

Re-Integration Worksheet: Re-establishing Healthy Eating Behaviors

“Teleworking” eating patterns

1. Breakfast Time: _____ or N/A – did not eat breakfast regularly
2. Lunch Time: _____ or N/A – did not eat lunch regularly
3. Dinner Time: _____ or N/A – did not eat dinner regularly
4. Snack Time(s): _____ or I grazed all day or N/A – did not snack regularly
5. Did you eat **more homemade meals** or **more take out meals** while teleworking? (circle answer)
6. Did you eat until you **felt full (satiated)** or **the plate was empty** or **you felt ill?** (circle answer)
7. Did you eat because you were **hungry** or **out of habit?** (circle answer)
8. Do you feel like you ate more routinely (set times) while teleworking? **Yes No**
9. Do you feel like you ate healthier meals while teleworking? **Yes No**
10. Do you feel like you ate healthier snacks while teleworking? **Yes No**
11. Do you feel like you were eating because you were bored, sad, lonely, anxious, worried, or stressed? If yes, circle reason. **Yes No**
12. Do you feel like you ate more sweets (cake, cookies, ice cream, chocolate)? **Yes No**
13. Do you feel like you ate more starches (bread, pasta, rice)? **Yes No**
14. Do you feel like you ate more salty snacks (chips, pretzels, crackers)? **Yes No**
15. Do you feel like you ate more fatty foods (steak, hamburgers, pizza, fries)? **Yes No**
16. Do you feel like you drank an adequate amount of water while teleworking? **Yes No**
17. Do you feel like you were consuming more sodas or sugary beverages than usual? **Yes No**
18. Do you feel like you were consuming more coffee/tea/energy drinks than usual? **Yes No**
19. Do you feel like you were consuming more alcohol than usual? **Yes No**
20. Did you experience any significant weight gain or weight loss? **Yes No**
If so, how much? _____ pounds

Do you really understand food and nutrition? Take the quiz below.

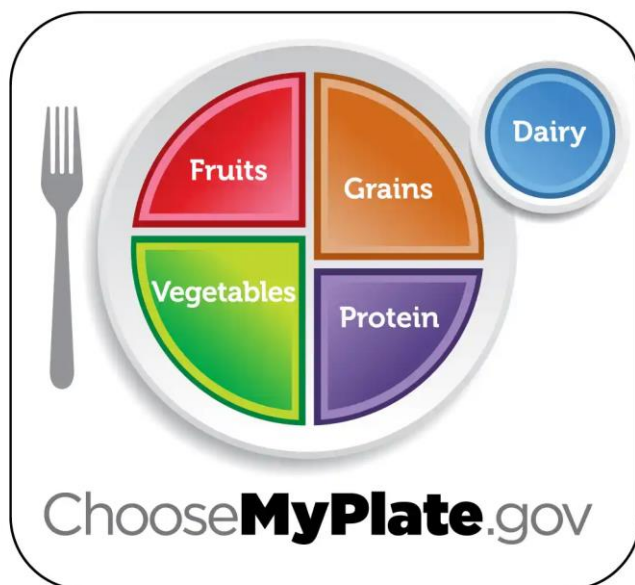
From: <http://www.goodfoodmama.com/healthyliving/nutrition-quiz-common-food-and-nutrition-myths/>

1. T or F If you eat after 8 pm you will gain weight.
2. T or F Eating carbohydrates (starchy foods) will make you fat.
3. T or F Eating fat will make you fat.
4. T or F Butter and margarine have about the same number of calories.
5. T or F Olive oil contains less fat than other cooking oils.
6. T or F Fresh fruits and vegetables are more nutritious than frozen.
7. T or F Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and help you lose weight.
8. T or F Snacking is not good for you and should be avoided if you want to lose weight.
9. T or F Skipping meals can help with weight loss.
10. Which of these best describes when you should stop eating during a meal?
 - a. While you are still hungry
 - b. When you are satisfied
 - c. When your plate is empty
 - d. When you need to unbuckle your belt

What is considered a “balanced” meal




From: https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/myplate_white.jpg

Total Daily Amounts From: https://www.choosemyplate.gov/resources/MyPlatePlan/MyPlatePlan_2000cals_Age14plus



Total Daily Amounts

(based on 2000 calories)

	2 cups
	2½ cups
	6 ounces
	5½ ounces
	3 cups

Establish your eating goals

1. Identify several possible eating goals (eating certain meals, # servings of veges, # calories, decrease fast food, etc.).

a. _____

b. _____

c. _____

d. _____

2. **S** Select the first goal you would like to focus on from the list above. Be *specific*. _____

3. **M** How will you *measure* your progress (use a tracker such as myfitnesspal)? _____

4. **A** Is this an *achievable* goal for you? If not, how can it be more achievable? _____

5. **R** Is this a *realistic* goal for you? If not, how can it be more realistic? _____

6. **T** Identify your timeframe.

