

Responding to Hunger

Hunger isn't the enemy. It's your friend. It lets you know that it really is time to do one of your favorite things – EAT! In fact, hunger is your only truly legitimate cue for eating. And eating when you are legitimately hungry is an exercise in eating without guilt.

Hunger can also be triggered by external situations. If you always have room for dessert or the sight of food on TV sends you foraging glassy-eyed in the fridge, your conditioning is external and you must begin today the process of retraining your response to external food cues.

Relapse Prevention

Everybody on a diet lapses occasionally. This is not the end of the world! You lost a small skirmish – certainly not the battle, let alone the war. DO NOT beat yourself up. Keep the lapse in its correct time frame. You've scaled ten rungs on the health ladder and dropped back a rung or two by lapsing. That's no reason to plummet back to ground zero. Use the Lapse Analysis to change your response the next time you are tempted.

Lapse Analysis		
Where did the lapse occur?	Who were you with?	When you gave in, how if you feel?
What were you doing?	What cues set you off?	How can you plan for success next time?

Strategies for Appetite Control

Out of Sight, Out of Mind, Out of Mouth

You know you are going to eat those cookies if you buy them. Keep them out of the house.

A Taste is NOT the Whole Cake

It is better to have a taste than to deny your craving and end up ruining your day with a binge. However a taste is just a taste. You are not allowed to eat the whole portion. There is a tomorrow. You will have the opportunity to have another taste then.

Being Dateless Should NOT Trigger Binge Eating

Dateless will no longer be an excuse to binge eat. You must take responsibility for your situational eating. Why are you home alone with ice cream? Why is the ice cream there is the first place? Go back to rule 1!

TV and Eating Do NOT Go Together

Distracted eating is dangerous. Eating is a conscious act that should only be performed at a table.

Wait for Satiety to Kick In

Slow down when you are eating. Put down your fork between bites. Wait twenty minutes before seconds or desserts. Give yourself a chance to feel full and react positively to it.

Stress is a Normal Component of Life

Using food to cope with stress is a behavioral problem which needs modification, not a personality flaw. You simply haven't learned or practiced other skills for coping with stress. Food has been your only tool for managing. If you have become accustomed to using food as the primary coping mechanism in your life, use the following Coping Exercise to explore your habits.

Coping Exercise		
	Yes	No
Do you eat to level out emotions?		
Do you eat to "take the edge off"?		
Do you crave the wonderful "numbness" associated with a full stomach?		
Does eating make you sleepy, allowing a retreat from the pressures of life?		
Does eating relieve all kinds of stress, be it personal, social or work related?		

Eating compulsively is often a measure of your anxiety. Food relieves the anxiety. It calms you, removes the stress and helps you cope. Learn to recognize the easily signs of stress and remove yourself from the vicinity of food.

Strategies to Shift Your Focus Away From Food

- Plan your eating. Be assertive. Don't be embarrassed or intimidated. Stay in control.
- Don't use food as a significant other. When food is in control, you're a passive eater.
- Many people eat before they think. Eating becomes automatic when emotion triggers pseudo-hunger.

Use the Food Craving Recorder to distinguish between real and emotional hunger.

Food Craving Record			
	Date	Time	Comments
Food Craved?			
Last Meal or Food Eaten?			
What was your mood?			
Was the hunger real or emotional?			
What was your response?			
How will you cope next time?			

Reduce Food's Influence in Your Life

Just as you are the one who started the relationship with food, you and only you can change it. Begin today to let food revert to its natural role as fuel for your body. It isn't worthy of being anything more.

The Nutrition Facts Label was designed to be easy to read and use. To familiarize yourself with this format, review the sample below.

This bold heading makes it easy to find important nutrition information

Nutrition Facts	
Serving Size 2 tortillas (51g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Shows how many calories come from fat. Choose foods that have less than 30% calories from fat.

Designated serving sizes are based on typical amounts of a given food consume. Similar foods will have the same designated sizes, making it easy for you to compare nutrition information.

% Daily Values column shows what portion of the Daily Value is provided by one serving of food.

