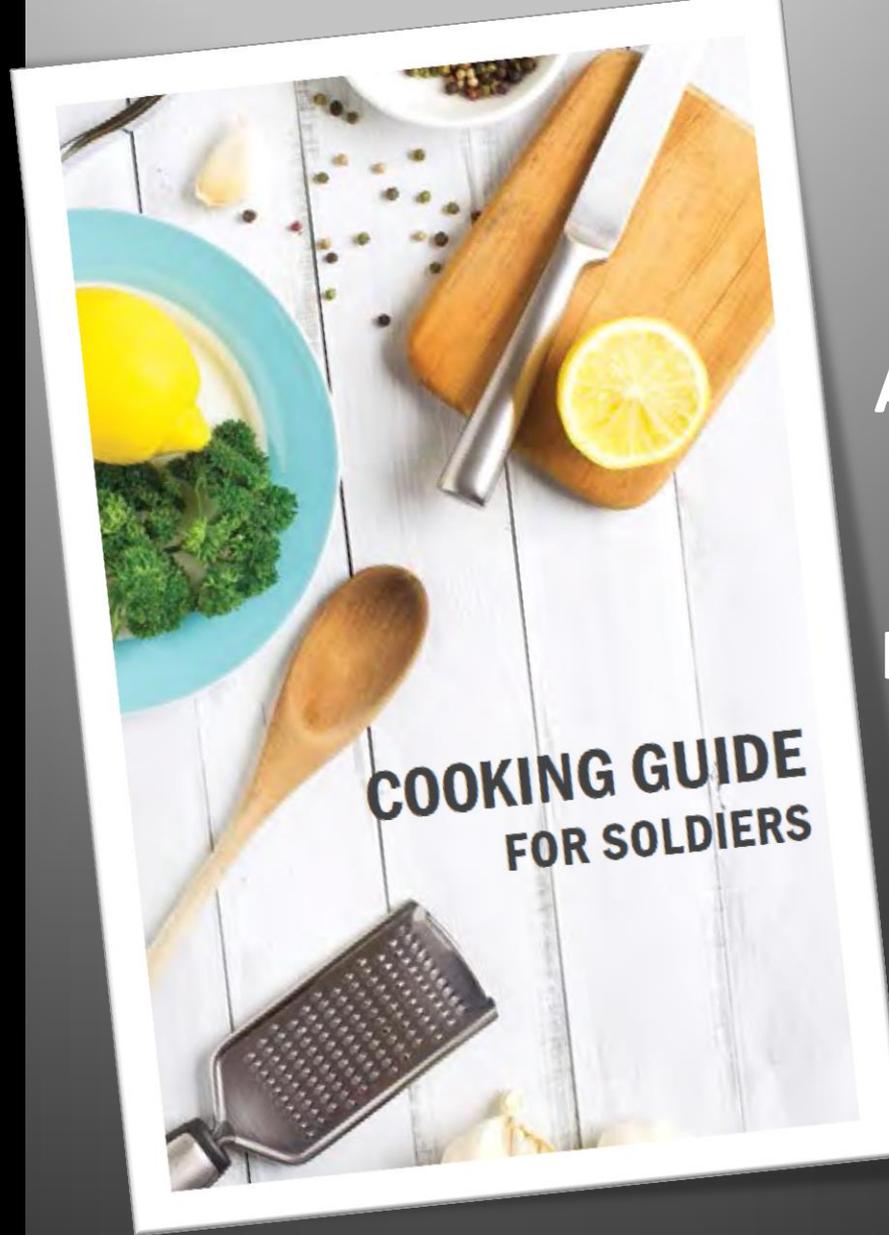




# Cooking At Home

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1. Come up with a weekly menu
2. Build in “left-overs”
3. Bake when you have more time; boil or sauté when you have less time
4. Use a crock-pot or microwave
5. Prep fruits and veggies in advance or buy pre-packaged/prepped



Available on  
APHC  
Health  
Information  
Products  
e-Catalog



Resource

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<https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=723>



# GO FOR GREEN<sup>®</sup>

*Eating well to perform*



**Eat like an Athlete**  
**Train like a Pro**  
**Perform like a Champion**

## High-Performance Foods

- Premium fuel for the Warrior Athlete
  - Fresh and flavorful
  - Nutrient dense
- Go for *Green: Eat often!*

