



## Group Session 9

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"><li>■ Altering eating patterns: dinner</li><li>■ Food Preparation Methods</li></ul>
<b>Participant Behavioral Strategies</b>	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"><li>■ Review past diaries and identify dinner patterns and create possible healthier alternatives.</li><li>■ Try a new dinner meal.</li></ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"><li>■ Increase skills at preparing foods to help meet healthy lifestyle and weight loss goals</li><li>■ Try new dinner ideas</li><li>■ Learn how to adapt or modify recipes for healthier eating</li></ul>
<b>Handouts</b>	<ul style="list-style-type: none"><li>■ Recipe Substitutions</li><li>■ Recipe Makeovers</li><li>■ My Family's Top 10 Favorite Meals</li><li>■ My Action Plan for the Week</li><li>■ Food and Fitness Diary (FFD)</li><li>■ New Leaf Module section "Healthy Eating Tip Sheets"</li></ul>
<b>Other Materials</b>	<ul style="list-style-type: none"><li>■ Calorie Counter Booklets <a href="http://www.calorieking.com">http://www.calorieking.com</a></li></ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>CHECK-IN ~30 MINUTES</b></p> <p><b>TASTE IT! ~30 MINUTES</b></p> <p><b>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</b></p> <ul style="list-style-type: none"><li>Preparing Food</li><li>Introduce new dinner patterns</li></ul> <p><b>NEXT STEPS ~20 MINUTES</b></p> <ul style="list-style-type: none"><li>Action plan for preparing food next week</li><li>Goal for building activity links</li><li>What to expect next week</li></ul>



**I. Check-In**

- Stress Techniques
- Relaxation

~ 30 minutes

■ **Check- In**

- Sample discussion approach:
- *Last week we talked about how stressful situations can get in the way of being healthy. When we are stressed out, we may tend to overeat or decide not to exercise. However, this type of behavior may cause even more stress in the long run. One of the ways we can help manage our stress is to identify stressful situations before they occur.*
- *Once we know what leads to stress, we can try to minimize these situations or at least try and change our attitude towards these stressors.*
- *As hard as we try to manage stress, we are all likely to experience it.*
- *Instead of overeating, there are other techniques we can use to help us manage stress in a healthy way. You were asked to think of three techniques to deal with stress last week and practice some of these.*
- *How many did this? What are some of the ways you tried to manage stress last week? What are some other ways we can reduce stress?*
- *What about minimizing life stressors?*

Your Notes:



**II. Try It**

- Preparing food and modifying recipes (“**Recipe Substitutions**”)
- Making dinner (“**My**”)

**1. Preparing food and modifying recipes**

- Discuss food preparation
- Present recipe substitutions
- Practice making substitutions

- Sample discussion approach:
- *We’ve discussed meal management over the last several sessions including the importance of planning ahead and making time for meals. Today we are going to talk about food preparation and how you can make healthier meals at home for you and your family. What is your experience with meal preparation? Do you do the cooking in your home? What makes preparing your own food challenging? How*

Your Notes

*Refer participants to New Leaf handout “Healthy Eating Tip Sheets” for additional information. The handout can serve as a resource for more information but will not be covered in class.*

**Family's Top 10 Favorite Meals")**

~ 40 minutes

*often do you use a recipe in preparing a meal? Have you ever modified a recipe before? What are ways you can modify certain recipes to make them healthier? (Distribute **Recipe Substitutions** handout and discuss.)*

*Last week, you were asked to bring in a favorite recipe. We are going to break into groups (2-3) and practice modifying these recipes. Use the handouts passed out and make these meals as healthy as possible. This could even mean adding vegetables or substituting whole grains for other grain products, minimizing the salt and substituting other spices, etc. Be creative! We will vote as a class on the top 3 and bring them in for our next taste it.\*\*\* (Distribute **Recipe Makeovers** worksheet, circulate among the groups offering suggestions; share modified recipes and vote on top 3; collect all recipes modifications and make copies for class for following week)*

*\*\*\* Option: Only vote on one dish or have volunteers bring in dishes.*

**2. Making dinner**

- Discuss barriers to eating a healthy dinner
- Identify dinners that are easy to prepare

Sample discussion approach:

*In previous sessions, we have worked with making our breakfast and lunch healthier. Have you been able to make some of these changes? Are you able to make these same changes for dinner? Remember how we talked about PFF (protein, fat, fiber) for all our meals. At dinner the same idea is just as important. Try to choose foods that are a mix and won't have you scanning the cupboards after dinner. Sometimes we eat after dinner because we haven't been satisfied with our meal. Usually we are not satisfied because we haven't had enough protein, healthy fat, or fiber. Although there are many reasons we eat when we are not hungry one way to make sure we stick to our new eating habits is to have our meals be a healthy balance and the right portion*

sizes. How have you been doing with eating meals that have a mix of protein, fat, and fiber? What types of foods or meals have you found keep you feeling full and satisfied?

