

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Lifestyle Materials *Youth Manual*



Introduction

Welcome to the TODAY Lifestyle Program (TLP). The program is designed to help people like you with Type 2 diabetes and their families make changes aimed at weight loss in order to take care of diabetes. The TLP is designed to involve your family in making healthy lifestyle changes and help you take care of diabetes. What we ask of you may be challenging—but it will also be rewarding, and you will have a lot of support to make changes in your eating and activity habits.

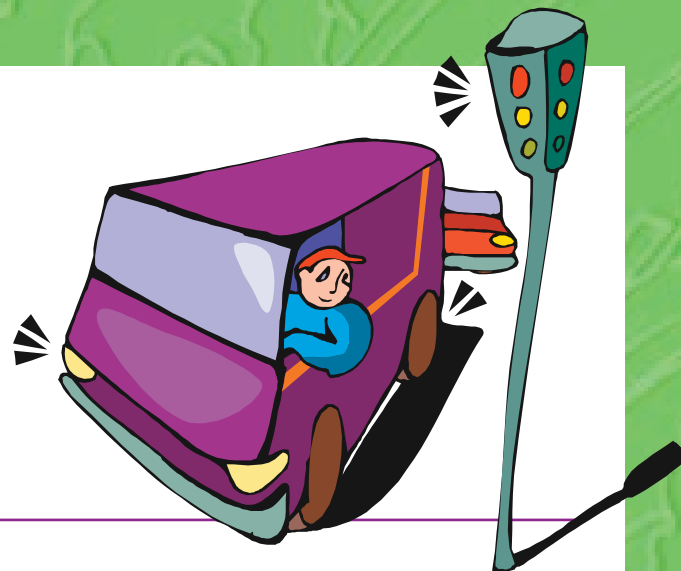
Who do we mean when we say “parent” in the TLP chapters?

It may be your parent. It may be your mother. It may be your father.

But it may not be your parent. It may be your grandparent, your aunt or uncle. It could be your guardian. That doesn't matter so much. We're talking more about what the person does than who it is.

You are trying to deal with diabetes. You are trying to eat more healthy foods. You are trying to be more active. You are making big changes. This can be hard work. You need support. An adult has promised to support you. An adult is helping you make these changes. Calling that person a “parent” makes the chapters easier to read. It also describes the role. This adult is helping you like a parent would. That's why we say, “parent.”

Preview of the Road Ahead



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Chapter 1:

Introduction to the TODAY Lifestyle Program (TLP)

Welcome to the **TODAY Lifestyle Program** for Youth with Type 2 Diabetes! The TODAY Lifestyle Program (sometimes called the “TLP”) will help you lose weight, have more energy for the things you like to do, take care of your diabetes, and stay healthy all your life.

We are very happy that you will be participating in this program because lifestyle changes have helped many people take care of their diabetes.

Changing the way you eat and getting more exercise is called a lifestyle change.

Changing the way you eat and getting more exercise is called a lifestyle change. You will be changing some of the eating and activity habits in your life. This will help you lose weight and have more energy for the things you like to do. Lifestyle changes help you take care of your diabetes and stay healthy all your life.

Our goal is to help you make healthy changes in the TLP. Are you ready to try?



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Bring this workbook to your meeting with your Personal Activity/Nutrition Leader, or your PAL
- ⊙ _____
- _____
- _____

Here’s what you will learn about in this chapter:

- ▶ The link between lifestyle and diabetes
- ▶ How you can take care of your diabetes
- ▶ Why some people gain too much weight
- ▶ The **TLP**



What are the 3 ways the TLP can help you manage your diabetes?

1. _____
2. _____
3. _____

Here's how the TLP will help you

The TLP has a very important goal, to help you learn how to lose weight to take better care of your diabetes.

Although there is no cure for diabetes, you can take care of your diabetes by making healthy lifestyle changes. To do this, you will need to:

- ▶ lose weight
- ▶ eat a healthier diet
- ▶ increase the amount of physical activity you do each day

Although there is no cure for diabetes, you can take care of your diabetes by making healthy lifestyle changes.

Healthy eating habits and regular physical activity help to keep the level of blood sugar closer to the normal range. This is what we mean by taking care of diabetes. Making these changes will help you live like other people who have learned to take care of their diabetes.

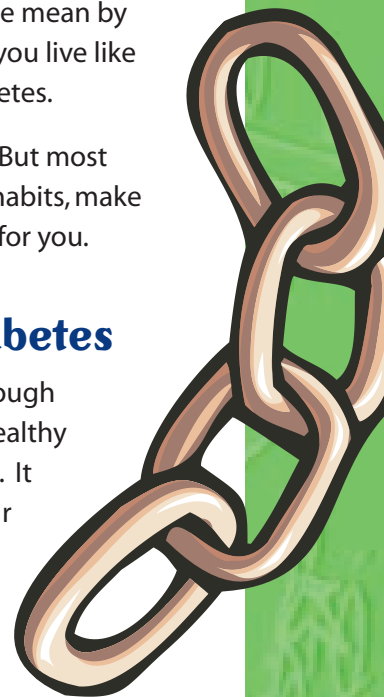
In the TLP, you will need to learn some new information. But most importantly, you will also need to understand your own habits, make healthy lifestyle choices, and practice doing what is best for you.

The link between lifestyle and diabetes

A lifestyle of unhealthy eating habits and not getting enough exercise causes people to become overweight. This unhealthy lifestyle can also cause some people to develop diabetes. It may have been one of the things that contributed to your diabetes.

As you know, there is no cure for diabetes. The good news is that making lifestyle changes helps you to manage your diabetes. By taking better care of your diabetes now, you may limit some of the long-term health problems of diabetes.

Lifestyle changes can lead to a lot of good things. By eating healthier foods and getting more physical activity, you will lose weight. You will feel better. You may have more energy to do fun things with friends and family. By losing weight, you may fit into your clothes more comfortably. You may feel better about yourself. Changing your lifestyle can give you better health. That's why you are in this TLP, so that you can learn to take care of your diabetes and be healthier.



How can I take care of diabetes?

There are many things you can do to take care of your diabetes. You need to:

- ▶ check your blood sugar
- ▶ take your diabetes medicines
- ▶ eat healthy food
- ▶ be physically active every day
- ▶ lose weight

Your Diabetes Educator has already taught you how to check your blood sugar and take your diabetes medicines. You will continue to talk about both of these with your Diabetes Educator.

