



Group Session 11

Key Behavioral Strategies	<ul style="list-style-type: none"> ■ Altering eating patterns: dining out ■ Planning ahead ■ Problem Solving
Participant Behavioral Strategies	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> ■ Review past diaries and identify dining out patterns and create possible healthier alternatives. ■ Recognize problem foods when eating out ■ Practice making better food choices
Process Objectives & Session Content	<ul style="list-style-type: none"> ■ Learn how to modify or adjust meals when dining out ■ Discuss strategies for dining out ■ Identify strategies for lowering calories at restaurants
Handouts	<ul style="list-style-type: none"> ■ Healthy People Stick Together ■ Eating Out the Healthy Way ■ Let's Eat! ■ May I Take Your Order? ■ My Action Plan for the Week ■ Food and Fitness Diary (FFD) ■ New Leaf Module Handouts: "Thoughts, Feelings, And Weight: Break the Cycle!"; " Negative Thoughts"; "The Keys to Success"; "Fast Food Facts" ■ Optional Recipe handout: Summer Cold Fruit Soup
Other Materials	<ul style="list-style-type: none"> ■ Food Samples to taste from Group Session #9 ■ Recipe Modifications from Group Session #9
Topics/Agenda (2 hours)	<p>TASTE IT! ~30 MINUTES</p> <p>CHECK-IN ~20 MINUTES</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</p> <p style="padding-left: 20px;">Dining out</p> <p style="padding-left: 20px;">Choosing food wisely</p> <p>NEXT STEPS ~30 MINUTES</p> <p style="padding-left: 20px;">Action plan for preparing food next week</p> <p style="padding-left: 20px;">What to expect next week</p>



I. Check-In

- Determine if participants were able to stop eating patterns by understanding triggers
- Discuss how participants can develop positive triggers or cues for exercise (**“Healthy People Stick Together”**)

~ 20 minutes

■ Check- In

- = Sample discussion approach:
- = *Last week we talked about some of the cues or triggers that lead us to eat more. Was it easy to identify what these cues were? Was anyone successful in breaking the pattern? How did it feel? What was most difficult?*
- = *It is important to note that not all cues or triggers are negative. Sometimes, we can have positive cues in our life that will help us remember to eat healthy or to exercise. For instance, the healthy family favorite meals, quick breakfast list or smart shopping list posted in your kitchen is a positive cue to help you plan healthier meals.*
- = *Other positive cues could be a weekly meeting with a friend to walk. For instance, you could make arrangements to walk with a friend every Tuesday evening. Tuesday would then be a cue that it is time to exercise. Leaving your walking shoes in front of the door could also be a cue to remind you to exercise. What are some other positive cues or triggers that you can use in your life to remind you to eat healthy and exercise more? (Distribute **Healthy People Stick Together** and have participants work in groups to come up with positive triggers; share with class).*

Your Notes:



II. Try It

- Dining out (**“Eating Out The Healthy”**)

1. Dining out

- Facilitate a discussion about eating out
- Discuss certain unhealthy food items that contribute to significant calories

- Sample discussion approach:
 - *We have talked a lot about food preparation and planning meals*

Your Notes

Refer participants to New Leaf handouts “Thoughts Feelings, and Weight”; “Negative Thoughts”; “The Keys to Success”; “Fast Food Facts”; for additional

Way” and “Let’s Eat”)

■ **Choosing foods wisely**

~ 40 minutes

ahead to make sure we are eating healthy. However, sometimes we just don't have the energy or time to cook for the family let alone ourselves. Instead, it is easier to pick up food or order takeout. Other times, eating out is an opportunity to socialize with our friends and families. While cooking at home with fresh ingredients is generally healthier, there are things we can do when we eat out to make sure we do not blow our new healthy lifestyle. Today, we are going to talk about some of these choices.

What is your typical dining out experience? What makes eating out challenging when you are trying to eat fewer calories? What strategies have you used so far to make healthier choices when dining out?

