WELCOME

My Health First: Choose to Lose!

We are glad you joined the medical weight loss program.

CENTRAL HEALTH

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Group class location:
Clinical Education Center
1400 N. Interstate Hwy 35
Austin, TX 78701

Phone: 512.978.8130, option 3

Group class hours: 10 a.m.–noon (arrive 30 minutes early to check in)

SECTION 1

SECTION 1

SECTION 1

Welcome to the Program

We are excited you are putting your health first with the My Health First: Choose to Lose! program. Together, we will help you build habits that will improve your health for life, not for just a short time, like diets.

This program will help you lose weight, but this is not the main goal. The main goal is to feel better in every way by eating balanced meals, staying active, and making smart choices. If you keep up with these changes, the habits you will make will help you feel healthier and happier your whole life.

Who this program is for

This program is for anyone whose weight makes daily life harder or causes health problems. We are here to help you live healthier, manage long-term health problems, and feel better in your daily life.

Doing well in this program requires commitment. You must make steady changes, stay in touch with your team, and build new, healthier habits. Do not worry—you will not be doing this alone. Our team will support you every step of the way. If you are ready to work on feeling healthier and happier, this program is perfect for you.



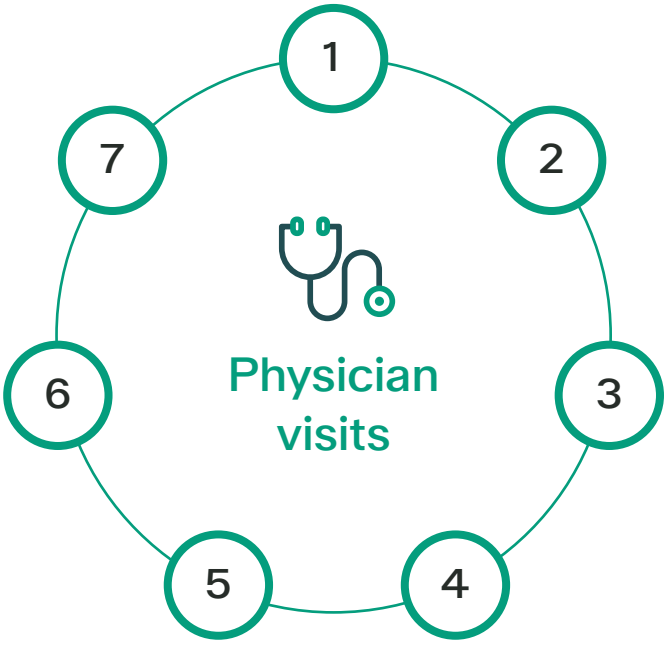
Choose to Lose: Weight Management Journey

You will start with a doctor visit where you will:

- Talk about your health and set goals.
- Review your medicines.
- Get blood tests.
- Check your weight and measurements.

You will continue to see your doctor during the year to track your progress.





You will meet with different members of the care team to support you:

- A dietitian to help with a simple eating plan.
- A pharmacist for your medicines.
- A counselor for stress, emotions and healthy choices.

AS NEEDED

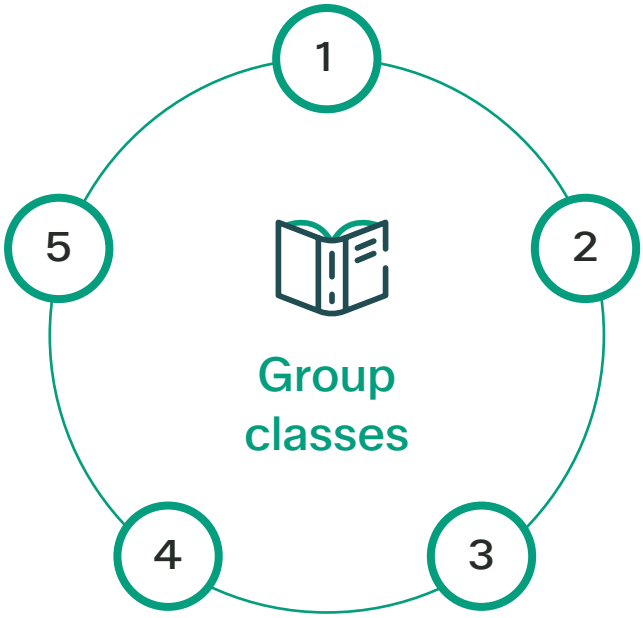


You will also go to group classes where you will learn:

- Healthy eating
- Nutrition
- Exercise
- How feelings affect food choices

You can also join fun activities such as Zumba, cooking, and store tours.

At the end, you will have a graduation to celebrate your success.





My Health First: Choose to Lose! Program Commitment

	INITIAL HERE
1. I am committed to completing the Choose to Lose Program. This includes going to all scheduled visits with my care team and going to group classes.	_____
2. I will make goals that are important to me. I know that progress takes time and effort, and that my care team will support me by changing my goals if needed.	_____
3. Knowing what foods I eat and how much I exercise is an important part of making new healthy habits. I will work on creating healthy habits that I can continue to do.	_____
4. Making changes in life can be hard. I will do my best to stay focused on the goals that matter to me.	_____
5. My mood and emotions can change the way I eat and exercise. I have a care team to support me, and I will ask them for help with my feelings when I need it.	_____
6. I will take my prescribed medicines or supplements the way my doctor tells me. I will let my care team know if I have side effects or problems.	_____
7. I will celebrate my successes, no matter how small, and use them to encourage me to keep making progress.	_____

Group Expectations

These rules will help to create a safe place for everyone in the group to speak and share.

1. Maintain confidentiality. Keep everything said in the group to yourself.
2. Be yourself. Start from where you are, not where you think others want you to be.
3. Come to group on time and stay until it is over. If coming to group on time is hard for you, talk to the group leader.
4. Talk to others politely and remember that everyone has their own opinions and experiences.
5. You have the right to speak up in the group as well as the right to choose not to share.
6. _____
7. _____
8. _____

My Goals

The My Health First: Choose to Lose! program will provide information to help you develop a healthy relationship with food and support you in meeting your health goals. We hope this program will help you to:

- Eat in ways that feed your body and mind, without stopping you from eating foods you love or making you feel bad about the foods you choose.
- Listen to and trust in your body to know what it needs to feel safe, content, and nourished.
- Learn about the emotional connection everyone has with food.
- Recognize what your body is telling you about your hunger and fullness levels.
- Find ways to move your body that feel comfortable for you.

What has inspired you to start your "healthier you" journey? Reflect on the moment or event that made you decide to make a change and how it made you feel.

What are some changes you would like to make through participating in this class?

What might be hard about participating in the My Health First program?

What is one outcome you want to achieve during these classes?

What would be different about your life if you achieved this outcome?

Making changes to our lives can be hard. What are some steps you can take to stay motivated on days that are hard or when you feel like giving up?

Write out some of the steps you might use to help you stay focused and inspired throughout this program:

What does your life look like when you're at your healthiest? What habits do you regularly put first? How do you feel when you do these things?



SECTION 2

SECTION 2

SECTION 2

Your Health Assessment & Goals

The impact of being overweight

Excess weight can affect your life in many ways.

Physical health

- It can raise your risk for medical problems like diabetes, high blood pressure, heart disease, fertility issues, and some kinds of cancers.
- It can cause pain in your joints and back.
- It can increase your risk of breathing problems, like sleep apnea.
- It can make it harder to move around and stay active.

Emotional well-being

- It may cause you to feel bad about your body or have low self-esteem.
- It can raise your risk of depression and anxiety.

Daily life

- It hurts your fitness, which makes it harder to do hard work and even normal chores you do every day.
- It may cause you to have trouble sleeping, which can affect your energy level and daily activities.

Take a moment to think about how your weight has affected your life.



Group Class Overview

GROUP CLASS 1

Nutrition 101

- The Food Groups
- My Plate Planner
- Basic Portion Sizes
- Nutrient Density vs. Calorie Density
- Eating for Weight Loss
- Healthy Eating on a Budget
- Nutrition Label
- Nutrition Label Activity

GROUP CLASS 2

Move Your Body (activity & class)

- Benefits of Exercise
- Move Your Body
- Fuel Your Body
- Exercises for Better Health
- Exercise Classes
- 6-Week Exercise Plans
- Zumba

> Making changes in life can be hard. So, remember to celebrate every victory, and talk to your health care team if you feel like giving up. We are ready to work together to help you feel healthier and happier.

GROUP CLASS 3

Mindful Eating, Emotion & Food

- Hunger/Fullness Scale
- Physical vs. Emotional Hunger
- Mindful Eating Tips: PAUSE
- Mindful Eating & Hunger/Fullness Scale
- Emotions & Food
- Feelings Wheel
- Build Your Coping Toolbox
- Box Breathing
- Emotional Eating Homework
- Self-Compassion Reminder for the Day
- Tips for Dining Out
- Fast Food Guide
- Color Your Plate
- Create Your Grocery List
- Putting It All Together

GROUP CLASS 4

Cooking Activity (Healthy Chef)

GROUP CLASS 5

Grocery Store Trip

Note: Central Health will not be buying groceries during this trip. Everyone will need to pay for their own items.

Frequently Used Phrases

This resource explains some words and phrases you will use a lot on your My Health First: Choose to Lose! journey.

Body cues: how your body tells you that you need to eat or have had enough to eat.

Body image: how you see, and feel about, your body.

Body positivity: being kind to your body.

