

## Review this presentation on-line

Go to [www.DunneWithDieting.com](http://www.DunneWithDieting.com)

Click on [I am done with dieting](#) in left-hand column

This portion of the site is password protected

User Name = behealthy

Password = stayhealthy

## Weight Loss Success

This depends on YOU. Our job is to provide you with the **tools** and **support** to reach your weight loss goals. Keep in mind the greater goal is to improve your *metabolic health*. Typically this entails *changing habits*. Changing your dietary habits and incorporating healthy lifestyle changes is **REALLY HARD**. If you focus on improving your metabolic health through healthy eating and an active lifestyle, this will decrease your risk of future disease. This may not be reflected as quickly on the scale as you hope!

## Monitoring Progress

With virtual visits, you can track your progress by following your body measurements—waist circumference (WC) and hip circumference (HC), as well as your weight. Measure your WC around your belly button (generally the narrowest area) after an exhalation. To measure your HC, measure your hips at the widest point. A woman's WC should be less than 35 inches. Your WC to HC ratio should be less than 0.85. Another metric is your WC should be less than half your height in inches.

## Appointments

If you need to **reschedule or cancel** your appointment, please do so **within 24 hours** for the **courtesy** of other patients who may want your appointment time. Please email Dawn or call the office and leave a message for Dawn. Our Cancellation/No Show Policy requires that you notify us within 24 hours to avoid a no-show fee.

We encourage you to schedule your appointments every 2 weeks for the first month and then every 4 weeks. We have found that these initial frequent visits translate into greater success.

Please note, since weight loss medications may have effects on vital signs as well as potential side effects, all patients on a prescription weight loss medication must be seen by one of our providers in the office at least on a monthly basis.

## HealthTrac App

We will provide you with this app track your food diary and activity. The HealthTrac App is available as a free download to anyone using an iPhone or Android phone. HealthTrac can sync to your favorite fitness tracker such as Apple Health, FitBit, and Garmin. A key function of HealthTrac is the "Color My Day" feature offering daily accountability. We will provide you with your unique user ID and password.

## Contact the Office

Feel free to contact us through the **PATIENT PORTAL**. Make sure your account is activated.

## Healthy Hints

### Cut the C.R.A.P. Eat REAL food

Nix the Carbonated sugary drinks, Refined sugar and flour, Artificially flavored foods and anything Processed

### Make your main plate the side plate and your side plate the main plate

Fill half your plate with non-starchy vegetables

### Instead of counting calories, count colors

Eat colorful vegetables to get more micronutrients

### Start each meal with soup or a salad

Colorful vegetables are full of nutrients as well as fiber and soup contains water. Fill up before you eat your main meal

### Pay your farmer now or your pharmacist later

Organic vegetables and fruits and grass-fed animal products are more expensive but will lead to better health in the long run

### Have your carbs, and eat them too (raw, undercooked, or cooked then cooled)

Add resistant starch to your diet to feed your good bacteria

### Feed your good bacteria

Add fermented dairy (Greek-style yogurt, kefir) and fermented vegetables (sauerkraut, kimchi)

### Eat your carbs later in the day and later on your plate

This will keep your insulin down throughout the day

### Shorten your eating window

Eat your meals in a 12 hour window (or less) to keep your insulin levels lower

### Eat breakfast (or lunch) like a queen

Eating your large meal before 2pm will lead to greater weight loss than the same caloric intake later in the day

### Sit down when you eat

Whether it is a meal or just a snack. A good choice or your worst choice.

### Chew each bite 50 times

Start with 20 bites. By keeping the food in your mouth longer you will be full sooner and eat less

### Honor your hunger

Acknowledge that you are hungry. It is OK to be hungry. Have a glass of water first as you may not truly be hungry

### Complete your last meal by 7pm (or earlier)

This will give your body time to digest

### Get into bed by 10pm

You want to give your body ample "sleep opportunity"

### Move in the morning

Go for a walk in the morning (before noon) and this will help you sleep better at night

### Master the art of showing up

It is better to walk for 5 minutes a day, perhaps less than you had hoped, versus nothing at all

### Find an accountability partner

Family, friends, your pet, social media

## Build a Breakfast

### Mix and Match! Breakfast by Number

Start with quality protein. Add a healthy carb and a little healthy fat.