The **TLP** will focus on these changes to manage your diabetes:

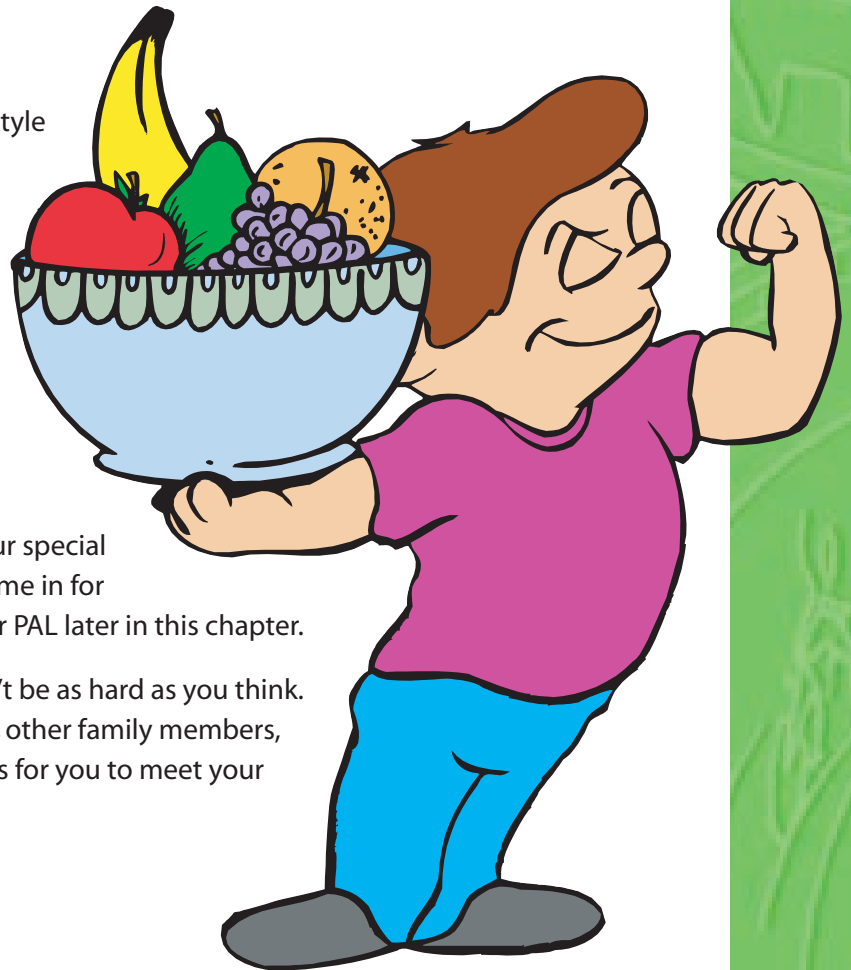
- ▶ eating healthier foods,
- ▶ being more physically active,
- ▶ and losing weight.

Your PAL will help you make these healthy lifestyle changes. Eating healthier foods will help keep your blood sugar levels within a normal range. We will help you pick healthy foods that will best manage your diabetes. Increasing how much exercise you do will also help keep your blood sugar in a healthy range. Losing weight will also help you take care of your diabetes.

Talk to your parents (or your family member or caregiver) about your goals. Show them to your special healthy lifestyle coach (your PAL) when you come in for your first visit. We will tell you more about your PAL later in this chapter.

Meeting your goals will not be easy, but it won't be as hard as you think. You will have help from your PAL, your parents, other family members, and friends. Let them know how important it is for you to meet your goals and manage your diabetes.

By eating healthier foods and getting more physical activity, you will lose weight.



Draw lines to make true complete sentences.

I lose weight by eating the same amount of calories that I use.

I gain weight by eating more calories than I use.

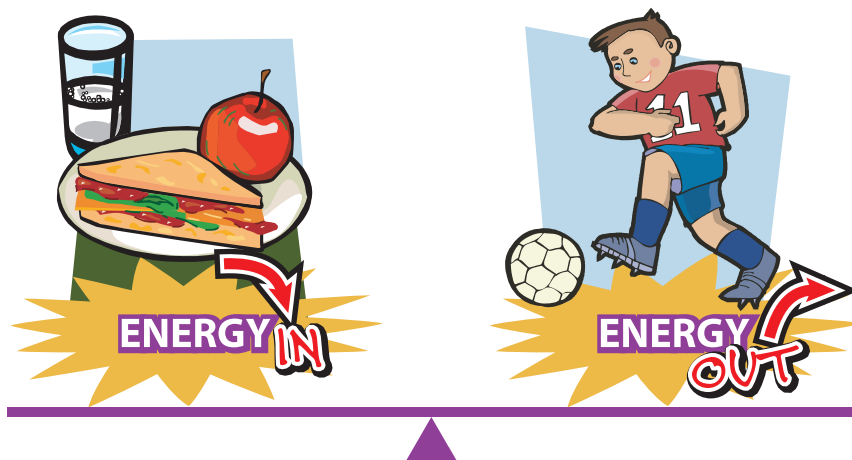
I stay the same weight by eating fewer calories than I use.

Why some people gain too much weight

Your body turns food into energy to grow or to power your body. Energy from food is measured in calories. If you do not use all the calories you eat, they are stored as fat.

Your weight stays the same when the energy (calories) you eat equals the energy (calories) you use when doing activity. This is called an energy balance because the energy-in equals energy-out. The calories you eat equal the calories your body uses.

You gain weight when you eat more calories than you use. You lose weight when you use more calories than you eat. Eating healthy foods and being more active will help you lose weight.



This picture may help you understand. Imagine a seesaw on a playground. On one side of the seesaw is the food you eat. On the other side is the activity you do. When your seesaw is balanced or even, you are eating the same amount of calories that you use. When your eating and activity are even, your weight stays the same.

If the **food end** of your seesaw is **heavier** than the activity end, you will gain weight. When this happens, you are eating more calories in food than you are burning off by being active.

If the **activity end** of your seesaw is **heavier** than your food end, you will lose weight. When this happens, you are active enough to burn off your food calories and burn off some of the extra calories that are being stored as fat!

The TLP will teach you two ways to tip the energy balance in your favor so that you can lose weight and better take care of your diabetes.

- ▶ One way is to eat fewer calories.
- ▶ The other way is to burn up more calories by being more physically active than you have been.

You **GAIN** weight if...



You **LOSE** weight if...



WHAT'S IMPORTANT TO YOU?

Here are some of the reasons people want to lose weight.

Put a checkmark by the ones that are important to you.

Put a star by the ones that are most important to you.