Body neutrality: not focusing on what your body looks like; your body is neither good or bad.

Body trust: knowing that your body can tell you what it needs.

Craving: a strong urge or need for something.

Diet culture: beliefs that value how we look over being healthy.

Disordered eating: a way that some people eat that can be hurtful to them. This may include missing meals, feeling bad when you eat, or exercising too much.

Eating disorder: harmful ways of eating that impact a person's health and life. Someone struggling with an eating disorder requires medical help.

Emotional/Stress eating: relying on food as a primary way to manage distress and other difficult feelings.

Hunger fullness scale: a scale of 1–10 that outlines different signals your body may send when you are hungry or full. This scale can help you build insight into your body's cues.

Mindful eating: paying attention to how we eat. This can help us learn about our eating habits. Mindful eating is not about focusing on weight.

Self-compassion: treating yourself as kindly as you would a friend when you are going through a hard time or feeling sad.

Self-talk: the way in which we talk to ourselves. It can be good or bad.

Size-inclusive: celebrating the differences between our bodies.

Stress: a natural reaction to difficult or challenging situations. Too much stress may harm our health and well-being.

Triggers: something (an event, sound, smell, etc.) that can lead to a negative reaction of some kind.



GROUP CLASS 1

GROUP CLASS 1

GROUP CLASS 1

The Food Groups

Fruits



Carb choice

They provide nutrients and fiber for your health and growth. Try to eat a wide variety of different colors.

Vegetables



Carb choice

These are rich in vitamins, minerals, and antioxidants, promoting good health and digestion.

Grains



Carb choice

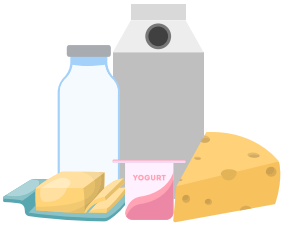
These give you energy and important nutrients like fiber, vitamin B, and minerals.

Protein



These help you build muscle, heal, make enzymes and hormones, and keep your immune system strong.

Dairy



Carb and protein choice

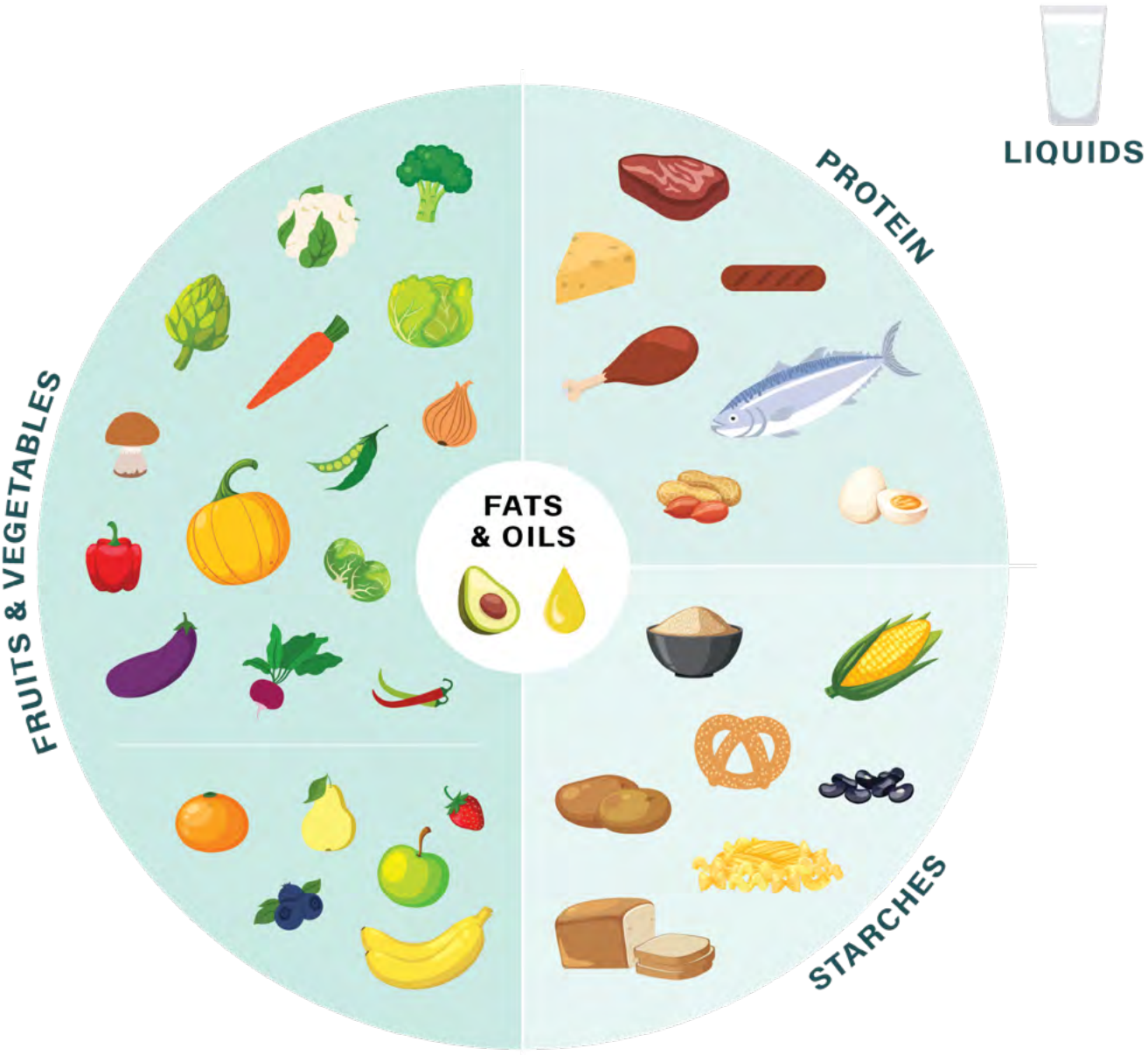
These foods have a lot of calcium, which helps make your bones and teeth strong. They also have other nutrients like protein and vitamin D.

Fats and oils



These provide energy and help absorb certain nutrients. They support your brain and health. They are high in calories, so consume in moderation.

My Plate Planner



How to use this planner

- Fill half your plate with different vegetables and fruits.
- Fill one-quarter (1/4) of your plate with a lean protein, such as chicken or fish (about 3 ounces).
- Fill one-quarter (1/4) of your plate with a starchy food, such as whole grains or whole wheat products.
- Use a small amount of healthy oil when cooking, such as olive oil or avocado oil (about 1 tablespoon).

Meal planning guidelines

Carbohydrates

Choose any three (3) servings at each meal.*

Choices include breads and starches, fruits, some vegetables, and milk/dairy. If your meal plan is different, adjust the number of servings accordingly.

Examples of servings are listed below.

Whole grains

- 1 slice whole wheat bread
- 1/3 cup brown rice or wheat pasta
- 1/2 cup oatmeal or potatoes
- 3/4 cup dry cereal

Vegetables and fruits

- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 1 small fruit (such as an apple or pear)
- 1 cup fresh fruit
- 1/2 cup canned fruit in juice
- 1/2 cup fruit juice

Dairy products

- 1 cup low-fat milk (1% or 2%)
- 1 cup soy milk
- 1 cup sugar-free, low-fat yogurt

Protein

Choose 1–3 ounces of lean protein at each meal.*

Examples of one serving:

- 1 ounce of lean meat, such as chicken or fish
- 1 egg or egg white
- 1 ounce low-fat cheese
- 1/4 cup low-fat cottage cheese
- 1/2 cup beans

Fats and oils

Choose 1–2 servings at each meal.*

Examples of one serving:

- 1 tablespoon oil, margarine, or butter
- 1 tablespoon salad dressing or mayonnaise

*If you have a personalized meal plan, the number of servings you choose per meal may be different.

What a serving looks like

1 cup
- A baseball or fist
- Good for: cooked rice, pasta, vegetables, cereal, milk



1/2 cup
- A light bulb or tennis ball
- Good for: fruit, yogurt, beans, mashed potatoes



1/3 cup
- An egg
- Good for: granola, shredded cheese, sauces



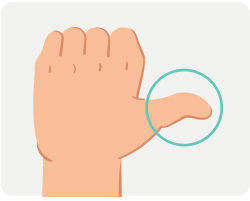
1/4 cup
- Four dice
- Good for: grains, cereal, shredded cheese



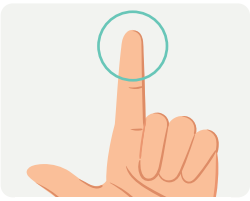
2 tablespoons
- A golf ball
- Good for: peanut butter, salad dressing



1 tablespoon
- Your thumb (from knuckle to tip)
- Good for: oil, butter, mayonnaise



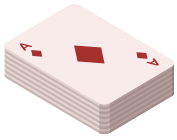
1 teaspoon
- Your fingertip (about the size of a dice)
- Good for: sugar, mustard, spices



1 ounce
- A pair of dice or a slice of cheese
- Good for: nuts, cheese, chocolate



3 ounces
- A deck of cards or the palm of your hand (no fingers)
- Good for: meat, fish, chicken



Basic Portion Sizes

Fruits

1 medium orange
1 medium apple
1/2 banana
3/4 pineapple
1 cup berries



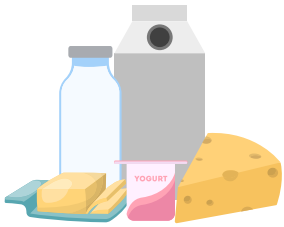
Fats

1 tsp vegetable oil
1/4 cup nuts
1 tsp mayonnaise
1/4 medium avocado
1 tbsp butter



Dairy

1 cup low-fat milk
1 oz cheese
3/4 cup yogurt
1/2 cup
cottage cheese



Vegetables

1/2 cup
cooked vegetables
1 cup
raw vegetables



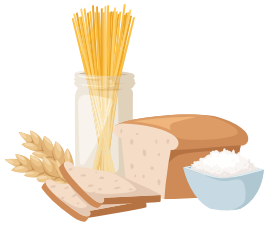
Protein

3 oz of your
choice of protein
Examples:
Chicken breast,
fish,
eggs,
lean turkey,
and beef



Grains

1/3 cup cooked rice
or pasta
1/2 cup dry oatmeal
1/2 cup wild rice
1 slice bread
6 saltine crackers
1/2 cup cooked potatoes

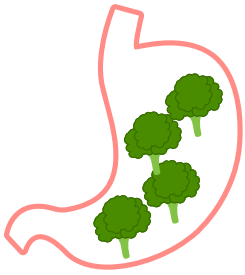


Nutrient Density vs. Calorie Density

Understand your food choices

Nutrient-dense foods

Nutrient-dense foods are low in calories and high in nutrients. Eating these foods will help you feel full while trying to lose weight.