*There are things you can do when dining out. (Distribute **Eating Out the Healthy Way** and **Let's Eat!** handouts and discuss; ask participants to share other helpful tips)*

2. Choosing foods wisely

- Practice choosing healthier items when dining out

Sample discussion approach:

*Now let's practice ordering healthier foods. We asked you to bring in a menu from one of your favorite restaurants this week. Find a partner and let's practice ordering from your menu. (Distribute **May I Take Your Order?** worksheet). One of you will be the "waiter" and the other will be the customer and choose a healthy meal. This will give you practice saying 'no' to extra things such as bread or cracker or asking for only half of the meal to be brought out (the other to go). (Give participants a chance to practice and circulate to offer assistance) Who wants to share their healthy meal? What are some other suggestions from the group?*

information. The handout can serve as a resource for more information but will not be covered in class.

Your Notes

III. Taste It



THEME: Modified Recipes

~ 30 minutes

- **Purpose:**

- Taste the top recipe modifications made in session 9 (Options: This may be the top 3 recipes from the class prepared by instructor or by volunteers in the class or just one of the sample recipes or one selected and prepared by the instructor)

- **Materials/Equipment:**

- Prepared dishes
- Utensils, plates and napkins

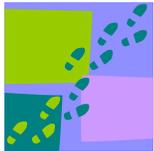
- **Handouts or Questionnaires:**

- Copies of the Recipe Modification

- **Discussion Topics**

- *Do these foods taste different? In what way? Do you think your family would eat these dishes? How could you convince them to try these new recipes? Are there other ideas on how to change these recipes?*

IV. Next Steps



- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week
- Wise-Buck Shopping

~30 minutes

1. Plan for the Week

Participants write a weekly action plan on the inside cover of the diary in at least the following areas:

- Positive cues
- Physical activity links
- Participant choice

2. Tracking (Self-Monitoring):

The recommended tracking for the week is:

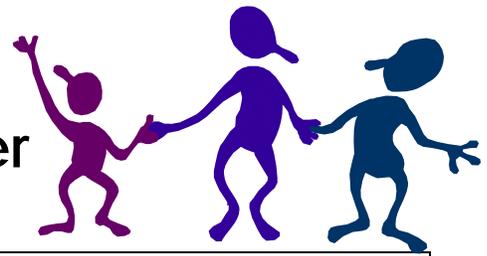
- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days.
- c. Keep track of servings of fruits and vegetables each day.
- d. Write down the minutes of exercise above your normal routine.

3. What to expect next week

- Bring comfortable clothes and shoes for the Do It!

4. Wise-Buck Shopping

Healthy People Stick Together



Activities	Examples
Spend time with someone who is active and makes healthy food choices	<ol style="list-style-type: none"> 1. WW participants 2. 3.
Put yourself in places where people are active	<ol style="list-style-type: none"> 1. Park 2. 3.
Set up a regular "date" with others to be active	<ol style="list-style-type: none"> 1. walking Wednesdays 2. 3.
Ask your friends to call you to remind you to be active or to set up dates to be active	<ol style="list-style-type: none"> 1. WW 'buddy' 2. 3.
Be social by doing something active	<ol style="list-style-type: none"> 1. walk around the block with your family to catch up on the day's activities 2. 3.
Bring a healthy food to share when you go to a dinner party	<ol style="list-style-type: none"> 1. Green salad with lots of veggies & reduced calorie dressing 2. 3.
Be the first to order something healthy at the restaurant	<ol style="list-style-type: none"> 1. Grilled chicken sandwich (no mayo) with a side salad or fruit cup 2. 3.
Other ideas for helping you be healthy	<ol style="list-style-type: none"> 1. 2. 3.