Starting the day with a healthy breakfast that is high in protein will keep you feeling full and energetic. It will also keep you from overeating later in the day.

Protein	Carb	Fat
<b>1 Eggs</b> 2 whole large eggs	<b>4 Oats</b> ¼ c, dry, McCann's steel cut	<b>7 Avocado</b> ¼ of a ripe avocado
<b>2 Organic Greek Yogurt</b> 7 ounces Fage Total (full fat)	<b>5 Cooked Quinoa</b> ½ cup	<b>8 Nuts or Seeds</b> ¼ cup whole nuts or seeds, or 2 tbsp nut or seed butter 1oz almonds (29 almonds)
<b>3 Protein Powder</b> VLC protein base (1 packet)	<b>6 Fruit</b> ½ c blueberries fresh/frozen	<b>9 Extra-Virgin Olive Oil</b> ½ tbsp

### 2 + 6 + 8 = The Perfect Parfait

Layer 1/3 each of the Greek yogurt, fruit and nuts. Then repeat, twice, ending with the nuts on top. Flavor upgrade: Season with cinnamon, grated ginger, or chopped mint leaves.

### 1 + 5 + 9 = An Awesome Omelet

Grease pan with extra virgin olive oil, whisk together eggs, and cook. Add quinoa and fold. Flavor upgrade: Season with garlic, pepper, and fresh herbs, like sliced basil.

### 3 + 6 + 8 = A Smart Smoothie

Blend frozen fruit, protein powder, ½ cup water and nut butter. Flavor upgrade: Try these combos: cherries and almond butter, strawberries and walnut butter or blueberries with cashew butter.

### 1 + 5 + 7 = Excellent Egg Salad

Hard boil eggs. Chop eggs. Mash avocado; Add eggs. Serve over quinoa. Flavor upgrade: Season avocado with garlic, lime juice, blacker pepper, cilantro, and crushed red pepper.

### 3 + 4 + 8 = Power Oats

Stir protein powder into oats. Add ¼ cup hot water. Top with chopped nuts or swirl in nut butter. Flavor upgrade: Season with cinnamon, pumpkin pie spice, or apple pie spice.

## Small Changes – Start with Breakfast

An incremental program lets you gain your footing one step at a time. Typically, one simple change – by focusing on changing breakfast can help you regain energy and feel better and it will add a surge of enthusiasm to take the next step.

### WHAT TO EAT

Start by eliminating any processed or packaged foods. Skip the boxed cereal, bagels, muffins, etc., for a real breakfast that will keep you energized for the rest of the day. Look at the “Build A Breakfast” handout for suggestions for a balanced breakfast containing a quality protein, a complex carb and a serving of healthy fat. Start the breakfast with some leafy greens or add into the frittata or smoothie. Take a week to sample different breakfasts to see how hungry you are for your next meal and for the rest of the day. Also assess for ease of preparation and to have ingredients on hand. More time to make a vegetable frittata on the weekend but you can also make frittata muffins to grab and go or get on-line for your WFH zoom weekday meeting!

### WHEN TO EAT

Yes breakfast is the most important meal of the day but it does not have to be eaten within an hour of wakening. Instead break your fast = eat breakfast when you are hungry.

### WHERE TO EAT

Be mindful when you are eating. Put away your phone, turn off the screens, sit down and eat your meal at a table.

### WHAT TO DRINK

In the morning, if you are a coffee drinker you probably like your coffee a certain way. The goal will be to eliminate the sweetener (real or artificial--whether it be sugar or stevia). But start by slowly decreasing the amount over time. Next work on the dairy or dairy equivalent. Up the fat content and lower the sugar content. GOOD: There is minimal nutrition in low-fat milk so instead use whole milk or heavy cream. BETTER: Use a non-dairy milk such as almond milk but an unsweetened version. BEST: Drink your coffee black. Throughout your day, the best beverage to drink is simply water.

Once you have mastered breakfast move on to lunch with the ultimate goal of 3 eating events each day. Eat your meals in a 12 hour eating window or less. Eat your larger meal by 2pm and complete your last lighter meal (call it supper) by 7pm. This will give you 3 hours to digest so you can get into bed by 10pm.