4 cups of broccoli
= 120 calories



1/2 cup of strawberries
30 calories, vitamin C,
2 g fiber, antioxidants

1 medium bell pepper
30 calories, 2 g fiber,
vitamins C and A, antioxidants

1 medium cucumber
30 calories, 2 g fiber, vitamin K

1 cup of raw spinach
7 calories, vitamin A and K,
folate, antioxidants

3/4 cup of low-fat Greek yogurt
100 calories, 15 g protein,
calcium, vitamin B12

4 oz of chicken breast
180 calories, 34 g protein, 4 g fat

Water
0 calories

Calorie-dense foods

Calorie-dense foods are higher in calories and lower in nutrients. The portions are small, but they contain many calories.



1 tablespoon of olive oil
= 120 calories



1 tablespoon of cooking oil
120 calories, 14 g fat

1 tablespoon of butter
100 calories, 12 g fat, 7 g saturated fat

2 tablespoons of ranch dressing
150 calories, 15 g fat

2 tablespoons of peanut butter
200 calories, 16 g fat

3/4 cup of ice cream
200 calories, 12 g fat, 8 g saturated fat,
20 g sugar

4 oz of ribeye steak
350 calories, 28 g protein, 25 g fat,
10 g saturated fat

12 oz can of soda
150 calories, 40 g added sugar

Eating for Weight Loss

Prepare for success

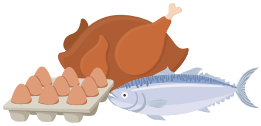
Plan your meals ahead of time to achieve your goals and get better results. Cutting produce, cooking protein, and portioning meals ahead of time will help. When eating in a restaurant, look for items on the menu that support your goals.

Complex carbohydrates and fiber



These are the types of carbohydrates we want to eat. They are better for your blood sugar, and they contain nutrients and fiber. Fiber is important—it keeps you full, lowers cholesterol, and helps with bowel movements. Foods with complex carbohydrates and fiber include: **fruits, vegetables, whole grains, beans.**

Protein



Eating lean proteins helps with weight loss by keeping you full. It also takes more energy to digest, which can help burn more calories. Protein helps build muscle and boost metabolism. Foods with protein include: **chicken, turkey, eggs, fish.**

Limit fat



Fat has a lot of calories, so be mindful of portion sizes. The calories can add up quickly. Choose healthier unsaturated fats. Foods with unsaturated fats include: **nuts, seeds, olive oil, avocados.**

Drink water



Water helps with weight loss and helps you feel full. It moves fiber through the body and helps with regular bowel movements.

Portion control

Eating smaller portions can help you stay on track with your weight loss goals. One way to easily do this is to use smaller plates for your meals.

Healthy Eating on a Budget

Cook from scratch



Cooking your own meals is healthier and more affordable.

Meals made with whole foods at home cost less than buying pre-made options.

Shop your kitchen



Look for items you already have on hand.

Check your refrigerator and pantry before going to the grocery store.

Examples: eggs, frozen vegetables, beans, and pasta

Seasonal produce



Choose seasonal fruits and vegetables.

Fruits and vegetables that are in season are often fresher and more affordable. If you use SNAP, some farmers markets offer "Double Up Food Bucks" for fresh produce.

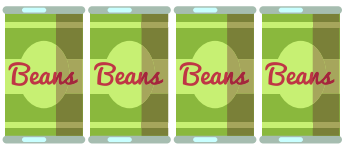
Visit doubleuptexas.org for locations and more details.

Write a grocery list



Writing a list and having a plan reduces impulse buys and ensures you use what you buy.

Shop in bulk



Purchase staples like spices, rice, beans, and oats in bulk.

Buying lean meats in bulk also saves money. Freeze what you do not use.

Use coupons



Download your favorite grocery store app to find coupons.

Many stores use coupons and run weekly specials.

Nutrition Label

Understanding how to read a nutrition label is important to your health and nutrition

Serving size refers to one serving. Nutrients listed are the amount contained in this serving size.

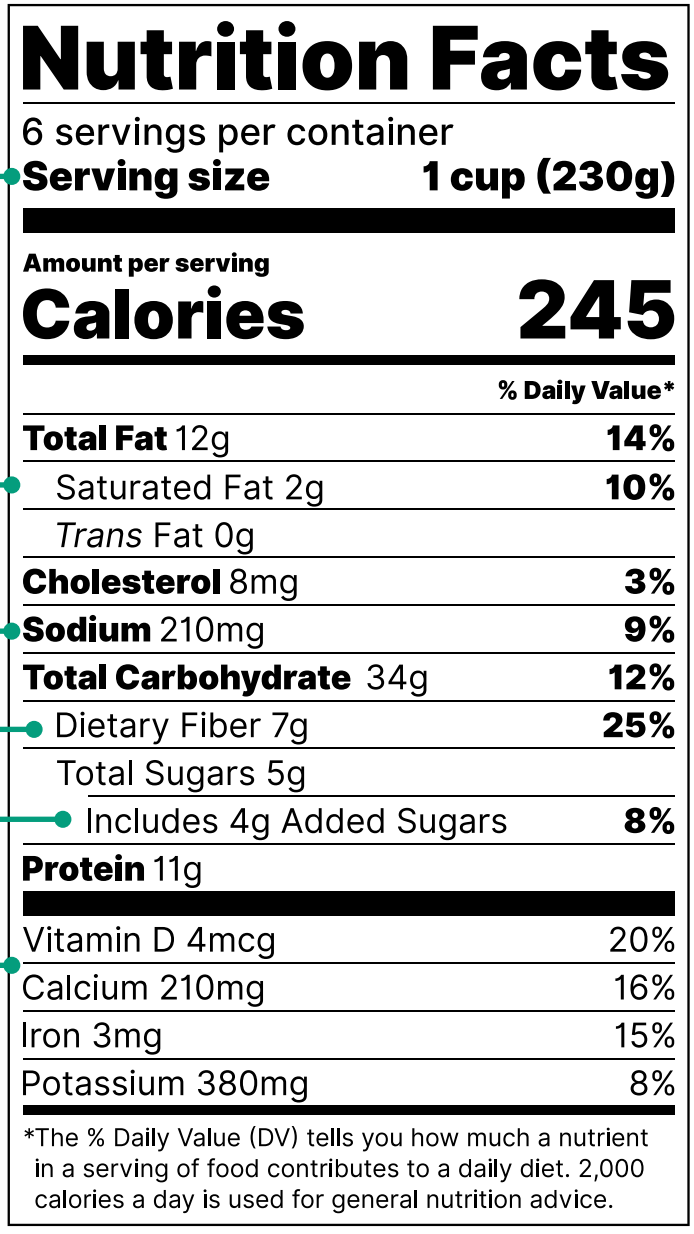
Limit saturated fats to 10% of daily calories and avoid trans fats.

Limit daily sodium to 2300 mg.

Aim for 25–30 g of fiber daily.

Limit added sugar to less than 10% of daily calories.

Look for foods that are high in vitamins and minerals.



Nutrition Facts

6 servings per container

Serving size **1 cup (230g)**

Amount per serving

Calories **245**

	% Daily Value*
Total Fat 12g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 8mg	**3%**
Sodium 210mg	**9%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 7g	**25%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Label Activity

Read the questions below and see if you can find the answers in the label.

Nutrition Facts

6 servings per container

Serving size **1 cup (230g)**

Amount per serving

Calories **245**

	% Daily Value*
Total Fat 12g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 8mg	**3%**
Sodium 210mg	**9%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 7g	**25%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What is the serving size?

How many calories are in each serving?

How much fat is in one serving?

How many grams of sodium are in one serving?

How many carbohydrates are in one serving?

How many grams of fiber are in one serving?

How many grams of protein are in one serving?

GROUP CLASS 2

GROUP CLASS 2

GROUP CLASS 2

Benefits of Exercise

There are many reasons to keep exercising, even if you do not lose weight right away.

Heart health
Exercise makes your heart stronger and lowers blood pressure.

Mental health
Exercise makes you feel happier by releasing natural chemicals in your brain. It can also help you deal with stress in a healthy way.