Health

to live longer

to feel and be healthier

to take care of my diabetes

Sports/Ability

to be better at sports

to have more energy

to be able to do more things

Appearance

to look better

to be stronger

to fit into my clothes

Relationships

to have friends

to not be teased

to make my family proud

Are there other reasons why you want to lose weight? Write these personal reasons on the lines below.

Put a checkmark by the ones that are important to you.

Put a star by the ones that are most important to you.

Because they are your reasons, these are very important reasons. Share them with your family, friends, and your PAL.

This is your list of your reasons for making lifestyle changes. Take it out of the chapter and tape it up where you can see it easily.

Will I be on a special diet?

No. A lifestyle change is not a diet, and we will not put you on a special diet.

Some people use complicated diets, skip meals, eat only special foods, take medications, or exercise way too much in order to lose weight. People who do these things think that they can lose a lot of weight in a short period of time.

But this type of dieting isn't healthy and doesn't work. People who diet like this gain back the weight they lost after they end their diet. They can't keep the weight off because they haven't changed their eating and activity habits for life.

This type of dieting is like holding your breath and swimming under water. You can't hold your breath underwater forever, and you can't diet forever. We call these extreme approaches to losing weight crash diets.

You will be taught to use a special eating plan to make healthy food choices. This plan is not a crash diet. Our plan for you is healthy and does work. We are going to help you change your eating and your activity habits for life. This is why we call it a lifestyle change. You change the style or way in which you live your life. This will make you healthier and better able to enjoy life.

If you eat healthier low-fat meals and snacks, you can feel full but actually lose weight. This is because you will actually eat fewer calories than before. Eating fewer calories will tip the energy balance in your favor, and you will lose weight. By eating a variety of healthy foods and being more physically active, you will keep off the weight you lose.

With the TLP Eating Plan, your weight loss may seem small, about 1 pound each week, but it will be steady. You will work with your PAL to set your personal weight loss goals. As the weeks go by, the weight you lose will add up, and you will feel healthier and be healthier. We will tell you more about this plan in future chapters.



What makes lifestyle change difficult?

You may think that it is too hard to make these lifestyle changes and are asking, "Why should I try?"

Here are some of the reasons people have for not making changes. Check off the ones that apply to you. Do you know other reasons for not making changes? Write those down too.

- It's hard.
- I don't really care.
- I don't know how.
- I like food too much.
- I don't like to exercise.
- It takes too much effort.
- I don't understand why I should.
- I don't want to give up my favorite foods.
- I don't want to take the time to read labels.
- I don't have support from parents or friends.
- I'm too self-conscious about my body to exercise.
- I don't want to take the time to measure food sizes.
- I don't want to get my hair messed up by exercising.
- My friends might make fun of me for eating different foods.
- I eat a lot of meals at restaurants with my friends, and I can't find healthy foods to eat.

The TLP

Let's take a look at the 5 parts of the TLP.

- ▶ Meeting with your PAL
- ▶ Your TLP chapters
- ▶ Keeping track of your habits in your Lifestyle Log
- ▶ Family meetings
- ▶ Assignments

We don't want you to lose 5 or 10 pounds in two weeks with a crash diet. We want you to lose weight gradually over the course of 6 months by changing your lifestyle. Losing weight this way will help you develop healthy habits that will continue to work over a long time. That's why we call it a healthy lifestyle change. **It's not just losing weight: how you lose weight is important.**

1

Meeting with your PAL

You have a special coach, called a PAL, to help you and your family make the changes you want in your eating behaviors and daily activities. Your PAL has been specially trained to help you.

During the next 6 months, you and your parents will meet for about an hour with your PAL each week.

During the second 6 months, you will meet every other week with your PAL. During the other weeks, your PAL will talk with you and your family by phone. After the first year, you will meet once a month with your PAL and talk by phone as needed.

Your PAL will teach, coach, and encourage you and your parents so that you can meet your goals. Here are some of the things you will be doing at each meeting.

Checking your weight

Your weight will be checked at the beginning of each meeting. You will be taught how to keep a record of your weight so that you can see the progress you are making. This lets you see how well you are doing in changing your eating and activity habits.

Have you thought about whether you would like to lose weight?

How much do you weigh?

How much weight do you think you could easily lose? _____

Your PAL will tell you what a healthy weight range is. Your PAL will also help you lose weight in steps, about 1 pound a week.

Is losing weight something you would like to talk about?

With your PAL? _____

With your parents? _____

With your friends? _____

Meeting alone with your PAL

After your weight is checked, you will meet alone with your PAL to go over how you have managed your eating and physical activity over the previous week. You will also go over the work you have done in your chapter. You can talk to your PAL about any questions, thoughts, or feelings you have about how you or your family is doing.

There is space at the end of this chapter for you to write down any questions you might have for your PAL. Turn to it now and write down any questions you might have. Feel free to add to this list as you think of new questions.

Getting started on your next TLP chapter

After you have met with your PAL, you can begin reading and working on the activities in the next chapter of the TLP.

Your parents meet with your PAL

While you are working on your chapter, your parents will meet with your PAL. Your PAL will review their assignments and give them tips about how to help you meet your goals.

Meeting together with your PAL and your parents

You and your parents will meet with your PAL together. First, you will identify the goals that you met. You will talk about what you did that helped you meet your goals. Knowing what works makes it easier to keep doing it.

Then you will review any problems that came up in meeting your goals for last week. You and your parents will use this time to decide how to handle these issues in the future.

At the end of the meeting, your PAL will introduce the topic for next week. Your PAL will give you and your parent assignments. Assignments will help your family make more progress toward your goals.

Your TLP Chapters

2

How do the TLP chapters work?

- ▶ Each TLP chapter gives you important information you need to know.
- ▶ Fun activities and examples are included whenever new information is presented. These activities will help you learn the new information more easily.

Circle the sentence that is TRUE.

1. Taking medicine will cure my diabetes.
2. A crash diet is a good way to lose weight and keep it off.
3. I can take care of my diabetes by using medicine, watching my blood sugar levels, eating healthy, being physically active and losing weight.

Complete the sentence.

During the first 6 months, you will meet with your PAL_____.

- A. when you need to
- B. once a month
- C. every week

- ▶ Helpful charts and lists are included so that you can easily learn about different types of food. Some of the information about food is very detailed, but the charts will help you quickly find what you need.
- ▶ Review questions are included at the end of each chapter. These questions will help you check what you learned in order to make healthy choices.

How will I use my TLP chapters?

