



A lifestyle change

Healthy Eating Making it work for you

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Reflection: what is one healthy food you really enjoy?



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Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your first week's weight to the second.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) How much of the food you ate would you call "healthy?"
 - b) Make a note about how you did this week.



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Calorie Goal Setting

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>

So – if my estimated RMR is 1300 calories, and my RMR + activity is 2150 calories – what is a good goal for me to lose weight?



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Weight loss is easy...

To lose weight you **MUST** eat **FEWER** calories than you **EXPEND**.

2000 calories (food eaten) – 1500 calories (metabolism, exercise) = 500 calorie gain.

1500 calories (food eaten) – 2000 calories used (metabolism, exercise) = 500 calories loss.

There are ~3500 calories in 1 pound of body fat. *So – if you have a 500 calorie loss, how many days will it take you to lose a pound?*



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...said no one, ever.

The quality of your calories matters just as much as the quantity.

200 calories of broccoli is NOT the same as 200 calories of jelly beans.

What healthy swaps can you make to keep the amount of food you eat the same, but the calories lower?

<https://mymodernmet.com/paula-norris-spot-the-difference/>



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What is “Healthy Eating?”

- A life-long way of eating the supports the best health for you.
- Focus on those healthy things you like to eat.
 - Whole grains, fruits and veggies, beans, nuts, fish, lean protein, low-fat dairy.
- Aim for a variety of foods.
 - Snack: 2 food groups.
 - Breakfast: 3 food groups.
 - Lunch & Dinner: 4 food groups.
- As you start becoming aware of how many calories different foods have, think not just about lower calories, but also higher nutrient content.
- What does this food give back to me?



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Tips and Tricks

1. **Focus on NUTRIENT-RICH food.**
2. Use small serving dishes & utensils.
3. Drink lots of water throughout the day. Have a full glass of water (infused if you'd like) with each meal.
4. Eat consistently throughout the day.
5. Eat consciously – don't eat while reading or looking at a screen – savor your food.
6. Put it away! Out of sight, out of mind.
7. Decrease portion size of high calorie foods and increase portion size of low-calorie foods.
8. No “problem foods” in your home. This is your safe place.
9. Limit exposure to environmental cues.



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What can you get?

For 300 calories

Waffles with Berries



2 low fat Nutrigrain Eggo Waffles
1 serving Dannon Light 'n Fit yogurt
1/2 cup blueberries
1 cup strawberries

VS

Stuffed Hotcakes



1/5 of Bob Evans Caramel
Banana Pecan Cream
Stacked and Stuffed
Hotcakes

Entire Portion
1,540 calories
77 g fat
198 g carbs

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What can you get?

For 350 calories

Frozen Pizza with Salad



Lean Cuisine Spinach and Mushroom Pizza
Caesar side salad with light dressing

VS

Meat Stuffed Pizza



1/3 a slice of Sbarro
Sausage & Pepperoni
Stuffed Pizza

Entire Portion
976 calories
47 g fat
83 g carbs

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What can you get?

http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1260

For 400 calories

Chicken Stir Fry & Rice



4 oz grilled chicken
1/2 cup brown rice (cooked)
1-1/2 cups frozen veggie blend
1/4 cup red Thai sauce

VS

Chicken & Rice Takeout



1/3 of P.F. Chang's
Orange Peel Chicken
with steamed white rice

Entire Portion
1150 calories
46 g fat
127 g carbs

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Find High Calorie Foods

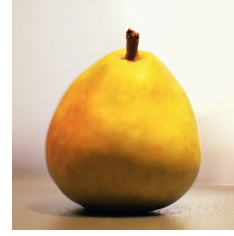
Review your food log. Write a few of the foods you ate that are high in calories:

1. Drinks (other than water)
2. Meats
3. Dairy Foods
4. Snacks and Candy
5. Butter/Margarine
6. Gravy/Mayonnaise
7. Baked Goods
8. Oil/Lard/Shortening

Were any of the high calorie foods also high in nutrients? Are there any you would like to substitute or change?



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Food and Fitness Log

This week's mission:
Record everything you eat.
Record the portion size and calories.
Set a calorie goal for yourself.



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A Successful Food and Fitness Log

- Commit to it!
- Record as you go through the day.
- Record all **DELIBERATE** activity/exercise
- Record your weight 1x/week.



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Troubleshooting

- Were there any days/times you didn't track?
- Think about why it was difficult on those days.
- What is one way you can overcome that barrier?

Calculate calories in YOUR recipes, track your food, all on your phone.

For a list of reviewed diet trackers: <https://www.health.kaiserpermanente.org/best-diet-apps/>



"Yes, that's all - isn't 1500 calories enough?"

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- This is learning to eat in the real world with the tools available to us all.
- This may be overwhelming – but it will get easier. You are learning to use a new tool. Experience = Ease
- Don't expect perfection – just improvement!
- Use your scale like a speedometer – a tool to know where you are. IT DOES NOT DEFINE YOU.

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This Week:

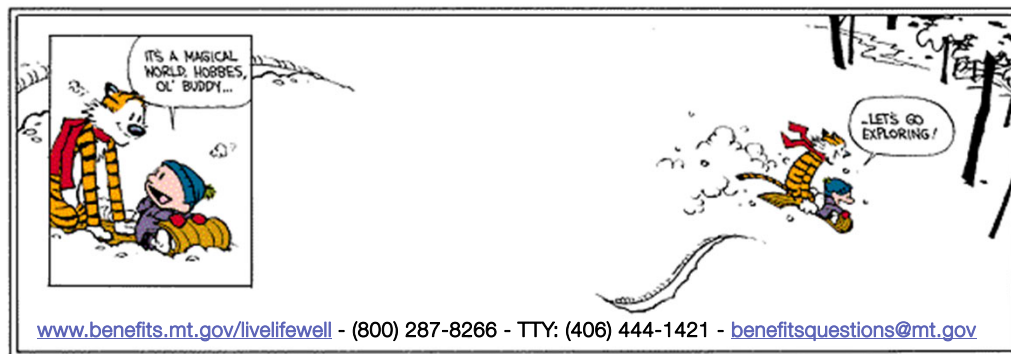
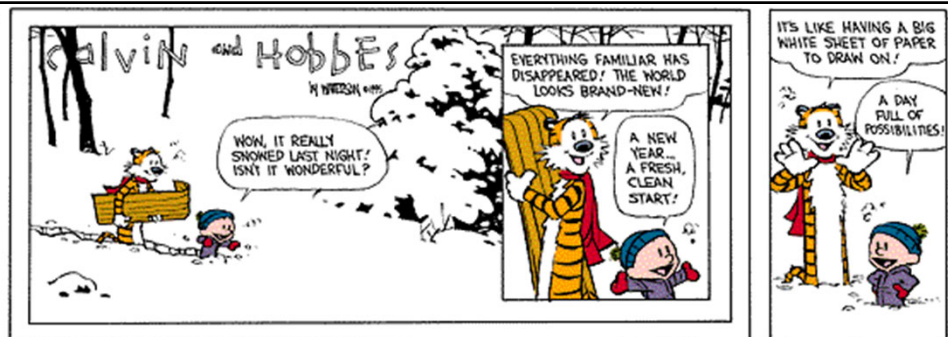
- SET or ADJUST your goals.
- DO what you've decided that you will to meet your goals.
- RECORD your food, fitness and weight in your log.
- PRINT another week for the food and fitness log.
- BRING your binder and log to our next webinar.



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