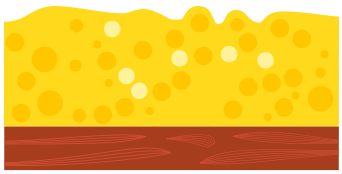
Improve confidence
Finishing a workout and reaching your goals can make you feel good about yourself.

Blood sugar control
Exercise helps lower your blood sugar.

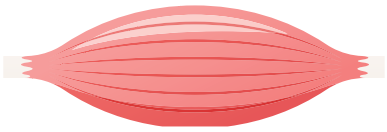
Feel energized
Exercise helps you sleep better at night. It also increases blood flow and can make you feel more awake during the day.

Strong bones and joints
Exercise makes your bones stronger and helps keep your joints flexible.

Body composition: fat vs. muscle



Fat stores energy, keeps you warm, and protects your organs. It is less compact than muscle and stores extra energy from the food you eat.



Muscles help you move, stand tall, and do many important functions in your body. Muscles help you burn more energy, even when you are resting. Muscle is more compact than fat. If you start exercising and gain weight, it might mean you are building more muscle.

Move Your Body

Ways to increase your physical activity

- Take the stairs instead of the elevator.
- Use a standing desk.
- Walk your dog.
- Park further away from the entrance to the store to get more steps in.
- Choose to walk or bike when possible.
- Set alarms on your phone or smart watch to remind you to move.
- Add daily chores like taking out the trash and checking the mail.
- Go swimming or do other water activities.
- Add short 5–10-minute exercises throughout the day.
- Find a partner to take daily walks with you.
- Dance in your living room.
- Get more steps in while you're grocery shopping.

Live an active lifestyle

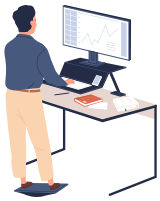
Small activities throughout the day add up.



Walking (3.0 mph)
150–200 calories per hour



Mowing the lawn
315 calories per hour



Standing (instead of sitting)
70 calories per hour



Playing with kids
(moderate intensity)
140 calories per hour



Mopping the floor
60–70 calories in 15 minutes



Gardening
315 calories in 15 minutes

Fuel Your Body

Before you exercise, choose a snack with a complex carbohydrate and a protein. This will ensure your body has fuel.

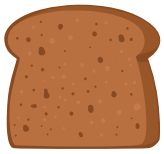
If you live in a warm climate and sweat a lot, you may need to drink extra electrolytes. Speak with your doctor or dietitian for recommendations.

Pre-workout snacks

1 tortilla
+
2 slices turkey meat




1 slice toast
+
1 tbsp peanut butter




1/2 cup grapes
+
1 cheese stick



1 medium apple
+
1 tbsp peanut butter






Stay hydrated
Drink water before, during, and after exercise.

Aim for a minimum of 8 cups of water per day.

Exercises for Better Health

Exercise helps you move more easily, sleep better, and have more energy. It can also help improve your mood. Different types of exercise help improve your overall health.

How exercise helps you

- Helps control blood pressure.
- Makes you stronger and helps you have more energy, especially if you have kidney disease.
- Lowers your blood sugar for 24 to 72 hours, which is important if you have diabetes.
- Makes your heart stronger and helps move blood through your body.
- Helps lower swelling and makes it easier to breathe.
- Helps with weight loss and lowers cholesterol. This can lower your risk of heart disease.

Three types of exercise for better health

1. Cardio

This type of exercise makes your heart beat faster and improves your energy.

Goal: 150 minutes each week.

Examples:

Walking



Biking



Swimming



Dancing



2. Strength training

Strength training helps your body build muscle and keep bones strong.

Goal: Exercise two (2) times each week.

Examples:

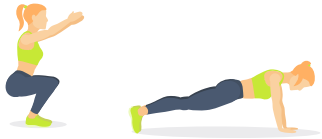
Lifting weights



Using resistance bands



Body-weight exercises



3. Stretching and balance

Stretching helps keep your joints flexible. This helps keep you from getting hurt and makes everyday tasks easier. As you get older, balance helps prevent falls.

Goal: Practice stretching and balance exercises two (2) to four (4) times per week.

Examples:

Yoga



Tai chi



Stay safe while you exercise

- **Start slowly**
  Begin with light exercises. Increase your effort as your body gets used to it.
- **If you are on dialysis**
  Exercise on the days you don't go to dialysis.
- **If you have diabetes**
  - Keep glucose tablets nearby in case your blood sugar goes low.
  - Avoid exercising if your blood sugar is more than 250 mg/dL.
- **If you have heart failure**
  Avoid exercising in very hot, humid, or cold weather. This can put stress on your heart.

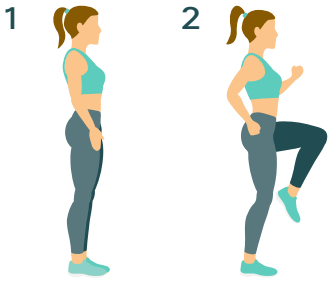
Warning signs

Stop exercising if you have chest pain, shortness of breath, or feel unwell.

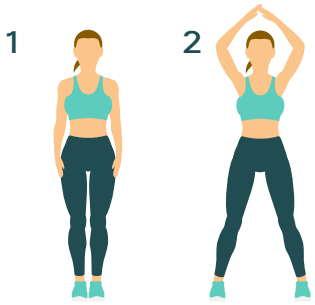
Call your provider to schedule an appointment.

Exercise examples

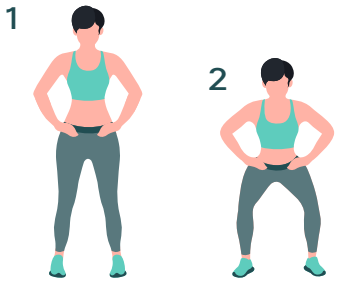
High knees



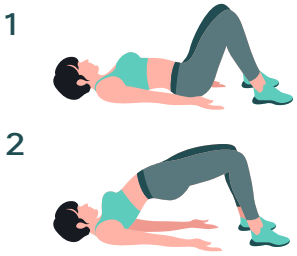
Jumping jacks



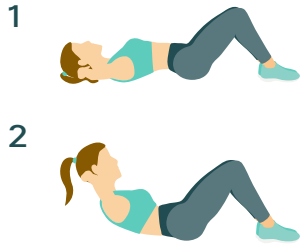
Squats



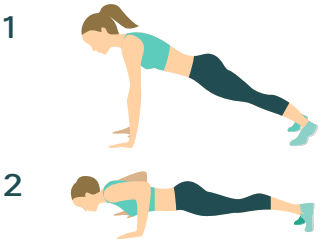
Glutes bridge



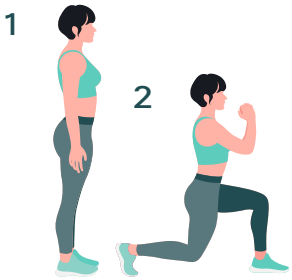
Sit-ups



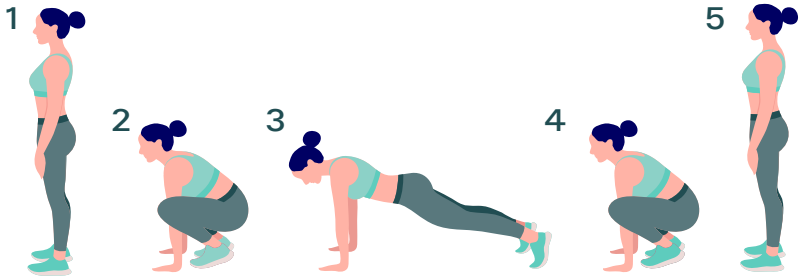
Push-ups



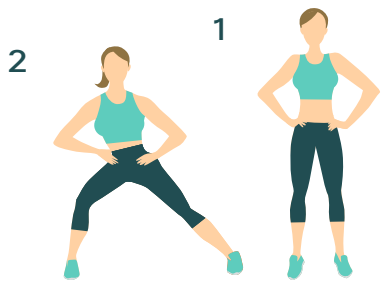
Front lunges



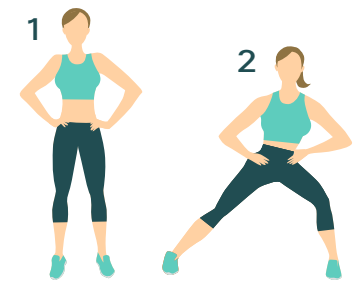
Burpees



Right lunges



Left lunges



Exercise Classes

Free, fun ways to get your body moving today

YouTube subscriptions

Jessamyn Stanley

Yoga with Adriene

Walk at Home

POPSUGAR Fitness

Yes2Next

Yoga with Tim

MadFit dance workouts

Downloadable programs for running and home workouts

Couch to 5K

Couch to 5K printable plan

Runkeeper

Zombies, Run!

Nike Run Club

Charity Miles

Strava

Online fitness classes

Healthier Texas offers free Zoom classes at home. A calendar with different types of classes is available on their website to join.