You will be assigned a different chapter for each meeting with your PAL. You will be expected to read the chapter and do the activities *before* the next meeting. The activities usually won't take long to do, but they will help you think about what you are learning about living a healthy lifestyle.

It's best to read the assigned chapter as soon as you can after meeting with your PAL. That way what the PAL tells you about the chapter will be fresh in your mind and things will be easier to understand. It's also important to read it as soon as you can because there are many activities in the chapter, which you will need to do before next week.

Your parents will also be using chapters so they can learn what you are learning and help you with the activities. Their chapters will also have suggestions so they can make healthy changes and help your family too. Your PAL can give your parents information to share with family members, friends, or relatives about giving support and making healthy changes.

3

Keeping Track

To help you learn more about your eating and activity habits, you will keep track of them in a little book called a Lifestyle Log. Keeping records will help you learn more about your choices. You will see what changes you want to make and how your new habits are helping you meet your goals. You will be finding out more about the Lifestyle Log next time you meet with your PAL.

Keeping track of your habits will help you learn more about your choices.

Family Support and Your Family Meeting

4

Family support

Your PAL is not the only person who can help you make changes in your lifestyle. Your parent or another family member is participating in this program with you. If your parents or other family members decide to change their eating and activity habits too, it will be easier for you to make healthy lifestyle changes. Making these changes will also improve their health.

Other family members and friends can also be part of your healthy lifestyle team. They can help you make the changes that are important to you. Your whole family could become a team, helping each other be healthy! Family members can help by planning and eating healthy meals with you. Friends can help by doing physical activities with you, like walking or playing sports. Everyone can help by giving you praise and support for making changes in your lifestyle. You will learn more about support later in this program.

Your Family Meeting

You will have a special time every day with your parents to talk about the important changes you are making. This meeting time will help make you and your parents a team. That will help you be more successful in making lifestyle changes. During this time, you can solve any problems you may have meeting your goals. Meeting every day will help you and your parents work as a team to meet your goals and take care of your diabetes.



Tips on having a good family meeting with your parents

1. Meet in a quiet place, without a TV or radio.
2. Meet at the same time and in the same place every day. (After dinner is often best.)
3. Keep the meeting short, usually 5-10 minutes, unless you are doing a special activity like planning meal menus or making a shopping list.
4. Have your TLP materials finished before you meet.
5. Bring all of your materials to the meeting.
6. Ask your parents any questions you might have.
7. Ask your parents to sign or initial your Lifestyle Log after they have looked it over with you.
8. Bring up any problems you are having in meeting your goals.
9. Make plans for any special activities, like shopping for healthy foods or getting exercise.
10. Share any feelings that are bothering you.
11. Write down any questions that your parents cannot answer so you can bring them to your PAL.
12. Thank your parents for meeting with you, for helping you, and for being so encouraging.

Your whole family could become a team, helping each other be healthy!

At the Family Meeting, you will talk about your day and go over the eating and physical activities you have recorded in your Lifestyle Log.

You will have a chance to ask your parent(s) questions about things you don't understand or things that are difficult. You will also be able to make plans with your parents about what you can do to meet your goals and improve your health.

Meeting every day gives you an opportunity to read your TLP chapters with your parents and have them go over activities with you if you need their help.

When would be a good time to meet? _____

If other members of your family decided to take this opportunity to learn how to lead healthier lifestyles, your parents may decide to have meetings with your brothers and sisters during the week as well. These will usually be brief meetings with each young person alone, although there may be times when the entire family meets. It would be great if your parents and your brothers and sisters join you in learning healthy lifestyle habits, great for them and great for you!

5

Assignments

You and your parents will be asked to do some things each week before you meet with your PAL. You will be asked to do more and more as the program continues. For example, you will:

- ▶ Complete the reading, activities, and review questions for the next TLP chapter.
- ▶ Participate in Family Meetings every day.
- ▶ Record eating and activity behaviors in your Lifestyle Log.
- ▶ Do special jobs. Sometimes you will be asked to do special assignments that will help you learn new information or take care of your diabetes even better. For example, you and your parents may be asked to plan healthy meals or buy more healthy foods.

It's your choice

When you think about how serious diabetes can be, it is important to remind yourself of the good news. Although doctors cannot cure your diabetes, you can learn to manage your diabetes so that you can lead a

healthier life and do all the things that you want. You can have power over diabetes because you can make decisions about what you eat and how active you are each day. Good decisions give you power and help you take care of your diabetes.

Changing your lifestyle so you can manage your diabetes is up to you. It's your choice. We can't make you do it. Your parents can't make you do it if you don't want to. We can help, and so can your parents, but no one can do it for you.

When you think about making lifestyle changes and losing weight, the question to ask yourself is: How important is being healthy to me?

We hope it is very important to you. What do you think?

What have you learned from this chapter?

Although there is no cure for diabetes, you can learn to take care of diabetes. There are many things you can do to manage your diabetes. The TLP will help you eat healthy, be more physically active, and lose weight. Being more physically active and eating healthier foods are lifestyle changes. These lifestyle changes will help you lose weight and take care of your diabetes.

You have also learned about energy balance. Eating more calories than you burn up by being active leads to weight gain. Eating fewer calories than you burn leads to weight loss. Eating the same number of calories that you burn results in no weight change. Since you want to lose weight, you need to eat fewer calories and burn up more calories by being active.

The TLP has several different parts. You will meet with your PAL every week. Reading your TLP chapters will teach you new information. Your Lifestyle Log will help you keep track. Your family meeting is a good time to get support and discuss your lifestyle changes. Your parents and other family members may decide to join you in making changes. This will help them be healthier. It will also make it easier for you to make the changes that will help you take care of your diabetes.

REVIEW

1. Jillian wants to be certain that she is doing everything she can to take care of her diabetes. Which of these are ways Jillian can take care of her diabetes?
 - A. Eat healthy food
 - B. Take her diabetes medicine
 - C. Check her blood sugar
 - D. All of the above
2. This program will help you _____.
 - A. Eat healthy foods
 - B. Become more physically active
 - C. Lose weight
 - D. All of the above
3. When you use more calories than you take in by eating and drinking, you will _____.
 - A. Lose weight
 - B. Gain weight
 - C. Stay the same weight
 - D. Have less fun
4. A lifestyle change means _____.
 - A. I will be on a special diet
 - B. I will be making healthy changes that I can do the rest of my life
 - C. I will be asked to do too much physical activity
 - D. I will be asked to skip meals
5. Michael wants have a good family meeting. To do this, Michael is going to do all of the following EXCEPT _____.
 - A. Bring up problems he is having meeting his goals
 - B. Meet at the same time and in the same place
 - C. Meet someplace where the TV or radio can be heard
 - D. Thank his parents for helping him

Please write any questions you have for your PAL in the space below.