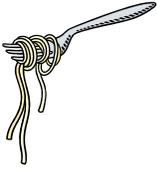
Eating Out the Healthy Way



- Look for dishes that are grilled, baked, broiled or poached
- Ask for sauces or dressings to be served on the side
- Avoid fried foods and foods in white sauces or gravy
- Start with a side salad (dressing on the side) or vegetable based soup to curb your hunger until the main meal comes
- Minimize the amount of bread and appetizers that you eat before the meal
- Order a few sides or appetizers instead of an entrée and an appetizer or side (eg. Salad, shrimp cocktail and baked potato). Most of the sides and appetizers are smaller portions
- Share an entrée with a friend or ask the waiter to box up half of the entrée
- Split desserts with a friend or order a bowl of fresh fruit or small serving of ice cream
- Don't fill up on the free refills of beverages and try to stick to water, unsweetened tea, or soda water with lime
- Ask for substitutions to make healthier meals such as a side salad or fruit cup instead of fries or rice instead of mashed potatoes
- Have any sauces, gravies, margarine, butter, and salad dressings served on the side and use them sparingly
- Limit the amounts of dressing, ham, croutons, pasta salads, potato salads, tuna and chicken salad and cheese that you select from salad bars
- Avoid hot dogs, sausages and untrimmed steak or chops
- Choose simple dishes with fewer ingredients when possible as these are more likely to be healthy
- Be careful at buffets and try to make as few trips as possible to the buffet serving line

Let's Eat!

Italian



- Watch the portion size
- Stay away from white sauces
- Look for sauces made with tomatoes and other vegetables
- Eat pasta with a salad OR bread with soup, but not pasta and bread

Asian



- Opt for steamed or stir-fried dishes
- Ask for extra vegetables with your stir fry
- Keep away from fried dishes including egg rolls
- Eat a noodle and meat soup for a meal
- Take leftovers home
- Choose steamed white or brown rice over fried rice

Mexican



- Try vegetarian dishes
- Don't fill up on chips and salsa before the meal comes
- Avoid extra cheesy dishes
- Minimize the sour cream
- Share an entrée or take half of the meal home
- Order from the a la carte menu (i.e. two chicken soft tacos) to keep meals smaller

Pizza



- Ask for extra veggies as toppings
- Eat a salad and only one slice (or two small slices) of pizza
- Avoid adding fatty meats such as pepperoni and sausage; choose chicken or shrimp instead

Fast food



- Choose salads with grilled meats and low fat dressings
- Try grilled meat sandwiches
- Order food without cheese or extra sauces
- Order a kid size meal
- Keep beverage orders small

Deli



- Avoid mayo based sandwiches such as tuna or chicken unless made with reduced fat mayo
- Leave off the cheese
- Choose sliced bread instead of rolls or buns
- Add as many vegetables as possible to the sandwich
- Choose leaner meats such as turkey, chicken breast or roast beef

May I take Your Order?



Menu from _____ restaurant

My Order of a Healthy Meal:

May I take Your Order?



Menu from _____ restaurant

My Order of a Healthy Meal:



My Action Plan for the Week

GOAL #1: Create new positive cues

3 positive cues this week
1.
2.
3.

GOAL #2: 30 minutes of moderate physical activity on 5 days of the week

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	TOTAL	

GOAL #3: Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

Things that may get in my way	How I can make sure they don't
1.	1.
2.	2.
3.	3.

GOAL #4: My other goal is: _____

What I need to do to reach this goal:

--

NEXT WEEK...Wear comfortable clothes for Do It activity!

Summer Cold Fruit Soup



3 C. orange juice (with 50% less calories)
2 C. low fat vanilla yogurt
1 banana
4 C. blueberries

1. Puree berries and banana in blender.
2. Add liquids.
3. Serve cold, garnish with mint.
4. Optional: vanilla, cinnamon, nutmeg, Splenda.

Nutrition Information Per Serving: Calories 111 Carbohydrates 24g Cholesterol 3mg
Protein 3g Total fat 1g Sodium 36mg

Serving size: $\frac{3}{4}$ cup

Summer Cold Fruit Soup



3 C. orange juice (with 50% less calories)
2 C. low fat vanilla yogurt
1 banana
4 C. blueberries

1. Puree berries and banana in blender.
2. Add liquids.
3. Serve cold, garnish with mint.
4. Optional: vanilla, cinnamon, nutmeg, Splenda

Nutrition Information Per Serving: Calories 111 Carbohydrates 24g Cholesterol 3mg
Protein 3g Total fat 1g Sodium 36mg

Serving size: $\frac{3}{4}$ cup