Austin walking trails

Wheelchair friendly trails

6-Week Exercise Plans

Beginner plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	Weeks 1–2	Weeks 3–4	Weeks 5–6
MON	• Brisk walk 1 min • Walk 1 min • Repeat 10 times	• Brisk walk 2 min • Walk 2 min • Repeat 6 times	• Jog 2 min • Walk 2 min • Repeat 6 times
TUE	Yoga or play your favorite music and dance for 20 min	Yoga or play your favorite music and dance for 25 min	Yoga or play your favorite music and dance for 30 min
WED	• Brisk walk 1 min • Walk 1 min • Repeat 10 times	• Brisk walk 2 min • Walk 2 min • Repeat 6 times	• Brisk walk 3 min • Walk 2 min • Repeat 5 times
THU	• High knees 30 sec • 1 min rest • Right side lunges 30 sec • 1 min rest • Left side lunges 30 sec • 1 min rest • Front lunges 30 sec • 1 min rest • Squats 30 sec • 1 min rest • Jumping jacks 30 sec • 1 min rest • Repeat everything x1	• High knees 30 sec • 1 min rest • Right side lunges 30 sec • 1 min rest • Left side lunges 30 sec • 1 min rest • Front lunges 30 sec • 1 min rest • Squats 30 sec • 1 min rest • Jumping jacks 30 sec • 1 min rest • Repeat everything x2	• High knees 1 min • 1 min rest • Right side lunge 1 min • 1 min rest • Left side lunges 1 min • 1 min rest • Front lunges 1 min • 1 min rest • Squats 1 min • 1 min rest • Jumping jacks 1 min • 1 min rest • Repeat everything x3
FRI	Rest day	Rest day	Rest day
SAT	• Brisk walk 1 min • Walk 1 min • Repeat 10 times	• Brisk walk 2 min • Walk 2 min • Repeat 6 times	• Jog 3 min • Walk 2 min • Repeat 5 times
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

Intermediate plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	Weeks 1–2	Weeks 3–4	Weeks 5–6
MON	• Jog 2 min • Walk 2 min • Repeat 6 times	• Jog 5 min • Walk 3 min • Repeat 3 times	• Jog 12 min • Walk 2 min • Repeat 2 times
TUE	• High knees 45 sec • 30 sec rest • Right side lunges 45 sec • 30 sec rest • Left side lunges 45 sec • 30 sec rest • Front lunges 45 sec • 30 sec rest • Squats 45 sec • 30 sec rest • Jumping jacks 45 sec • 30 sec rest • Sit-ups 45 sec • 30 sec rest • Push-ups 45 sec • 30 sec rest • Glute bridge 45 sec • 30 sec rest • Repeat everything x3	• High knees 1 min • 1 min rest • Right side lunge 1 min • 1 min rest • Left side lunges 1 min • 1 min rest • Front lunges 1 min • 1 min rest • Squats 1 min • 1 min rest • Jumping jacks 1 min • 1 min rest • Sit-ups 1 min • 1 min rest • Push-ups 1 min • 1 min rest • Glute bridge 1 min • 1 min rest • Repeat everything x3	• High knees 1 min • 1 min rest • Right side lunges 1 min with 5–10 lbs weights • 1 min rest • Left side lunges 1 min with 5–10 lbs weights • 1 min rest • Front lunges 1 min with 5–10 lbs weights • 1 min rest • Squats 1 min with 5–10 lbs weights • 1 min rest • Jumping jacks 1 min • 1 min rest • Sit-ups 1 min • 1 min rest • Push-ups 1 min • 1 min rest • Repeat everything x3
WED	• Jog 3 min • Walk 2 min • Repeat 5 times	• Jog 10 min • Walk 3 min • Repeat 2 times	• Jog 12 min • Walk 2 min • Repeat 2 times
THU	Repeat Tuesday workout	Repeat Tuesday workout	Repeat Tuesday workout
FRI	Rest day	Rest day	Rest day
SAT	• Jog 5 min • Walk 3 min • Repeat 3 times	• Jog 10 min • Walk 3 min • Repeat 2 times	Jog for 20 min
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

Advanced plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	Weeks 1–2	Weeks 3–4	Weeks 5–6
MON	• Jog 5 min • Walk 3 min • Repeat 3 times	• Jog 12 min • Walk 2 min • Repeat 2 times	Jog for 25 min
TUE	• High knees 1 min • 30 sec rest • Right side lunges 1 min with 10–20 lbs* • 30 sec rest • Left side lunges 1 min with 10–20 lbs* • 30 sec rest • Front lunges 1 min with 10–20 lbs* • 30 sec rest • Squats 1 min with 15–25 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3	• High knees 1 min • 30 sec rest • Right side lunges 1 min with 15–20 lbs* • 30 sec rest • Left side lunges 1 min with 15–20 lbs* • 30 sec rest • Front lunges 1 min with 15–20 lbs* • 30 sec rest • Squats 1 min with 15–25 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3	• High knees 1 min • 30 sec rest • Right side lunges 1 min with 15–25 lbs* • 30 sec rest • Left side lunges 1 min with 15–25 lbs* • 30 sec rest • Front lunges 1 min with 15–25 lbs* • 30 sec rest • Squats 1 min with 15–30 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3
WED	• Jog 10 min • Walk 3 min • Repeat 2 times	• Jog 12 min • Walk 2 min • Repeat 2 times	Jog for 25 min
THU	Repeat Tuesday workout	Repeat Tuesday workout	Repeat Tuesday workout
FRI	Rest day	Rest day	Rest day
SAT	• Jog 10 min • Walk 3 min • Repeat 2 times	Jog for 20 min	Jog for 30 min
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

* 150-ounce bottle of laundry detergent weighs 9.4 lbs.
One gallon jug of milk weighs 8.4 lbs
Bag of rice weighs about 4 lbs each
Add items in a backpack to desired weight

Zumba Classes Available

Free, bilingual and open to the community

Join a dance and fitness-focused class that blends international rhythms to tone and strengthen muscles, enhance coordination, improve posture, and boost overall endurance.

Central Health Hornsby Bend Health & Wellness Center
3700 Gilbert Rd.

Mondays, 6:30–7:30 p.m.

For questions, call 512.716.7210.

Central Health Southeast Health & Wellness Center
2901 Montopolis Dr.

Mondays, 6:30–7:30 p.m.
Saturdays, 9–10 a.m.

Zumba toning
Wednesdays, 6:30–7:30 p.m.

For questions, call 512.978.8528.

Central Health Del Valle Health & Wellness Center
7050 Elroy Rd.

Every Tuesdays and Thursdays
6:30–7:30 p.m.

For questions, call 512.978.8570.





Know before you go

- Arrive ten minutes early to register (first time only)
- Space is limited
- Childcare is not available
- Light hand weights will be provided

CENTRAL HEALTH | ZUMBA



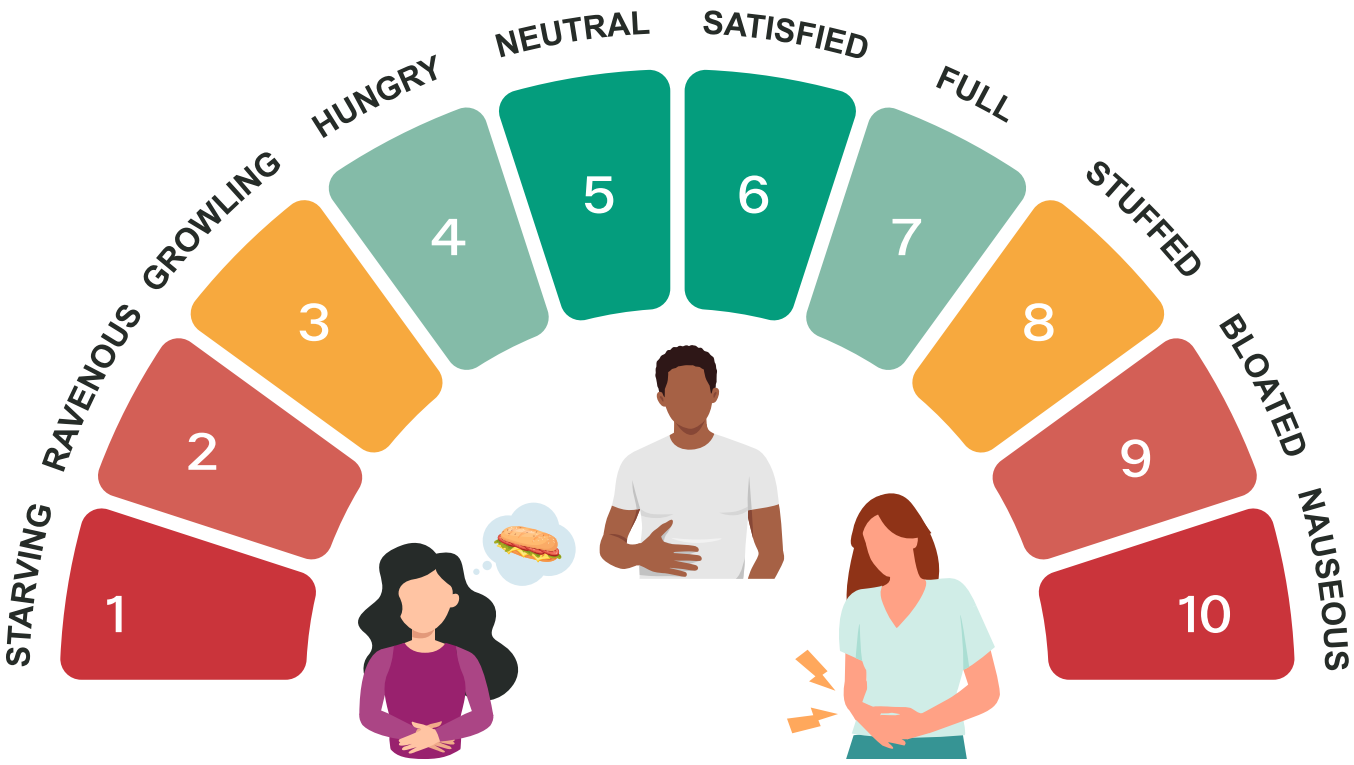
GROUP CLASS 3

GROUP CLASS 3

GROUP CLASS 3

Hunger/Fullness Scale

This scale helps you understand and manage your eating habits by tracking your hunger and fullness. Using this scale can guide you in making mindful eating choices. This helps prevent overeating so you can have a balanced, healthy relationship with food. Try to stay between 3 and 7 on the scale.