Now let's talk about what are some of the challenges with eating dinner? Is time an issue? What about picky family members? What are some of the things that your family will eat? Sometimes it is difficult to remember some of the meals that your family does enjoy and will eat. (Distribute **My Family's Top 10 Favorite Meals** worksheet). Let's take a minute and jot down some of the favorite family meals. We suggest that you post this inside your kitchen cabinet to help remind you and keep you from eating the same things, TV dinners or fast food. Are there ways you can make these meals healthier? Can someone share their family's favorite meals with us? Can you think of ways to make this meal healthier? What about adding vegetables? Another suggestion is to make your own TV dinners if time is an issue. For example, cooking a few dishes on the weekend and then packaging them in Tupperware and storing them in the freezer until you are ready to eat them. Does anyone do this now? Chili, soups, casseroles, tomato sauces – are all great to store in the freezer. What about some other examples?

III. Taste It



Consider using suggestions solicited from the group in Session #8. Try to incorporate as many vegetables into the recommendations of the group. Ideas below are listed as alternatives.

**Purpose:**  
Learn new ways to incorporate vegetables into the diet

**Materials/Equipment:**

Your Notes

THEME: Lunch

~ 30 minutes

- Recommend cooking foods ahead of time and bringing in prepared dishes; bring empty containers for display
- Rice and beans packet with can of tomatoes (no salt added) and fresh spinach (sprinkle with 2% cheddar cheese)
- Macaroni and cheese box with frozen broccoli and/or green pea packet (prepare mac-n-cheese with skim milk and 1/3 of the amount of butter on the box)
- Scrambled eggs (use 2 egg whites for every 1 whole egg) with sautéed onions, peppers, spinach and mushrooms

**Introduce topic:**

*Vegetables typically do not have a lot of calories, but are very good for us. Vegetables also provide bulk which help keep us full longer. Most people do not get enough vegetables in their diet. One way to eat more vegetables is to add them into the foods we normally eat.*

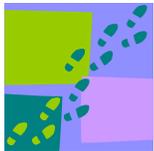
**Facilitation Questions to generate discussion among participants:**

- *What are some ways that you eat vegetables now?*
- *What stops you from adding them to everyday dishes?*
- *How many cups of vegetables should you be eating per day? How many servings?*
- *What did you think of the recipe?*
- *What might you do differently with the recipe?*
- *What might you serve with the roasted vegetables?*
- *How might you adapt it to you and your family's way of eating?*
- *How has it been going, eating lots of fruits and vegetables?*
- *What makes it hard?*
- *What might you do differently to make it easier?*

**Ideas on how to present Taste It (including ways to address portion size, calories, etc):**

- Measure a serving (1/2 cup) of the recipe to show what a serving looks like and how many calories it contains

**IV. Next Steps**



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

~20 minutes

- Measure 4 servings to show what it takes to get that many servings in a day and show the number of calories. (Have a participant look up the calories for you in the Calorie Counter)

**1. Action Plan for the Week**

Participants write a weekly action plan in at least the following areas:

- Lunch ideas
- 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**

- We will talk about stress management again
- Bring comfortable clothes and shoes for the Do It!