Start date: _____ Goal date: _____

Create a meal.

Brainstorm ideas for different fruits, veges, grains, proteins, and dairy.

Fruits	Vegetables	Grains	Proteins	Dairy

Examples of a single serving

From: <https://www.webmd.com/diet/control-portion-size>

1. Vegetables or fruit is about the size of your fist.
2. Pasta is about the size of one scoop of ice cream.
3. Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
4. Snacks such as pretzels and chips is about the size of a cupped handful.
5. Apple is the size of a baseball.
6. Potato is the size of a computer mouse.
7. Bagel is the size of a hockey puck.
8. Pancake is the size of a CD.
9. Steamed rice is the size of a cupcake wrapper.
10. Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base).

Tips for improving diet.

From: <https://www.thepennyhoarder.com/save-money/meal-prep-ideas/>
<https://www.webmd.com/diet/control-portion-size>

1. Start small. A healthy diet is about establishing good habits that become part of your routine.
2. Focus on one meal at a time. Life happens!! If you stray from your plan at breakfast, focus on getting back on track at lunch. Avoid giving up on the day.
3. Plan. Map out your meals in advance.
4. Consider meal prepping in advance.
5. Make a grocery list based on your planned meals. Remember fresh is best, then frozen, then canned.
6. Keep it interesting. Do not be afraid to try different foods, or preparation methods, or seasonings.
7. Track what you are eating. Consider apps such as MyFitnessPal.
8. Watch portion size
 - a. At home:
 - Use smaller dishes at meals.
 - Serve food in the right portion amounts, and don't go back for seconds.
 - Put away any leftovers in separate, portion-controlled amounts. Consider freezing the portions you likely won't eat for a while.
 - Never eat out of the bag or carton.
 - Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without realizing it.
 - b. **At restaurants:**
 - Ask for half or smaller portions.
 - Eyeball your appropriate portion, set the rest aside, and ask for a doggie bag right away.
 - If you have dessert, share.
 - c. **At the supermarket:**
 - Beware of mini-sized snacks -- small crackers, cookies, and pretzels. Most people end up eating more than they realize, and the calories add up.
 - Choose foods packaged in individual serving sizes.
 - If you like to eat ice cream out of the carton, pick up ice cream sandwiches or other individual-size servings.

For additional assistance with diet contact the nutritionist, Ms. Kendra Hill @ (478) 327-7237

Answers to Quiz

1. **False.** It is not want time you eat that matters, but what you eat. A calorie is a calorie is a calorie, so if you eat more calories than you burn, you'll gain weight and if you eat fewer calories than you burn, you'll lose weight – no matter the time of day.
2. **False.** Carbohydrates are your body's main source of energy. Eating carbohydrates, such as fruits, veggies and whole grain, in moderation does not lead to excess body fat. Eating too many calories is what leads to weight gain, not that it comes from carbohydrates.
3. **False.** Eating fat does not make you fat. If you eat more calories than your body uses, then you will store these extra calories as fat. Fat should be consumed in moderation and it is a good idea to limit or avoid foods that are high in saturated fat and trans-fat while choosing healthier unsaturated fats.
4. **True.** There are about 100 calories per tablespoon of stick margarine or butter. The difference is that margarine is made from liquid oil that is changed into a solid through a process called hydrogenation. This process adds unhealthy trans fats, which increase the risk of heart disease.
5. **False.** Olive oil contains as much fat as all other oils. However, olive oil does contain monounsaturated fats, a healthier alternative.
6. **False.** Frozen fruits and vegetables are often more nutritious than fresh because they are generally flash frozen right after they are harvested to lock in the nutrients. Whereas, fresh fruits and vegetables nutrient levels drop the longer they are stored and not eaten right away.
7. **False.** No food can burn fat! To lose fat you need to burn more calories than you consume. Your diet should consist of healthy fats, lean proteins, fruits and vegetables and high fiber whole grains. Try to do some sort of cardiovascular exercise for 30 to 60 minutes a day at least 5 times a week and lift some weights at least twice a week.
8. **False.** Snacking helps control hunger and may help reduce the amount of calories you eat at meals. Have snacks between meals if you are hungry or if the time of your next meal is over 4 hours. For example, if you have breakfast at 8 am and you know you won't be having lunch to about 12:30 or 1:00 you should have a small healthy snack, that is no more than 100-200 calories, over 3 grams of fiber and/or less than 3 grams of fat, around 10:30.
9. **False.** Skipping meals does not help with weight loss; in fact it may make you fat! When you skip meals your body is not getting proper nourishment, so when you do finally eat your body starts storing the food you eat as fat. In addition, your metabolism slows down to reserve energy, which is often called "starvation mode". According to the Weight-Control Information Network, when you skip meals you feel hungrier and that may lead to you over eating at your next meal.