1. I am starving and feel weak.
2. I am very hungry. I have low energy and a headache.
3. I am hungry. My stomach is growling.
4. I am slightly hungry and starting to think about food.
5. I am neutral—neither hungry nor full.
6. I am satisfied, slightly full, and can stop eating.
7. I am full, but not uncomfortable.
8. I am uncomfortably full.
9. I am stuffed and feeling sick.
10. Feeling nauseated

Physical vs. Emotional Hunger

It is important to know the difference between emotional hunger and physical hunger. Understanding this difference can help us learn healthy ways to deal with emotions.



Physical hunger

This is a signal from your body telling you to eat. It is your body's way of telling you it needs food for energy and nutrients.

Signs of physical hunger

- **Feelings of hunger.**
  Your stomach feels "empty" or is growling or aching. You may have trouble focusing and feel dizzy or lightheaded.
- **Time has passed.**
  Hunger builds slowly over time. When 3–4 hours have passed since your last meal, you are ready to eat again.
- **Any food will do.**
  You are not craving a specific taste or texture. You will eat whatever is around because you are hungry.
- **The feelings stops when you eat.**
  Hunger goes away when you eat well.



Emotional hunger

This is when you eat to comfort yourself. It happens when you're dealing with certain feelings or tough situations, and you use food to help you cope with those emotions.

Signs of emotional hunger

- **No physical feelings of hunger.**
  Your stomach is not growling. You may still be full from your last meal.
- **You are triggered by an emotion.**
  You can identify a specific emotion that triggers the desire to eat. Common feelings that cause emotional eating include sadness, loneliness, boredom, stress, or anxiety.
- **Not much time has passed.**
  Only a short time has passed since your last meal. Emotional hunger may come on very fast.
- **You have a strong craving.**
  You are craving "comfort food" like something very sweet, salty, or greasy.
- **The feeling does not stop when you are full.**
  You may be very full and still not feel "satisfied."

Mindful Eating Tips: PAUSE

Mindful eating takes some practice and time, but it can be very helpful. Here are a few tips for making your meals more mindful.

1. **Pause:** Take 30 seconds just to breathe. Close your eyes and focus on your breath before starting your meal.
2. **Awareness:** Give your meal your full attention. When you eat, try to put down your phone and turn off the T.V. or any other type of distraction. You can still eat with friends or family.
3. **Understand:** Notice how food affects your body. What signals are your body sending you?
4. **Senses:** Use all your senses when you eat. Notice how your food smells, sounds, tastes, and even looks. Is your food crunchy or smooth? Salty or sweet? What colors do you have on your plate and what do you smell? Enjoy these different sensations when you eat.
5. **Enjoy:** Think about what you are enjoying in your meal. Is there anything you are not enjoying?

If you're finding it hard to follow some of the mindful eating tips, try changing just one small thing about your meal experience. For example, you could sit in a different spot or use a different plate. These small changes can help you create new mindful eating habits and make the process feel easier over time.

With practice, mindful eating can help you feel more connected to your body and more satisfied with your meals.

Are there any other steps you can think of that will help you with mindful eating?

Mindful Eating & the Hunger/Fullness Scale

Sometimes, we don't notice the small signs our bodies tell us we are hungry or full. One way to better understand these signs is by practicing "mindful eating." Mindful eating means paying close attention to how our bodies feel to help decide when and how much we should eat.

Think about the signs that tell you you are hungry. What are they?

What about signs that tell you you are full?

What are some things that can change how hungry or full you feel?

Review the types of hunger and the Hunger/Fullness Scale pages.

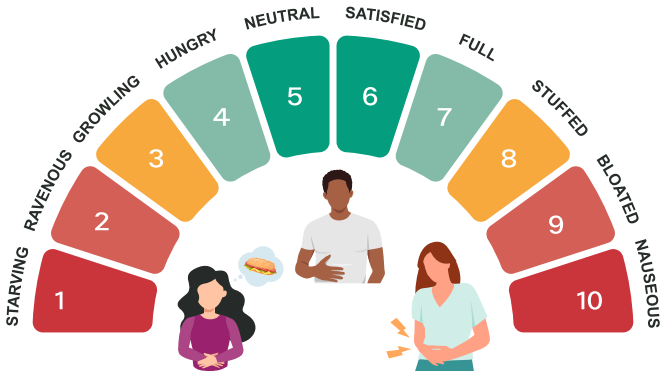
The Hunger/Fullness Scale is a tool that helps us understand the feelings we have in our bodies when we are hungry or full. A good rule to follow with the Hunger/Fullness Scale is to eat when you feel like a 3 or 4 on the scale and stop when you are around a 7. Remember, this is just a guide—not a strict rule.

But remember, you are the expert on your own body. Hunger and fullness signals are not always perfect, and it is important to eat whenever you feel you need to. The goal is to listen to your body and pay attention to how you feel when you eat. That is what mindful eating is all about.

The Hunger/Fullness Scale can help you understand when you are hungry or full.

STEP 1
Listen to your body and notice how you feel in different parts of your body.

STEP 2
Identify your hunger level using the scale. Keep in mind, you might feel hunger or fullness in a way that is different from what the scale shows.



STEP 3
Nourish your body. If you're in the "hungry" range, it is time to eat. If you are getting close to "full," pause and give yourself time to see if you are still hungry.

Take a moment to check in with your body right now. What are you feeling?

It might take some practice to really understand what your body is trying to tell you, but that is okay. The more you pay attention, the easier it will become to notice your hunger and fullness cues.

Are there any things you can think of that might make it harder to listen to your hunger or fullness signals?

If we take the time to listen to our bodies and be more mindful during a meal, it can help us:

- Feel more satisfied with what we eat.
- Reduce stress or anxiety.
- Give our bodies more time to digest.
- Enjoy the foods we choose to nourish ourselves with even more.

Emotions & Food

Eating is an emotional experience for everyone. Different foods can offer us joy and happiness. Food is also a way to connect us to family and culture.

Can you think of a time when eating made you feel really happy?

Sometimes, when we feel angry or sad, we try to use food to distract ourselves from these difficult feelings instead of finding healthier ways to deal with them. This questionnaire can help you understand if you are using food to fill emotional needs instead of just physical ones.

Question	Yes	No
Do you sometimes eat without realizing it, or find yourself sneaking food?		
Do you ever feel guilty after eating?		
Do you ever eat after something has made you feel angry or upset, even if you aren't hungry?		
Do you ever eat as a way to distract your mind from something that is worrying you? Do you ever eat to make yourself feel better?		

Refer back to Physical vs. Emotional Hunger.

Reflect on a time when you used food to help you feel better or forget about feelings. How did you feel afterwards?

Eating because of how we are feeling is not always bad. But this type of eating (also called "emotional eating") usually doesn't make us feel better in the long run. When we eat like this, we might say we are using food as a "coping tool."

Can you think of any foods you enjoy that boost your mood?

Can you think of any foods that make your mood worse?

How can we deal with our feelings without always turning to food? One way is by recognizing what we're feeling. It can be scary to feel emotions, especially the negative ones. But learning new ways to manage our feelings without using food is a good place to start.

Learning to sit with our feelings

To sit with our feelings, we first have to know how we are feeling. This can help give us a clue about how eating might be helping us feel "better." The Feelings Wheel is a tool that can help us learn how we are feeling.