## Moderate-Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Choose less often

## Performance-Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
  - Warning: Limit intake



DFAC  
DINING

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- Grilled or baked versus fried
- Healthier sides (salads, plain baked potato, etc.)
- Re-think your condiments/sauces
- Water, low-calorie drinks
- Kid-sized meal versus “value-meal”



**Have It  
“Your Way”**

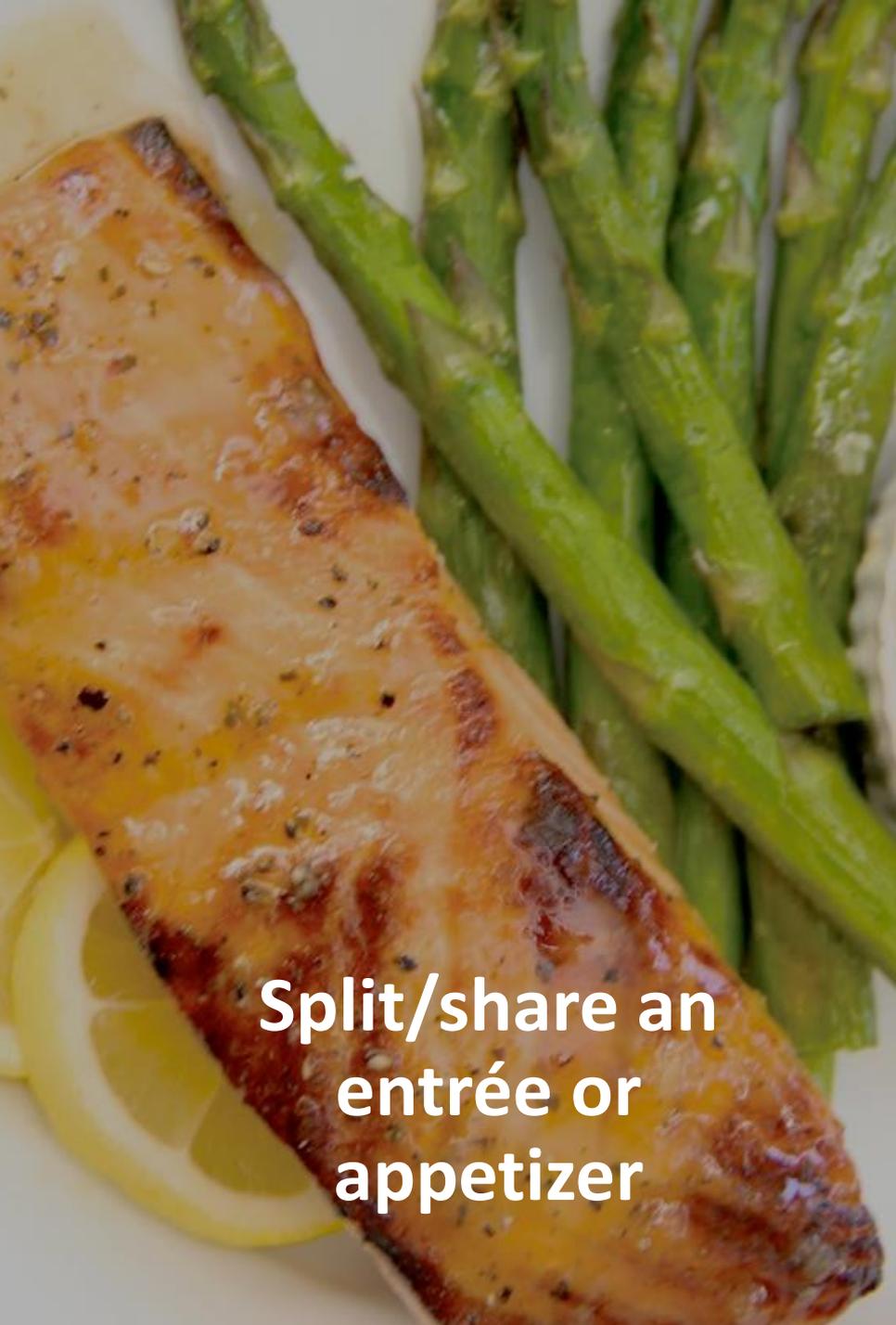