10. When you are satisfied

When you are satisfied! It takes about 20 minutes^[SEP] for your stomach to let your brain know that^[SEP] you have had enough to eat. So remember to eat when you are hungry and stop when you are satisfied.

References:

Centers for Disease Control and Prevention: Healthy Weight <http://www.cdc.gov/healthyweight/index.html>
Centers for Disease Control and Prevention: Healthy Weight – it's not a diet it's a lifestyle. <http://www.cdc.gov/healthyweight/tools/>
National Institute of Diabetes and Digestive and Kidney Diseases; Weight-Control Information Network: Weight-loss and Nutrition Myths: How Much DO you Really Know? <http://www.win.niddk.nih.gov/publications/PDFs/Myths.pdf>

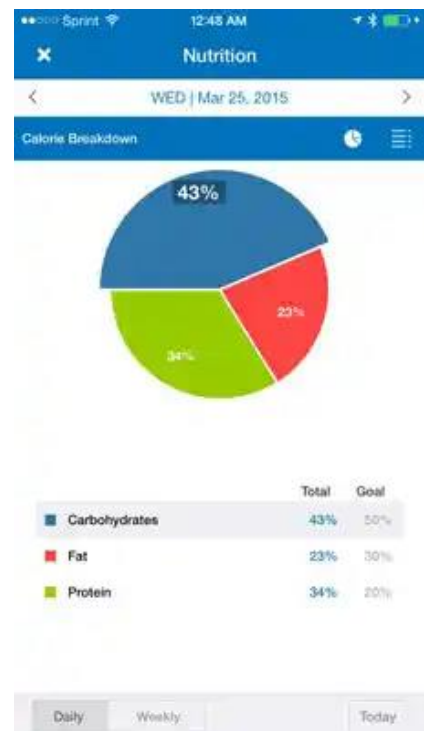
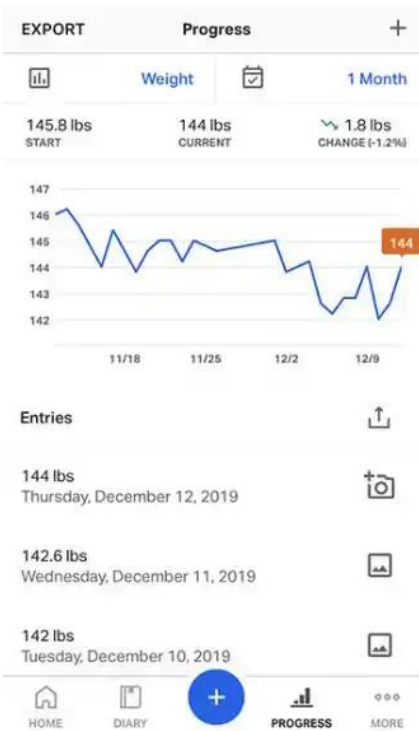
Description of MyFitnessPal App (FREE!!)



MyFitnessPal is a smartphone app and website that tracks diet and exercise. It keeps track of daily food and beverage intake, calculating all nutrients, calories, and vitamins for the user. This helps identify patterns to eating as well as finding out what is missing from a diet or where dietary cutbacks might be needed. The “HelloHealthy” blog is loaded with recipes, workouts as well as health and wellness tips. To track nutrients, users can either scan the barcodes of various food items or manually find them in the app's large pre-existing database.

The key features of MyFitnessPal include:

- Facebook-like community section where you can find and follow friends, share your workout and food diaries, and get motivation, inspiration, and accountability for your quest.
- Easy to use
- A searchable food database of over 300,000,000 items
- Your own personal food database - add your own foods and recipes at any time and access them from anywhere with an internet connection
- Discussion forums let you learn from others, share your own tips, receive and give encouragement, and make friends.
- A personalized diet profile - customized to your unique weight loss goals.
- Provides nutritionist-approved recipes and motivational workout tips
- Connects with over 50 apps including Garmin Connect, AppleHealthKit, Fitbit, Samsung Health, and MapMyRun





Nutrition Facts	
Dark Chocolate Almond Coconut (Clif Mojo Bar)	
Serving Size	1 Bar
Number of Servings	1
Nutrition Facts	
Calories	200
Fat (g)	12
Saturated (g)	6
Polyunsaturated (g)	1.5
Monounsaturated (g)	4.5
Trans (g)	0
Cholesterol (mg)	0
Sodium (mg)	180
Potassium (mg)	170
Carbs (g)	20
Fiber (g)	3
Sugars (g)	10
Protein (g)	8
Vitamin A (%)	0
Vitamin C (%)	0
Calcium (%)	10