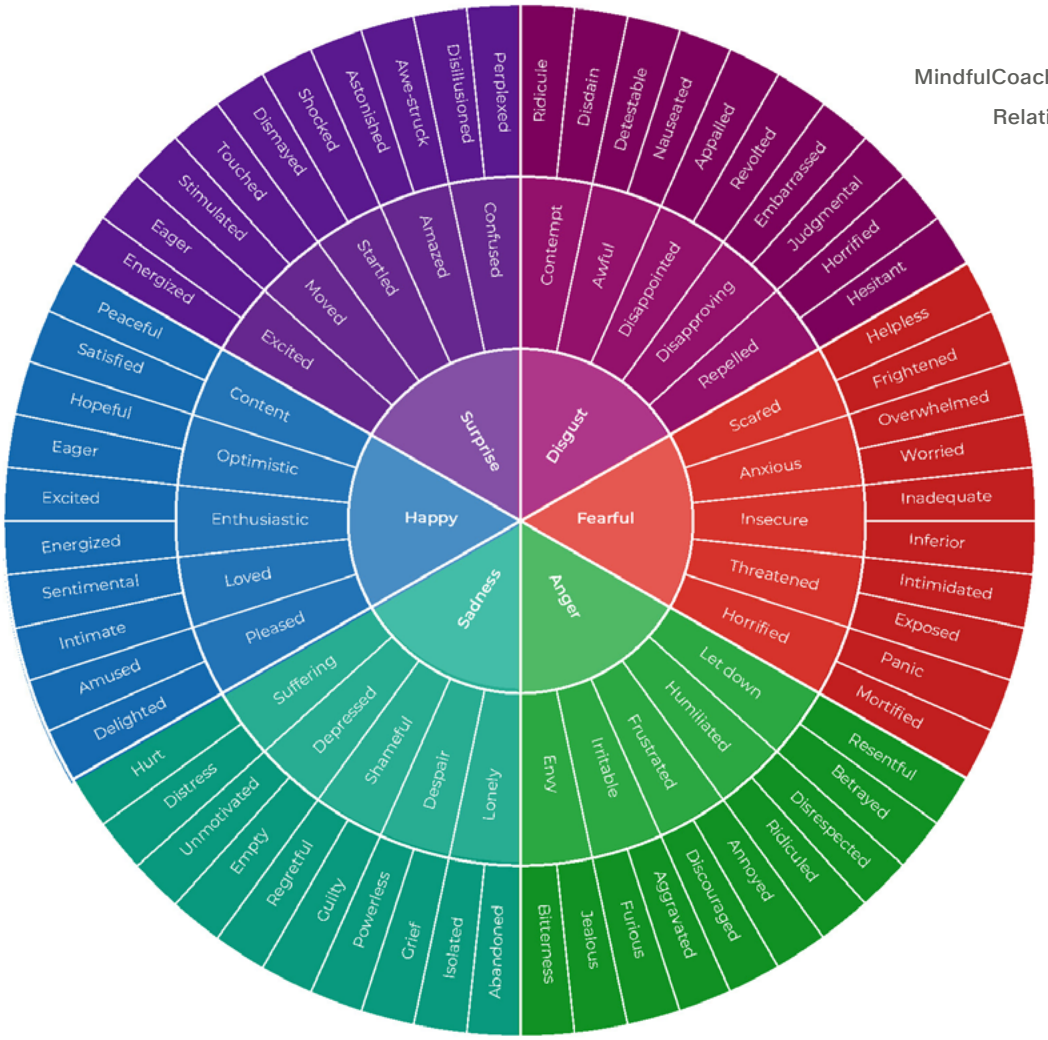
*See Feelings Wheel, next page.

Feelings Wheel

The Feelings Wheel helps you better understand and describe your emotions. It starts with six core feelings—like happy, sad, and angry—then expands into more specific emotions. This tool can help you express what you are feeling, understand yourself more clearly, and manage emotions more effectively.

MindfulCoachingTools.com

Relationship Toolkit



Three steps to use the Feelings Wheel:

STEP 1

Take a few breaths. Notice how your body feels right now, either physically or emotionally.

STEP 2

Look at the Feelings Wheel. Is there a feeling outlined you connect with? Start with the the "basic" emotions in the center: joy, sadness, disgust, fear, anger, and surprise.

STEP 3

Narrow it down. Sometimes it is hard to accurately identify our emotions beyond the basic ones. This takes practice.

You can use the Feelings Wheel for:

1. Identifying what you are feeling throughout the day.
2. Part of a daily self-reflection that helps you identify what you felt throughout the day.
3. Help when we are struggling with something.

When you become more aware of your feelings, you may begin to notice when you turn to food to help you feel something "different" or "better." At these times, you might try to identify how you are feeling first.

Then you can ask yourself:

1. Am I hungry right now? Use the Hunger/Fullness Scale.
2. If I am not hungry, what do I really need right now to deal with my current feelings?
3. How can I meet this need or feeling? Can I do that without turning to food?

Feeling	How we might use food	What we can try instead
Anxiety	To calm ourselves	
Boredom	To give us something to do	
Lonely	To be a friend	
Excited	To have fun	
Sadness	To feel better	
Stress	To help us feel relief	
Exhausted	To help us feel energized	

Review Build Your Coping Toolbox for more ideas on what you can try when you need new ways of managing your feelings.

Labeling feelings is a skill to learn. With practice, hopefully some of your feelings may become a little easier to manage. Remember, we are all human and imperfect. Making mistakes is part of the process of making changes in life. When we can be compassionate instead of judgmental to ourselves, we can learn and grow.

Now that you have determined whether you are emotionally hungry or physically hungry, follow these steps.



You are physically hungry.

Make a healthy decision.

- Have a balanced meal with a protein source.
- Do not skip meals.
- Have a meal or snack every 3–4 hours.

Eat mindfully.

- Eat slowly.
- Remove distractions, such as TV or phones.
- Stop eating when you reach a six or seven on the Hunger/ Fullness Scale.



You are emotionally eating.

Identify the emotion that is triggering you. Then replace emotional eating with a positive behavior.

Use a coping skill.

- Meditation.
- Exercise.
- Deep breathing.
- Journaling.

Use a distracting technique.

- Watch TV.
- Call a friend.
- Listen to music.
- Go for a walk.
- Set a timer for 15 minutes and wait for the craving to pass.

Build Your Coping Toolbox

We all go through times of hardship and stress, and it's important to take good care of ourselves during those times. The coping tools listed below may help you manage stressful situations.



Music

- Listen to your favorite song or music.
- If you like to, sing along.



Companionship

- Spend time with a loved one or your pet.
- Talk to a trusted friend.



Speak affirmations to yourself

- I can do this.
- I am enough.
- My affirmation:

_____

_____



Scents

- Smell something you have an emotional connection to, like a favorite scent.
- You can also smell something that calms you.



Awareness

- Clench and release your fists. Repeat this 10 times.
- Hum the happy birthday song to bring awareness to your throat and its vibrations.
- Rub your palms together quickly. Think about how it feels and sounds.
- Stretch your body.
- Name three things you see and three things you hear, then move three parts of your body.
- If it is safe to do so, walk barefoot on the grass or soil.



Comfort

- Take a soothing shower or bath.
- Drink a glass of water.
- Eat something that brings you joy.



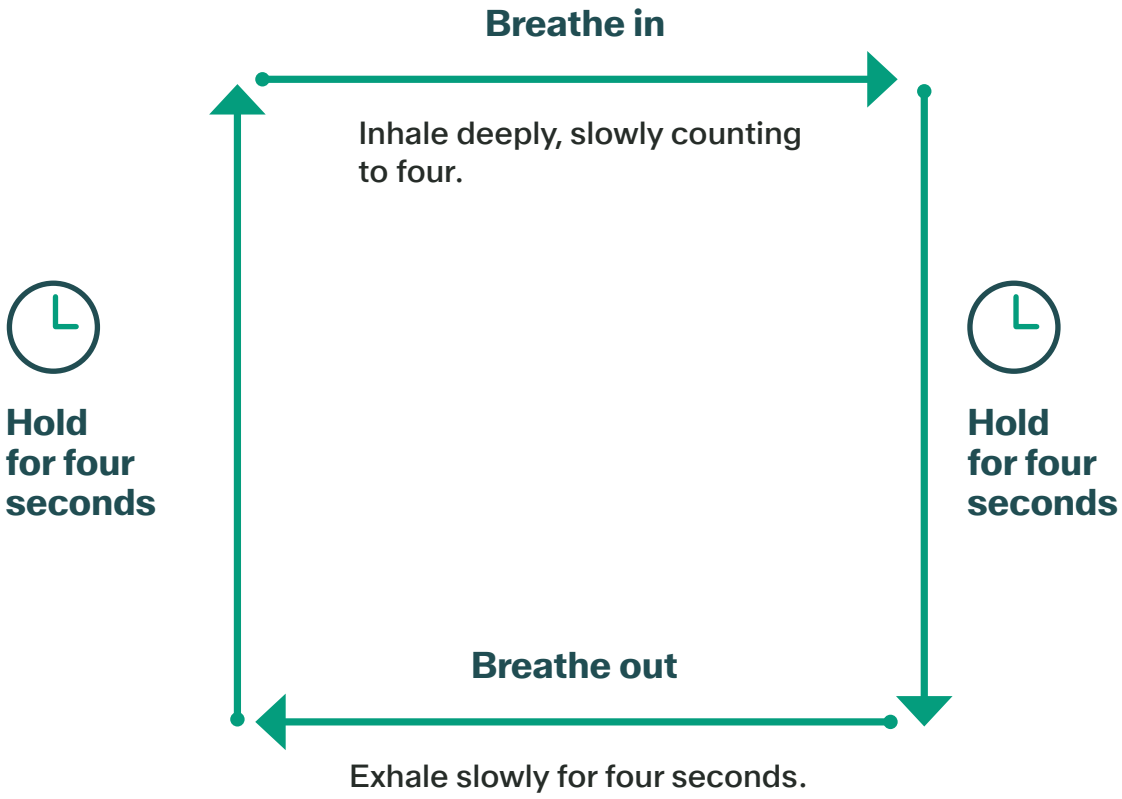
Meditate

- Reflect on 1–2 things that went well today.
- Take five slow breaths. Breathe in through your nose and breathe out through your mouth.

Box Breathing

Use this exercise when you are feeling stressed. Box breathing can help reset your mind and body.

- First, use it when you feel calm. The more you practice box breathing, the easier it gets.
- Find a quiet and comfortable place to sit. If you are on a chair, plant your feet flat on the ground.
- Once you are comfortable in your seat, sit up tall and if you feel comfortable doing so, close your eyes.



What else would you like to add to your Coping Toolbox?

If you are struggling or in crisis, help is available. Call or text 988 or chat at 988lifeline.org.

Emotional Eating Homework

Taking care of your body is much more than eating the right foods. Activities such as a good night's sleep and moving around can be good for your body and mind, too.