# Recipe Substitutions

## When recipe calls for...

## Use this instead

Whole milk



1% or skim milk

Cream



Low fat half & half

Creamed soups



½ can of soup and ½ can 1% or skim milk

Sour cream



Reduced fat sour cream

Cheese



Reduced fat cheese or reduce the amount of cheese

Mayonnaise



Half of the amount, light or low-fat mayonnaise

Shortening or lard



Tub margarine or vegetable oil

Whole eggs



Two egg whites for 1 egg or egg substitute

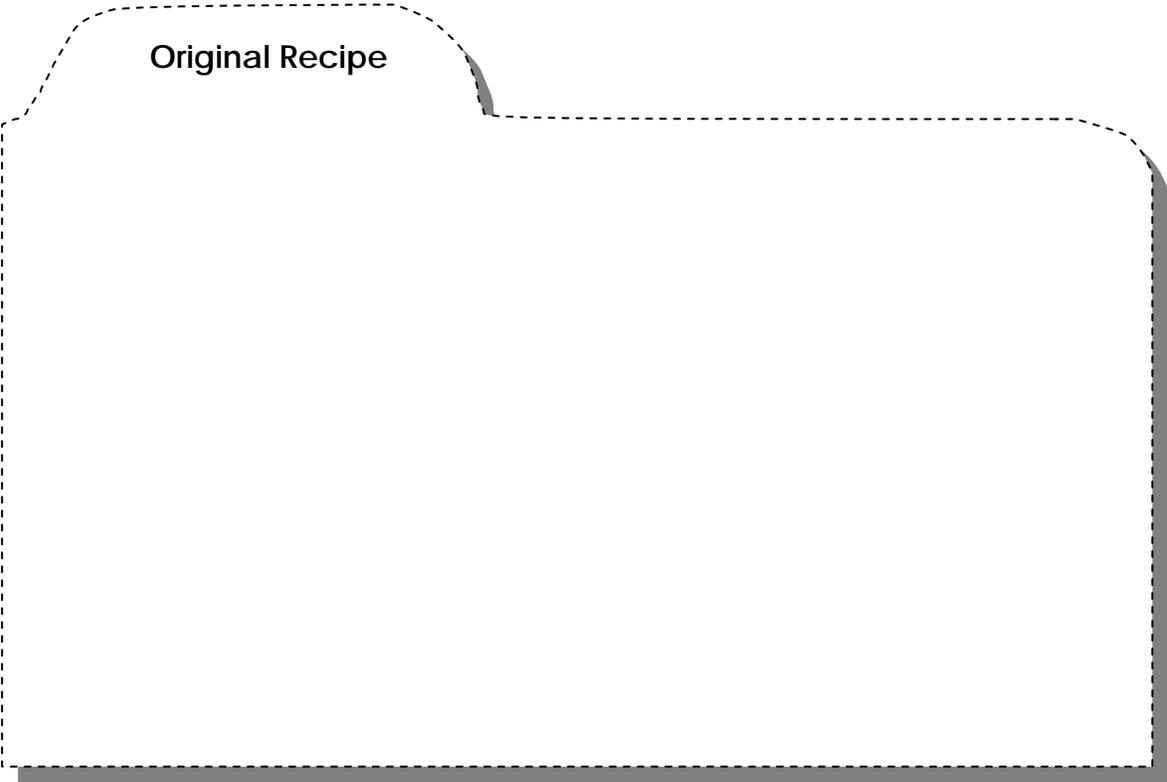
Salt



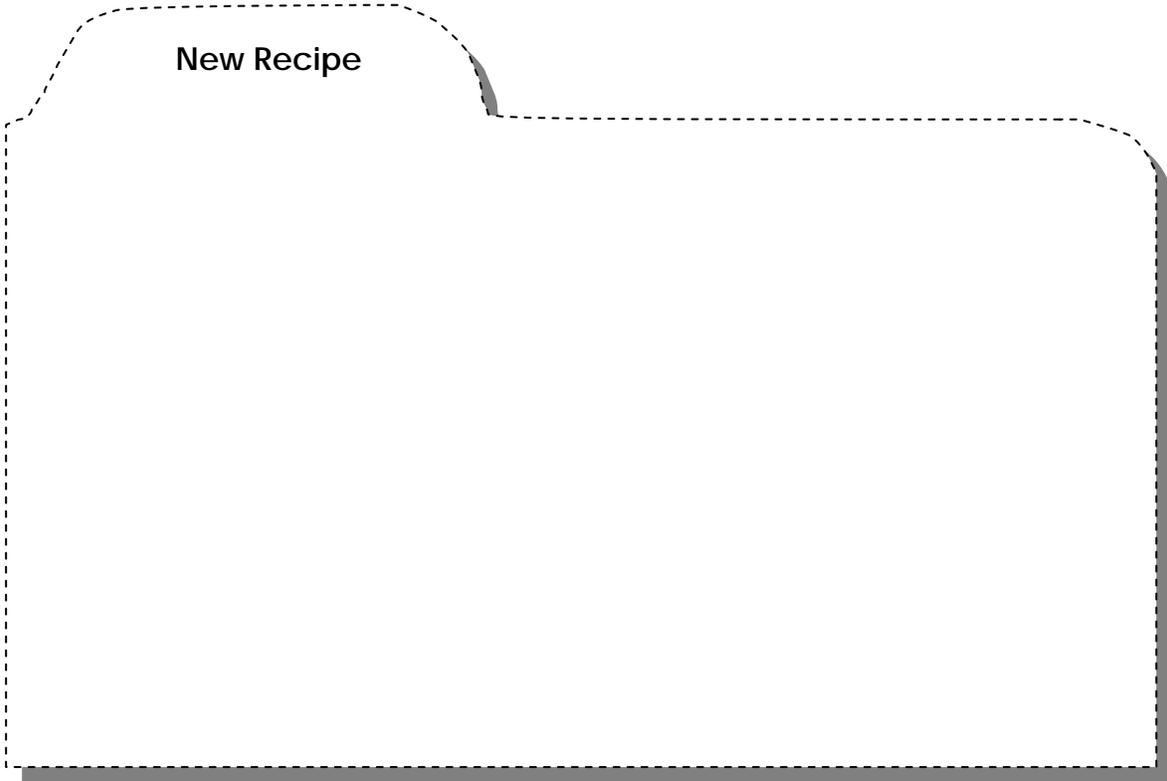
No salt or ½ the amount

# Recipe Makeovers

Original Recipe



New Recipe





## My Family's Top 10 Favorite Meals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### Tips to Make these Meals Healthier



- ❖ Add vegetables
- ❖ Use healthier fats
- ❖ Serve smaller portions
- ❖ Use leaner cuts of meat
- ❖ Bake, grill, broil, or sauté in vegetable oil, instead of deep frying
- ❖ Try new seasonings in place of salt or fat
- ❖ Trim the fat off of meat
- ❖ Serve with whole grains





## My Action Plan for the Week

**GOAL #1:** Prepare healthy dinners

3 healthy dinners I can make 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		
	<b>TOTAL</b>	

**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!