Calorie conversion information on a per gram bias. Note: Fat has more than twice the calories of carbs and protein.

Choose foods with a low % Daily Value of fat, saturated fat, trans fat, cholesterol and sodium.

For total carbohydrates, dietary fiber, vitamins and minerals, higher % Daily Values are better.

Activity

Food labels help you make informed food choices. To get better acquainted with the foods you consume, go to your cupboards and select your favorite packaged food products. Examine the nutrition label and note the following:

- What is the serving size? _____ Measure 1 serving to see what a serving looks like
- How many calories are in one serving? _____
- What has your typical serving size been in the past? _____
- Is it more/less than listed on the nutrition panel? _____
- How many calories are in this serving size? _____
- How many calories are from fat in this serving size? _____

Dietary guidelines suggest that fat intakes should be less than 20-35% of total calories consumed. Remember, your average fat intake over several days is more important than in a single food or meal. If the majority of food products you consume provides less than 30% of their calories from fat, congratulations, you are on the right track! If many of the foods you consume contain more than 30% of their calories from fat, you need to make some revisions in your food choices.

While the labels lists the number of calories from fat, the percent of calories from fat is not given. How you can calculate this number very easily. Fill in the blanks below and compute percent calories from fat.

- List the number of calories from fat: _____
- Divide the number of calories from fat by the total number of calories per serving: _____
- Multiply this number by 100 to get the percentage of calories from fat: _____

Throughout this program, you will plan and set exercise goals by completing the activity sections of the handouts. Here are a few tips to help you build your goal setting skills.

- **Goals Should Be Your Own.** If you are trying to achieve someone else's goal (example: I'm participating in this program because my husband wants me to lose weight) chances are you will not be successful in the long-term.
- **Goals Should Be Specific.** "I want to exercise more" isn't specific enough. How do you know you exercised more? A better goal would be "I want to exercise 4 times this week for 15 minutes each time".
- **Goals Should Be Achievable.** For the person who is just beginning a power-walking program, it would be unrealistic to set a goal of "I will power-walk everyday this week for 2 hours". Start off slowly and work your way up.
- **Goals Should Specify Completion Dates or Time Frames.** Consider this goal: "Over the course of the next week, I want to exercise 4 times for 15 minutes each time". This goal statement specifies a time frame for completing the goal – within one week.

Tips for Staying With It

Establishing realistic and achievable goals is key to a successful and ongoing exercise program. There are many steps you can take to help you "stay with the program". For example:

- **Chose The Right Equipment.** For example, if your hips, knees or ankles hurt from walking, you may not have the right shoes! Consult with a reputable athletic shoe dealer for advice on the best athletic shoe for you to wear when you walk.
- **Establish a Time and Place.** Include when and where you will exercise as part of your weekly planning activity. You may want to experiment with different times of day for exercise and find a variety of places where you can do your different exercise programs – parks, malls, fitness rooms and places within your own home. You might consider joining a gym.
- **Find an Exercise Buddy.** Knowing that another person is depending on you to show up for a power walk can help you leap hurdles of inertia. And more than one exercise buddy can be helpful too.
- **Overcome Boredom.** One way to prevent boredom is to engage in a variety of activities. Throughout this program, you will learn a number of different ways to exercise that you will help you effectively combat exercise boredom.
- **Reward Yourself and Enjoy.** If you want to maintain your new exercise program, you must reward yourself for your efforts! Identify and enjoy non-food rewards when you successfully complete your exercise program.

Activity

Continue with the activities you did over the past two weeks. This week, add a walking program to your weekly activities. Walking is an easy and portable way to exercise. You can walk nearly anytime, anyplace or anywhere and it is great for your heart. To get started, walk for at least 5 minutes, 4 times during the first week. After one week, if you feel energized by walking, increase your program to walking, increase your walking to 10 minutes, 4 times during the second week. If you feel sore or tired after a week of walking, continue with 5 minutes, 4 times per week. And, as always, if the soreness is severe and you are unable to perform your usual daily activities, consult your physician.