Answers:
1. D 2. D 3. A 4. B 5. C

Chapter 2:

Keeping Track

Here's what you learned about in Chapter 1:

- ▶ Although there is no cure for diabetes, you can learn to manage diabetes. This program will help you eat healthy foods, be more physically active, and lose weight to take care of your diabetes. Being more physically active and eating healthier foods are called lifestyle changes.
- ▶ You have also learned about energy balance. Eating more calories than you burn up by being active leads to weight gain. Eating fewer calories than you burn leads to weight loss. Eating the same number of calories as you burn results in no weight change. Since you want to lose weight, you need to eat fewer calories and burn up more calories by being active.
- ▶ You will begin making lifestyle changes by changing your eating habits. Your parents and other family members may decide to join you in making healthy lifestyle changes. This will help them be healthier and make it easier for you to make the changes that will help you manage diabetes.



Here's what you will learn about in this chapter:

- ▶ 4 important lifestyle changes that will help you lose weight
- ▶ How to keep track of your eating behaviors
- ▶ How to keep track of your weight



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Record everything you eat or drink in your Lifestyle Log.
- ⊙ Use the Food Reference Guide to record the number of calories of everything you eat and drink.

- ⊙ _____
- _____
- _____

4 important lifestyle changes

The **TLP** will help you make 4 important lifestyle changes. Lifestyle changes involve learning new ways of doing things. Lifestyle changes are not crash diets or short term efforts. They are lifelong habits. These lifestyle changes will help you lose weight, take care of your diabetes, and live a healthier life.

Can you guess how many hours you are physically active every week? _____

You will see how close your guess is when you start recording physical activity in a few weeks!

1

Eat fewer calories

To lose weight, you should eat between 1200-1500 calories per day.

Remember, the food you eat provides the energy that helps your body be active. The energy from food is measured in calories. Right now you are probably eating too many calories. All the extra calories get stored in your body as fat. This extra weight can make your diabetes control worse.

Reducing the number of calories you eat will help you lose weight. A change of about 500 calories per day will help you lose about 1 pound of weight per week.

Even just a small change, like eating 250 calories less per day, can lead to losing about ½ pound per week.

You will learn more about calories and how to measure them later.

Since you want to lose weight, you need to eat fewer calories and burn up more calories by being active.

2

Eat fewer unhealthy foods and choose more healthy foods

Many people eat too many foods that are too high in calories and too low in nutritional value. Because these foods have a lot of fat or sugar in them, they do not help your body grow in healthy ways.

As you have already learned, eating too many calories can contribute to diabetes and make you gain a lot of weight. In this program, we call these unhealthy foods, "RED" foods. We will teach you an easy way to identify these unhealthy foods or "RED" foods in future chapters. Eating fewer RED foods will help you lose weight. We will also teach you how to choose more "GREEN" and "YELLOW" foods, which are healthier options.

Be more physically active

The more active you are, the more calories you use.

Using calories helps you lose weight and take care of your diabetes. Later in the program, you will begin to keep track of your physical activity. In this program, we call physical activity, "GREEN" activity. Keeping track will show you what physical activities you are doing and will help you plan how to do more.

3

Being active burns calories and helps you take care of your diabetes.

4

Be less sedentary

Many people spend too much time sitting around watching television or playing video games rather

than being outside playing with friends. This type of “sitting around” behavior is called sedentary behavior or “RED” activity.

Being active burns calories and helps you take care of your diabetes. Sitting around too much allows the calories you eat to turn to fat. Some sitting is necessary. You need to sit at school, at family meals, and when you do your homework. Doing RED activities for too long every day is unhealthy and can contribute to your gaining weight, which is not good for your diabetes.

How do you make lifestyle changes?

All 4 of these lifestyle changes are important. By putting all of these changes together, you can lose weight, take care of your diabetes, and enjoy living a healthier life.

This program is designed to give you the skills you need to help you make changes in your lifestyle. You will learn how to keep track of your eating and physical activity. Your PAL will help you set goals you can reach. You will learn how to solve problems that get in your way. You will learn how praise will help you stay positive.

Can you guess how many hours you are sitting around, doing RED activities every week? _____

How many hours are you physically active each week? _____

Compare the number of hours you think you are physically active with the number of hours you think you are doing RED activities. Are you more active, or do you do more RED activities? _____

By how many hours? _____

True or false?

The TLP program recommends 4 important changes to help you lose weight: to eat fewer calories, to eat fewer unhealthy foods, to be more physically active, and to do less RED activities. _____

A. TRUE B. FALSE

Complete the sentence.

In the beginning of this program, you will focus on _____.

- A. improving your eating behaviors
- B. doing less RED activities
- C. being more active

What's the most difficult change for you?

Mark the column of the lifestyle change that will be most difficult for you to make and the change that will be easiest for you to make. Then explain why.

Lifestyle Change	Hardest	Easiest	Why
Eating fewer calories			
Eating more healthy foods and less RED foods			
Being more physically active doing GREEN activities			
Doing less RED activities			

Complete the sentences.

1. You will get started by _____.
 - A. working on all 4 lifestyle changes at once
 - B. being more active
 - C. keeping track of your eating behaviors
2. We _____ putting you on a special diet.
 - A. are
 - B. are not

It's hard to change everything all at once. You will take it one step at a time. First, you will focus on your eating habits. You will learn how to eat fewer calories and eat fewer unhealthy or RED foods. Later you will work on being more physically active and doing less RED activities. Changing your habits begins by knowing exactly what they are.

Get started by keeping track

Before you begin making lifestyle changes that will help you lose weight, you need to be clear about what your habits actually are. To be clear about your habits, you need to observe and keep track of them. Keeping track means writing things down when they happen. Keeping track is one of the most important skills you need to help you change your lifestyle and control your weight.

Most of us—including adults—don't really know just what our eating and drinking habits are. We think we do—but when we actually make a record of our behaviors, we are usually surprised by differences we see between what we guessed we ate and what we really ate. You may also be surprised by what you learn.

By keeping track over the next few weeks, you will begin to learn what's healthy and what's unhealthy about your eating habits. You will learn that you have many choices about how you can eat healthy foods. Once you are a good observer of your behavior, your PAL can help you make changes to your habits. Remember, we are not putting you on a special diet—we are teaching you how to plan healthy meals and snacks that you will like to eat.