### FOOD SENSITIVITIES

As you start your health journey consider that there are foods that you might be sensitive to and best to eliminate, at least on a trial basis. The most common allergens are dairy, grains (particularly gluten-containing grains), soy, eggs, nuts. Pick one and eliminate for 30 days. Track how you feel and then add back in. If you felt better without that food category then you are likely best without it! This is called an Elimination Diet. Too often such foods are the ones we crave most even though they make us feel like crap. Try to distinguish between the foods you Want versus the foods you NEED. You can also eliminate all suspect foods in that 30 day period. The Whole 30 is an elimination diet that takes you step by step through the elimination experience. You can also read more about elimination diets at <http://dunnewithdieting.com/foodplans/eliminationdiet.html>.

### WRITE IT DOWN

Take the next 2-4 weeks to write down every “eating event” whether it be breakfast, lunch, dinner, snacks. Note the time of each event. You should also make note of your mood, emotional state and/or physical complaints. Take a look at your diary after a week. Count the number of eating events and identify which ones you can eliminate such as the ice cream at bedtime or the afternoon caramel coffee macchiato and biscuit. For snacks and dessert, ask yourself if you are truly hungry. Tell yourself you can wait for your next meal. Have a glass of water or herbal tea. Change your environment by going out for a walk or at least relocating as far from the kitchen as you can. Be mindful.

# Get ready, get set....GO!!

Take 1-2 days to prepare yourself and your surroundings for your healthy lifestyle changes.

## Step 1

Sit down with your **support team** – your family, friends and other support

- Household members
  - ✓ Advise them of your plan for a healthier lifestyle
  - ✓ You would like them to join you or at least support you
- Friends and co-workers
  - ✓ Appeal to friends and co-workers to join you and perhaps be your exercise buddy, etc.

## Step 2

Start with a **kitchen makeover!**

- If you have junk “food” (processed, sugary foods) in your kitchen you will eventually eat it!
- Go through your cabinets and refrigerator and **THROW OUT**
  - ✓ All fake food
    - This includes anything that comes in a bag or a box
    - Contains preservatives, additives or dyes, MSG, colors
    - Labeled fat-free or low-fat
  - ✓ All foods and any drinks that contain sugar including high-fructose corn syrup
  - ✓ All foods containing refined flour or salt
  - ✓ Anything containing artificial sweeteners
  - ✓ Anything containing hydrogenated oils or refined vegetable oils
- Organize your kitchen
  - ✓ Good set of pots and pans
  - ✓ Good set of knives
  - ✓ Blender
  - ✓ Slow cooker
  - ✓ Food processor
  - ✓ Sealable containers (choose glass containers rather than plastic)

## Step 3

Preparation is everything

- **Plan your meals** for the week, including snacks
  - ✓ Take a day (i.e. Sunday) to plan, shop and prep for the week
    - Use online resources, cookbooks, etc.
- Make a shopping list **AND STICK TO IT**
  - ✓ Shop the perimeter of the store, not the aisles where all the junk food is
  - ✓ Don't be afraid to buy fruits and vegetables in bulk
    - You can always freeze what you do not use this week

## Step 4

Make an **exercise plan**

- Organize your **fitness apparel**
  - ✓ Find a comfortable pair of sneakers
  - ✓ Get out your t-shirts and shorts, leggings and sweatshirts
  - ✓ Get a PBA-free water bottle
- Stick to your exercise plan
  - ✓ If you don't like the gym, go for a walk at lunchtime
  - ✓ Consider online exercise regimens from You-Tube to on-demand classes or dig out your old DVDs
  - ✓ Add meditation or a daily breathing regimen to your day
  - ✓ Find an exercise buddy for motivation and accountability

# Diet, Nutrition & Lifestyle Journal

## Weekly Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast time_____							
lunch time_____							
dinner time_____							

Sleep Quantity: Quality:							
Relaxation:							
Exercise & movement  Type Duration Intensity							
Stress Reduction Practices							
Relationships Supporting:  Non- supporting:							

# Diet, Nutrition & Lifestyle Journal

## Weekly Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast time_____							
lunch time_____							
dinner time_____							

Sleep Quantity: Quality:							
Relaxation:							
Exercise & movement  Type Duration Intensity							
Stress Reduction Practices							
Relationships Supporting:  Non- supporting:							