**Review the  
menu in  
advance**

**Skip the  
bread basket  
or chips**

*Menu*





**Split/share an  
entrée or  
appetizer**

**Request a  
“to-go” box  
BEFORE your  
meal arrives**

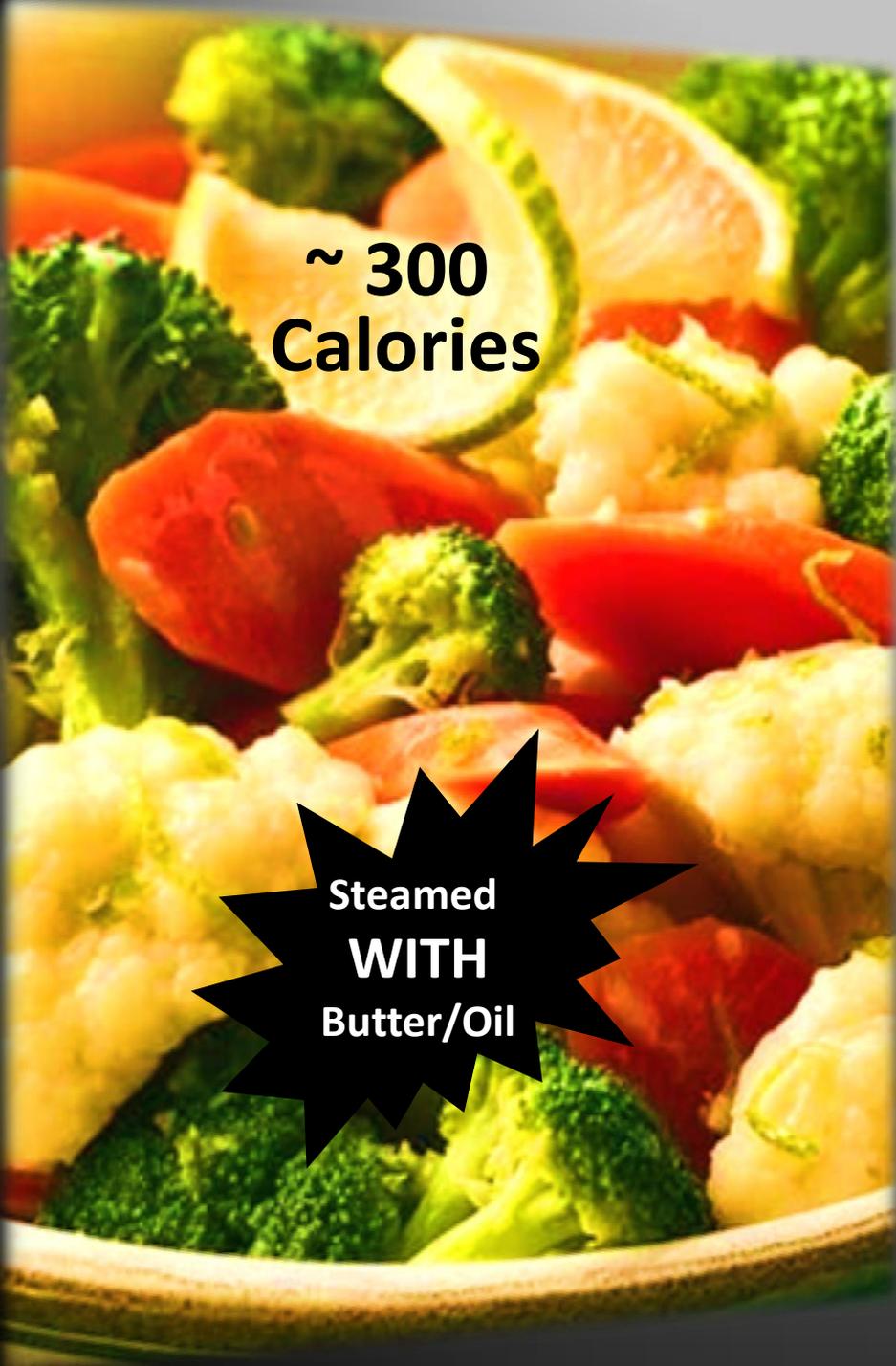




**Order Dressing  
& Sauces On  
The Side**

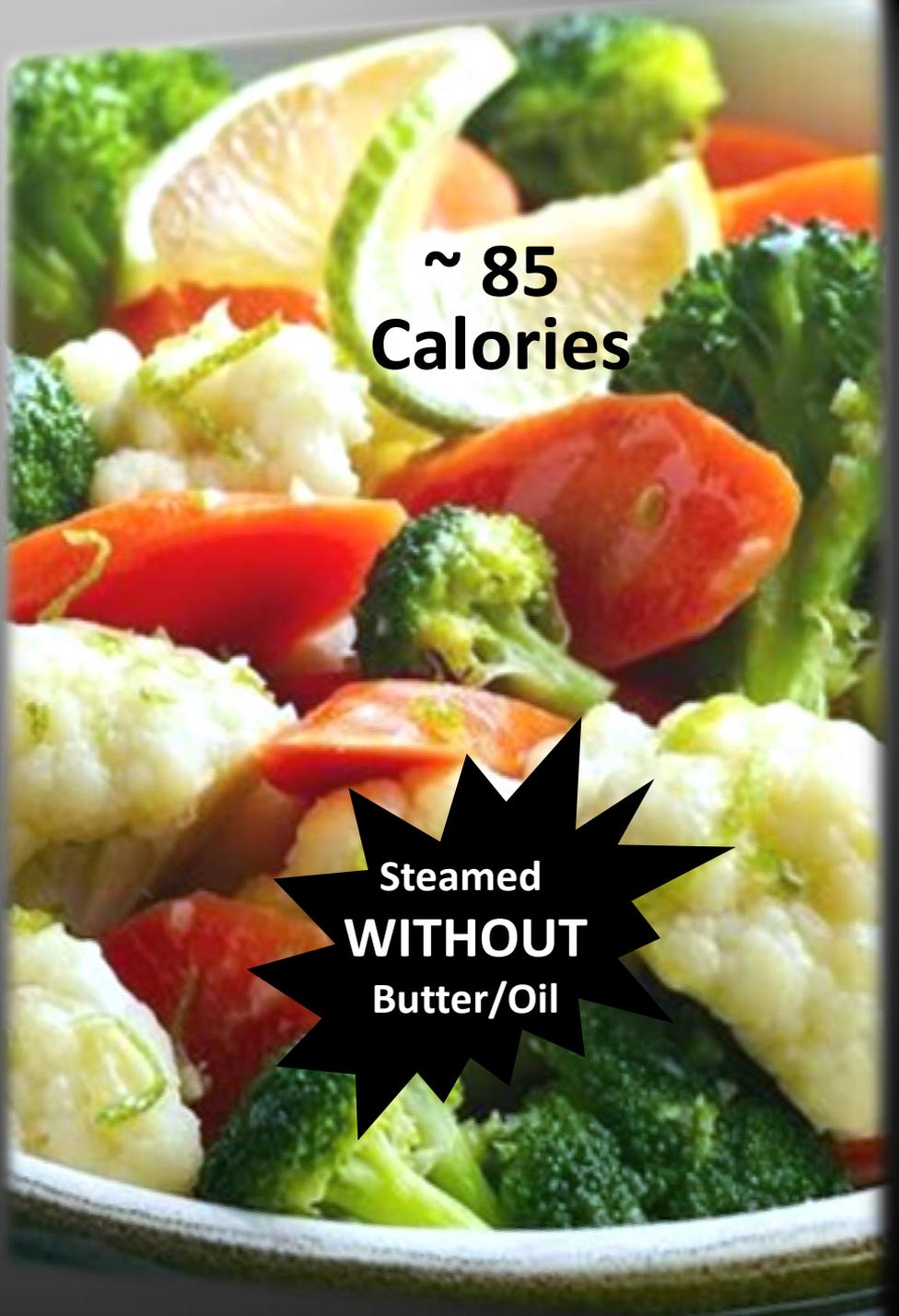


**Save  
200-400+  
Calories**



**~ 300  
Calories**

**Steamed  
WITH  
Butter/Oil**



**~ 85  
Calories**

**Steamed  
WITHOUT  
Butter/Oil**



- Get the support you need from family/friends/co-workers
- Fine tune your surroundings to promote more activity
- Alter your food environment to keep you on track with your weight loss goals



## SUMMARY

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NUTRITION



# NUTRITION ACTION PLAN

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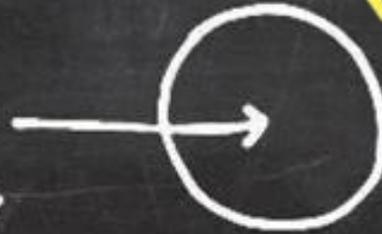
# ACTIVITY ACTION PLAN



# MIND HEALTH ACTION PLAN



Your  
Comfort  
Zone



Where the  
magic happens