Your Lifestyle Log

You will use a "Lifestyle Log" to keep track of all the food and drinks that you have each week. This is a small booklet where you will keep track of all of the foods and drinks you have for breakfast, lunch, dinner, and snacks each day. Writing down what you eat and drink will help you see what healthy and unhealthy food choices you are making. In this way,

you and your PAL will see which food choices you will need to change in order to lose weight.

Later you will also use this log to record other things. But first, you are going to focus on keeping track of what your eating habits are so that you, your family, and your PAL can plan a way to make healthy changes that work best for you.

Keeping track is one of the most important skills you need to help you change your lifestyle and control your weight.

Unscramble the words to find the correct answer.

When you write in your Lifestyle Log, it is important to be:

_____ ONSTHE

When you write in your Lifestyle Log, it is important to be:

_____ TRACCUAE

When you write in your Lifestyle Log, it is important to be:

_____ ECTOEMLP

Complete the sentences.

1. I need to write down _____.
 - A. everything I eat
 - B. everything I drink
 - C. everything I eat and drink
2. I also need to write down _____.
 - A. the time I eat or drink
 - B. the amount of food I eat or drink
 - C. both the time and the amount of food I eat or drink

are healthiest and which are not. You can use it to look up how many calories are in a serving. For example the FRG will show you that a 1 oz. slice of American cheese has 110 calories, but a 1 oz. slice of fat-free American cheese has only 40 calories.

You can also use Nutrition Facts labels on some foods you buy from the grocery store. Later we will teach you more about calories, labels, and how to measure food. For now, just do the best you can.

When writing in your Lifestyle Log, **spelling is not** important. But it is important to:

- ▶ Be **honest**—write down what you **really** eat.
- ▶ Be **accurate**—guess now, but **measure** portions after you are taught.
- ▶ Be **complete**—include **everything** you eat and drink.



Special goals

Sometimes you and your PAL will decide it is a good idea to keep track of other behaviors that will help you make healthy lifestyle changes. You might keep track of a behavior for a week or two, then switch to another special goal—or not. For example, you may decide to keep track of fruits and vegetables, visits to fast-food restaurants, or your sedentary behavior for a while. You won't always be working on a special behavior, but when you do, you can keep track of it in the space for special goals in the Lifestyle Log.

Becoming aware helps you change

Keeping track of your habits in your Lifestyle Log will make it much easier for you to change your old habits, lose weight, and develop a new healthy lifestyle.

Everyone is different. You may have some very good eating habits. You may also have some poor eating habits. Your habits may not be the same as those of other members of your family or other people with diabetes. We want to make a plan that works best for you. But we can only do this if we know what your habits really are. That's why it is so important to be honest and complete.

Here's what Alicia wrote in her first Lifestyle Log when she began to record her eating habits. Alicia is 12. She wants very much to improve her eating habits and take care of her diabetes. She used the Food Reference Guide to find out about how many calories she was eating in each food.

Alicia did a very good job because she recorded everything she ate for breakfast and a morning snack. She listed the butter she put on her bagel and even the type of milk she drank. She learned from her PAL that it is important to be as specific as possible when recording what she eats and drinks. Later in the program, Alicia will learn more about calories, portion sizes, and food type for each of her foods.

Date:

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Food Monitoring:

Time	Food	Amount	Calories	RED servings
7:30 am	bagel	1	320	
	butter	1 teaspoon	35	
	grapefruit	1/2	50	
	milk (2%)	2 cups	240	
11 am	corn chips	1 oz.	155	
	Pop/soda	1 can	110	
Totals:			<input type="text"/>	<input type="text"/>

By keeping track in her Lifestyle Log, Alicia found that she usually ate a candy bar and drank a soda for a snack every day after school. Her PAL pointed out that these foods were full of sugar and had very little nutrition. Her PAL suggested that she change to healthier foods. Alicia thought this was a good idea because it would help her lose weight. She decided to eat carrots or apples and drink water or diet soda for her snack. Over time, this helped her lose weight and take care of her diabetes.

Do you have any questions about what Alicia did?

Are you clear about what you need to record for your PAL this week?

What questions do you have for your PAL about keeping records of what you eat and drink?

Do you think you have any unhealthy eating habits? _____

What are they?

What are your healthy eating habits?

Here's how to keep your Lifestyle Log up to date:

- ▶ Carry it around with you so it will be easy to write down things when they happen.
- ▶ Record the foods and drinks you have at each meal or snack. It is a good idea to write down the food and drinks right before you eat. This will help you plan ahead. If you forget to write things down before you eat, make sure you write them down right after your meal or snack.
- ▶ Begin by guessing about the amount of food you eat. Later we will teach you how to measure food portions (regular food sizes) more carefully. For now, guessing is good enough.
- ▶ Don't feel that you need to explain what you are doing to anyone who asks. It's enough to say, "I'm keeping a record about my diabetes for my doctor. She says it will help her help me."
- ▶ Other people won't know what's inside unless you show them.

You will be able to see how close your guesses are to what really happens by keeping track of your eating habits next week.

What can you learn by recording your food and drinks? You can learn a lot by looking at the information in your Lifestyle Log. You can learn:

- ▶ what kinds of things you eat or drink
- ▶ how much you eat or drink
- ▶ when you eat or drink
- ▶ the calories in your food and drinks

Carry it with you so you can keep your Lifestyle Log up to date.

Being aware of your eating patterns is the first step in making a change in your lifestyle. After you keep track of your eating behaviors for a week, you will be able to see if any of your eating habits are unhealthy or not. You can learn more about the times and places that you tend to eat. Then you can work with your PAL and your parents on changing unhealthy habits. Changing unhealthy habits is one of the best ways to start leading a healthy lifestyle.

Remember, lifestyle changes take time and practice. Don't expect to make changes all at once. Taking one step at a time is the best way to reach your goals of losing weight and improving your health.

Your weight graph

In this program, you will be making changes in your habits to help you lose weight and be healthier. But how will you know if it is working? The answer is simple—by keeping track of your weight on a weight graph.

Keeping track of your weight is a good way to mark your progress. It is an important tool. You will be able to notice changes that happen in your weight because you are changing your habits. People who weigh themselves and keep track of changes tend to have better long-term success at weight loss.

Your PAL will check your weight at every session, but you should also keep track of your weight at home. You will keep track of your weight on a weight graph. This is a sheet of paper where you can write down your weight each week. Check with your PAL about your weight graph.

