

Module 8: Eating To Support Your Health Goals

Participant Guide



Session Focus



Adopting a positive and healthy approach to eating can help you prevent or delay type 2 diabetes.

In this session 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

You will also make a new action plan!

Tips:

- ✓ Eat the right amount
- ✓ Be aware of physical cues to begin and stop eating
- ✓ Change your favorite dishes to make them healthier



Take a Positive Approach to Eating

Anthony's Story—Part 1

When Anthony recently took a new position at his job, he started working through his lunch breaks and ignoring his hunger. On the days he would skip lunch, he would feel very, very hungry, tired, and shaky after work. So, he would usually stop at a store and buy a bag of potato chips to eat on his drive home. Even though Anthony wasn't that hungry when he got home, he would eat dinner anyway.

These new eating habits caused Anthony to put on some additional weight, and when Anthony went to visit his doctor, he was told that he was at risk for type 2 diabetes. At first, Anthony thought negatively about how the new changes of eating would affect him. He depended on that snack after work when he missed lunch. He couldn't do without it.

Anthony also thought about how much time and effort it would take for him to make healthy snacks to bring with him to work.

However, Anthony knew that being at risk for type 2 diabetes was serious and that he had to make changes for himself and for his family. Anthony began making small changes to curb some of his recent eating habits. He now listens to his body and makes an effort to focus on only eating when he's hungry. For those busy days when he can't break for lunch, he brings unsalted/low-salt nuts and cut-up veggies to work so he can snack when he gets hungry. That way, he never gets very hungry after work and still has a healthy appetite for dinner.

Anthony has also taken a positive approach toward his changes. Anthony now focuses on the positive outcomes for his future -- staying healthy for himself and his family, feeling better, and having more energy every day.



Take a Positive Approach to Eating

Positive Approaches to Eating

One eating habit that I would like to improve or change is

Eating the Right Amount

Eating the right amount is part of a healthy approach to eating.

Try these tips:

- Eat only when you feel hungry. Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to acknowledge and manage those feelings.
- Don't wait until you're very hungry. If you do, you're likely to eat lower-quality foods or eat too much.
- Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- Use small plates and single-serving packs. They help you manage your portion size.
- Focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more.
- Eat slowly. This gives your brain a chance to get the message that you are full.



Take a Positive Approach to Eating

Mindful Eating

Mindful eating means eating with awareness. It involves consciously choosing and experiencing your foods and being aware of physical cues to begin and stop eating. Practice mindful eating as a lasting approach to healthy eating.

Try these tips:

- Eat when your body tells you to eat (for example, when your stomach is growling, or your energy is low).
- Listen to your body. Aim to eat to the point of being satisfied versus feeling full or stuffed.
- Have meals with others and at set times and places.
- Consider the quality of the food you're eating.
- Eat foods that are nutritious.
- When eating, focus on the act of eating and chew your food slowly.



One positive approach I can try implementing today is _____.

Enjoy Foods in Healthy Ways

Anthony's Story—Part 2

Ever since Anthony's doctor told him that he's at risk for type 2 diabetes, he has begun making healthier choices. Anthony is now:

- Choosing foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- Making small changes to reduce the amount of processed foods that he eats.
- Working towards incorporating more nutrients and fewer calories in the foods he eats.

Anthony chooses items that are high in fiber and water to fill him up without adding calories. 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

Making healthy choices is part of a healthy approach to eating. Choose items that are:

- High in fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit
- Less processed
- High in nutrients
- Low in calories

Enjoy Foods in Healthy Ways

Instead of...		Choose...	
<p>½ cup chocolate pudding (153 calories)</p> 		<p>½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)</p>	
<p>1 bag of classic potato chips (460 calories)</p> 		<p>3 cups of air-popped popcorn (93 calories)</p>	
<p>1 medium serving of french fries (378 calories)</p> 		<p>1 cup baked home fries (243 calories)</p>	
<p>1 slice of pepperoni pizza (338 calories)</p> 		<p>1 slice of thin crust veggie pizza (200 calories)</p>	
<p>½ cup salsa con queso (179 calories)</p> 		<p>½ cup plain salsa (38 calories)</p>	
<p>1 cup orange juice (122 calories)</p> 		<p>1 medium orange (69 calories)</p>	

Enjoy Foods in Healthy Ways



Ideas for Healthy Choices to Prevent Type 2

Directions: Work with a partner to write ideas for healthy food choices. In the left column of the chart below, write the name of a food you want to replace. In the right column, write a healthy swap for this food.

Instead of...	Choose...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Enjoy Foods in Healthy Ways

Recipe Makeover

Here are some ways to make healthy choices enjoyable.

- Change your favorite dishes to make them healthier.
- Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.
- Choose good-quality items.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill or roast veggies and meat to bring out the flavor.
- Learn new cooking techniques and recipes from books, articles, and videos. Or take a healthy cooking class.
- Share ideas and cooking with friends, family, and your PreventT2 group.
- Try new healthy cuisines and ingredients.



Enjoy Foods in Healthy Ways

Anthony's Recipe Makeover

Anthony loves to cook! One of Anthony's favorite dishes is his grandma's lasagna. Her recipe has ricotta and mozzarella cheese, ground beef, tomato sauce, and, of course, lasagna noodles. He was able to find some ways to make his grandmother's lasagna recipe healthier—and still tasty!

Original Lasagna Recipe



- 12 lasagna noodles
- 1 pound ground beef
- 2 cloves garlic, chopped
- ½ teaspoon garlic powder
- 1 teaspoon dried oregano, or to taste
- salt and ground black pepper to taste
- 2 (16 ounce) packages ricotta cheese
- 2 eggs
- 1 ½ (25 ounce) jars tomato pasta sauce
- 2 cups shredded mozzarella cheese

Lasagna Recipe Makeover



- 6 whole-grain lasagna noodles
- 12 slices zucchini
- 1 pound ground turkey
- 2 cloves garlic, chopped
- ½ teaspoon garlic powder
- 1 teaspoon dried oregano, or to taste
- salt and ground black pepper to taste
- ¼ cup fresh basil
- ¼ cup fresh Italian parsley
- 1 (16 ounce) package part-skim ricotta cheese
- 2 eggs
- 1 ½ (25 ounce) jars tomato pasta sauce
- 1 cup shredded part-skim mozzarella cheese
- ¼ cup mushrooms
- ½ cup spinach
- ½ cup red peppers



Recipe Makeover Activity

Directions: Work with your group 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. Write your ideas in column 2.

Recipe Name: _____	Recipe Makeover