Make a list of the steps you currently take to support your body:

1

2

3

What is one new thing you could try to take care of your body and mind?

Review Build Your Coping Toolbox for some suggestions. Remember, success is much more than a number on a scale.

Self-Compassion Reminder for the Day



Rest when you need it.



Enjoy a meal for breakfast.



Speak kindly to yourself.



Remember your strengths.



Wear clothes that are comfortable for you.



Eat food you enjoy.

How else are you taking care of yourself and the needs of your body today?

Tips for Dining Out

You can continue to enjoy dining out while achieving your health or weight loss goals. By making informed choices, you will stay on track and maintain progress.



Plan ahead

Check the menu ahead of time. Look for the healthiest options that include lean proteins, vegetables, and whole grains.



Be mindful of appetizers

Choose smart starters such as soup or salad, or a vegetable option like brussels sprouts, roasted cauliflower, or edamame. These foods will help fill you up and avoid overeating for the rest of the meal.



Modify your order

Make substitutions as needed. Ask for no salt on your fries or chips. Ask for dressing or sauce on the side. Be aware of extra fats such as cheese, sour cream, bacon, and guacamole. Choose grilled instead of fried foods.



Eat mindfully

Dining out in social settings can sometimes lead to eating more due to distractions. Eat slowly and savor each bite. Ask for a to-go box to save any leftovers, allowing you to stop eating when you feel satisfied and enjoy the rest later.



Understand what you are ordering

Words like “breaded,” “crispy,” “battered,” “rich,” “creamy,” and “loaded” often refer to foods that are higher in calories. Pay attention to high-salt foods and ask for substitutions when necessary.

Fast Food Guide

Meals under 500 calories with around 20 g of protein.



Subway

6" Turkey breast sandwich
on 9-grain wheat bread

- **300–350 calories**
- **20 g of protein**



Chick-Fil-A

Grilled chicken sandwich

- **390 calories**
- **28 g of protein**

Spicy southwest salad (without dressing)

- **400 calories**
- **32 g of protein**



Wendy's

Summer strawberry salad with
champagne vinaigrette dressing

- **430 calories**
- **38 g of protein (includes dressing)**

Double-stack cheeseburger

- **410 calories**
- **23 g of protein**



Taco Bell

Grilled chicken power bowl

- **460 calories**
- **26 g protein**

Two chicken soft tacos

- **320 calories**
- **25 g of protein**



Panera Bread

Avocado, egg white, spinach, and
cheese on sprouted grain bagel flat

- **350 calories**
- **19 g of protein**

Mediterranean bowl with chicken

- **550 calories**
- **26 g of protein**

Asian sesame chicken, whole

- **410 calories**
- **30 g of protein**



Arby's

Classic roast beef sandwich

- **350 calories**
- **22 g of protein**



Panda Express

Two (2) entrée plate: grilled teriyaki chicken and black pepper sirloin steak, ½ steamed rice, ½ super greens

- **485 calories**
- **52g protein**

Two (2) entrée plate: wok-fried shrimp and black pepper chicken, ½ steamed rice, ½ super greens

- **470 calories**
- **30g protein**

Two (2) entrée plate: black pepper sirloin steakand wok-fried shrimp, ½ steamed rice, ½ super greens

- **400 calories**
- **36g protein**



Pollo Regio

¼ chicken, medium beans

- **566 calories**
- **62g protein**

¼ chicken, 3 corn tortillas

- **510 calories**
- **50g protein**

¼ chicken, ½ medium beans, 1 corn tortilla

- **513 calories**
- **56g protein**



Starbucks

Spinach, feta, and egg white wrap

- **290 calories**
- **20 g of protein**

Ham and swiss on baguette

- **500 calories**
- **25 g of protein**



KFC

Grilled chicken breast, side of green beans, side of macaroni and cheese

- **375 calories**
- **44 g of protein**

Original recipe thigh, side of mashed potatoes and gravy

- **410 calories**
- **22 g of protein**



Chipotle

Salad with chicken, pinto beans, guacamole, fajita vegetables, corn salsa, pico de gallo, and dressing on the side

- **440 calories**
- **44 g of protein**

These are baseline calorie values. Any beverages, dressings, or sauces will change these numbers.

Color Your Plate

Below are tips on ways to add more fruits and vegetables to your diet.



Fresh or frozen

Cut a variety of fresh vegetables to have ready to add to meals. Another great option is to keep frozen vegetables on hand.

For example:

- Add a handful of fresh spinach to your scrambled eggs.
- Add fresh mushrooms to your pizza.
- Add extra frozen carrots to your soups and stews.



Snacks

Keep fruits and vegetables ready to enjoy by washing and cutting them into snack-sized pieces for quick, healthy options.

For example:

- Raw carrots and hummus
- Yogurt with fresh berries



"Hide" vegetables

Chop them very small or blend them into sauces when cooking to make them harder to taste or feel.



Cooking

Vegetables can taste different depending on how you cook them. Experimenting with ways to cook vegetables can help you find the flavors you enjoy.

For example:

- Steaming
- Oven roasting
- Eating them raw

Create Your Grocery List

Make your grocery list from the meals you came up with above.

Fruits & Vegetables	Grains	Proteins	Healthy Fats	Snacks	Beverages

Putting It All Together

Think about the changes you have made to your eating and lifestyle that have helped you. Focus on the habits that have worked well and how you can keep using them every day to stay healthy.

Refrigerator staples

List all foods you plan to keep in your refrigerator.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Pantry staples

List all foods you plan to keep in your pantry.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Freezer staples

List all foods you plan to keep in your freezer.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____







GROUP CLASSES 4&5

GROUP CLASSES 4&5

GROUP CLASS 4

Healthy Chef Activity



Want to Learn How to Cook Healthy Meals?

- Classes are FREE!
- 6-Week Program
- Improve your health in a fun way
- Learn new healthy recipes

Led by Registered Dietitians

Join Our Cooking Classes!

Healthy Chef

Proud Sponsors: CommUnityCare HEALTH CENTERS, CENTRAL HEALTH, CITY OF AUSTIN

Classes in Spanish:
Wednesdays
10:00am-12:30pm
Classes in English:
Mondays
12:00pm-2:30pm
Where:
(ONLY)
Southeast
Health & Wellness Center
2901 Montopolis Dr.

Space is Limited
To register:
Call & Leave Message
Angelica:
512-978-9269

GROUP CLASS 5

Grocery Store Trip

Shopping for better health

Healthy grocery shopping can make it easier for you to reach your health goals. When you plan ahead and choose nutritious foods, you can save money and make healthy choices during the week. This handout gives simple tips to help you shop with confidence and support your health.



Shop the store perimeter.

The store perimeter often has the freshest, least processed foods.

- Produce: Choose a mix of colorful fruits and vegetables.
- Meat and seafood: Choose lean options such as chicken, turkey, fish, or lean cuts of beef or pork.
- Dairy and eggs: Choose low-fat or fat-free milk, yogurt, and cheese if these fit your plan.
- You may find more processed foods in the middle aisles. Read labels to help you choose what works for you.



Plan ahead with a menu and shopping list.

- Write down your meals for the week before you go to the store.
- Use your menu to make a grocery list.
- It is helpful to avoid shopping when hungry because it can lead to unplanned purchases.
- Shopping earlier in the day can also help you stay focused on your list.



Read nutrition labels.

Check the Nutrition Facts label and ingredients list before you buy.

- Saturated fat: Choose foods with less than four (4) grams per serving.
- Sodium (salt): Choose foods with less than 300 milligrams per serving.
- Carbohydrates: Total carbohydrates include sugar and fiber.
  - Fiber: Choose foods with three (3) grams or more per serving. Fiber can help you feel full.
  - Added sugar: Choose items with less than 10 grams per serving. Lower added sugar is better for your health.
- Ingredients: Shorter ingredient lists can help you pick less processed options.

Practice reading nutrition labels

Use the nutrition label goals below to compare items in each category. Choose options that meet all four (4) goals:

1. Less than four (4) grams saturated fats
2. Less than 300 milligrams sodium
3. Three (3) grams of fiber or more
4. Less than 10 grams added sugar

FOOD CATEGORY	EXAMPLE CHOICES	YOUR PICK
BREAD	• 100% whole wheat bread • Sprouted grain bread	
TORTILLAS	• Whole grain • Corn • High-fiber tortilla	
YOGURT	• Plain Greek yogurt • Low-fat yogurt with low added sugar	
PROTEIN	• Lean ground beef • Chicken • Tuna • Beans	

Additional smart shopping tips.

Small changes can support good health over time.

- Shop sales on healthy foods. Frozen fruits and vegetables are affordable and nutritious.
- Buy in bulk for healthy staples such as beans, oats, and brown rice.
- Choose smaller packages of high-calorie foods if you want help managing portion sizes.
- Compare brands. Store brands may be healthy and cost less.

Meal planning websites and apps

These websites and apps can help you plan meals, track recipes, and stay organized. Many offer free versions, with extra features available through low-cost plans.

EatThisMuch.com

- Free version available.
- Premium version provides weekly meal planning for $5 per month with a 12-month plan.

Mealime.com

- Free version available.
- Premium version offers full recipe access for $4 per month.

PlanToEat.com

- Allows you to save recipes from social media.
- $5.95 per month or $49 per year.

Emeals.com

- Offers meal plans such as budget-friendly, low-calorie, and heart-healthy.
- You can order groceries through Walmart.
- $4.99 per month with a 12-month plan.

Notes