How to use your weight graph

- 1) First, weigh yourself every week.
- 2) You should weigh yourself on the same day and at the same time every week. You can do this first thing in the morning or right before you go to bed.
- 3) Put a dot on your weight graph next to the number that is your weight for the week.
- 4) You can connect the dots on your weight graph after a few weeks in the program. See if your weight goes down, up, or up and down.

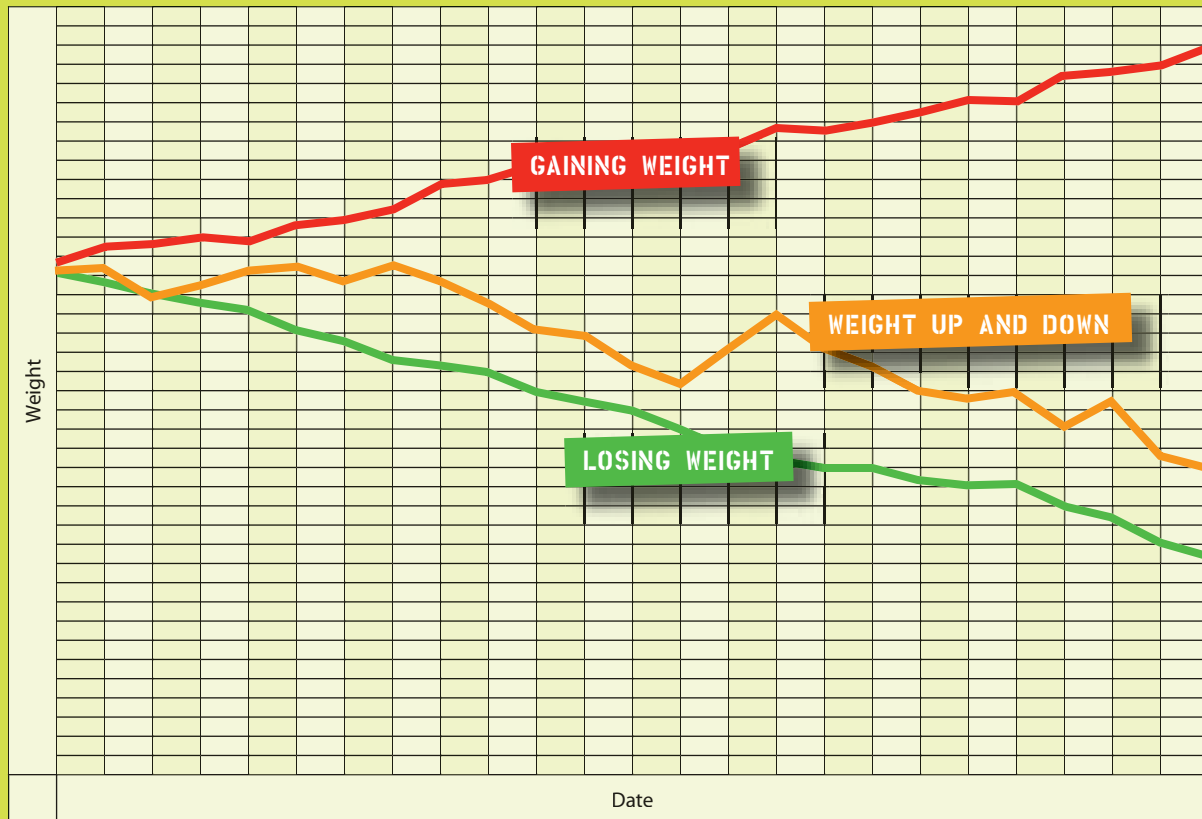
Taking one step at a time is the best way to reach your goals of losing weight and improving your health.

Complete these sentences correctly

1. First we just want you to _____ your eating habits.
 - A. record
 - B. change
2. Later you can begin to _____ your eating habits.
 - A. record
 - B. change

HOW AM I DOING?

Weight Graph for



- If your line is going down, that means that you are losing weight.
- If your line is going up, that means that you are gaining weight.
- If your line goes up and down, it means that you gained weight on some weeks and lost weight on other weeks, so your weight for those weeks probably stayed about the same.

What have you learned from this chapter?

The **TLP** will help you make 4 important lifestyle changes. These lifestyle changes will help you lose weight, take care of your diabetes and live a healthier life. The changes you will make are: *eating fewer calories, eating more healthy foods, being more physically active, and being less sedentary.*

Keeping track of your eating habits is the first step in making lifestyle changes. Keeping track means recording the food, the amount of food, and the calories you ate. Keeping track of your weight is a good way to mark your progress. By graphing your weight, you will notice changes that happen in your weight because you are changing your eating and activity habits.



Chapter 3:

Learning About Foods— What’s Healthy and What’s Not So Healthy

Here’s what you learned about in Chapter 2:

- ▶ The **TODAY Lifestyle Program** will help you make 4 important lifestyle changes. These lifestyle changes will help you lose weight, take care of your diabetes and live a healthier life. The changes you will make are: *eating fewer calories, eating fewer unhealthy foods, being more physically active, and being less sedentary.*
- ▶ Keeping track of your eating habits is the first step in making lifestyle changes. Keeping track means recording the food, the amount of food, and the calories you ate. Use your weight chart to help you keep track of your progress.



Here’s what you will learn about in this chapter:

- ▶ The Diabetes Food Guide Pyramid and different food groups
- ▶ The Food Reference Guide
- ▶ The TLP Eating Plan
- ▶ GREEN, YELLOW, and RED foods



Things to do before your next meeting with your PAL:

- 🎯 Read and complete this chapter
- 🎯 Have a family meeting every day
- 🎯 Meet your weight goal _____
- 🎯 Complete your Lifestyle Log each day
- 🎯 Meet your calorie goal of 1200-1500 or _____ calories per day

🎯 _____

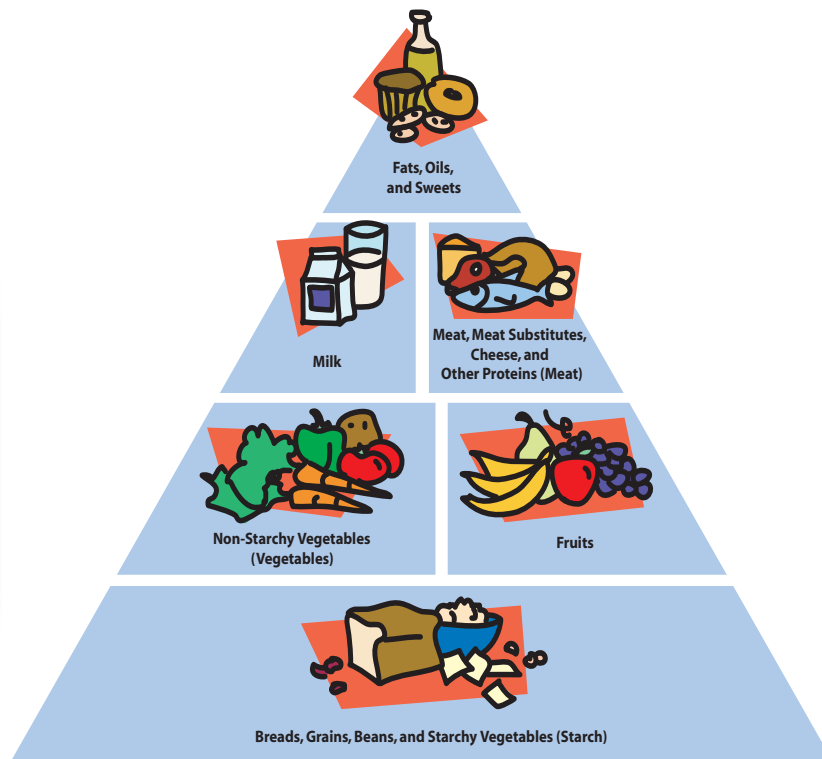
The Diabetes Food Guide Pyramid

The Diabetes Food Guide Pyramid divides the food you eat into several food groups. Some of the groups have long names. To make it simple, we will give you a short name for some of these groups.

- ▶ Breads, Grains, Beans, and Starchy Vegetables (Starch)
- ▶ Fruits
- ▶ Non-starchy Vegetables (Vegetables)
- ▶ Meat, Meat Substitutes, Cheese, and Other Proteins (Meat)
- ▶ Milk
- ▶ Fats, Oils, and Sweets

Is this correct?

1. The Fats, Oils, and Sweets Group is at the top of the food pyramid because you should eat lots of these foods.
A. TRUE
B. FALSE



The food groups are arranged in a pyramid to show you how many servings of each food to eat every day. The pyramid is bigger on the bottom and smaller on the top. This shows you that you need to eat more foods from the bottom of the pyramid and fewer from the top.

Foods from the bottom five food groups should be your first choice. They are foods that help your body grow and be strong.

Let's take a closer look at each of the food groups, starting at the bottom.

The Starch Group

The Starch Group on the bottom of the Diabetes Food Guide Pyramid is the biggest. You need to eat more servings from this group than from any other group. But if you eat too much of these foods they can still cause you to gain weight. Bagels, crackers, oatmeal, spaghetti, potatoes, baked beans, and taco shells are in the Starch Group. Most of the foods in this group are made from grains, but it also includes starchy vegetables and beans. The foods in the Starch group come from plants. Some grains are ground into flour. The flour is used to make bread, crackers, and muffins. Sometimes we eat the grains whole like rice.



Fill in the blanks with the correct word or number.

1. Crackers, bread, and rice are in the _____ Group.
2. You need to eat _____ servings from the Starch Group every _____.

► You need to eat at least **4½ servings from the Starch Group** every day.

Fruits

Apples, kiwi, pineapples, strawberries, and watermelon are fruits. Foods in this group have vitamin A, vitamin C, and fiber. Your body needs vitamin C to help heal cuts and vitamin A to see in the dark. Your body needs fiber to help keep your digestive system working.



Did you know that a fruit is the part of a plant that has the seeds?

There are 3 different kinds of fruits. There are *core* fruits whose seeds are found in the center. Apples and pears are core fruits. There are *stone* fruits whose seeds are set in hard pits. Cherries, plums, and peaches are stone fruits. There are *berries*, fruits that have the seeds set in the fruit. Grapes and oranges are berries.

► You should eat at least **2 servings from the Fruit Group** every day.

Vegetables

Broccoli, carrots, and zucchini are non-starchy vegetables. Vegetables have a lot of vitamins. Your body needs these vitamins for healthy skin, hair, and eyes.



Did you know that every vegetable we eat is part of a plant? It could be the root, stem, leaf, flower, fruit, or seed. Radishes and beets are roots. Cauliflower is a stem with flowers. Lettuce and spinach are leaves.

► You should eat at least **3 servings from the Vegetable Group** every day.

Eating healthy will help you take care of your diabetes. It will also help you lose weight.

Write down some fruits you like.

Write down some vegetables you like.

Answer these questions by unscrambling the words.

1. Some foods from the Vegetable Group are carrots, broccoli, and _____.
TBESE
2. You need to eat at least _____ servings from the Fruit Group every day. WOT
3. You need to eat at least _____ servings from the Vegetable Group every day.
EHETR
4. Apples, grapes, peaches, and berries are foods in the _____ Group. RUFIT
5. _____ and spinach are leaves. TTLCEEU
6. Fruits and vegetables have a lot of _____ that keep your hair, eyes, and skin healthy! TSIAMVN



Meat and Meat Substitutes

The Meat Group is made up of meat and meat substitutes. Turkey, steak, and fish are in this group. Eggs and cheese are also in this food group. Your body needs protein to build muscles and help you grow.

Most of the foods in this group come from animals. Some foods in this group, like tofu, come from plants.

► You should eat **2 servings from the Meat Group** every day.

Is this correct? If the answer is false, write down a sentence that is true.

- Foods in the Milk Group have calcium.
 - TRUE
 - FALSE _____

- Your body needs calcium to build strong bones and teeth.
 - TRUE
 - FALSE _____

- None of the foods from the Milk Group are made from milk.
 - TRUE
 - FALSE _____

- You need to eat 1 serving of food from the Milk Group each day.
 - TRUE
 - FALSE _____

Find 4 examples from the Meat Group in the word search

X	C	I	G	B	E	A	N	S	O
Q	P	K	K	S	W	H	Q	L	L
K	B	E	T	L	M	X	Y	Y	U
K	Z	E	J	T	U	R	K	E	Y
I	C	H	I	C	K	E	N	A	Q
A	B	M	B	F	I	S	H	N	N
A	J	M	M	Q	E	G	G	S	K
T	Z	O	P	E	A	N	U	T	S
A	Z	U	J	U	P	R	S	Y	O
N	B	I	K	L	P	M	E	P	W

Did you find all of these words in the maze?

CHICKEN, EGGS, FISH, AND TURKEY.

If not, keep looking.

Milk

Skim milk and yogurt are foods in the Milk Group. All of the foods from this group are made from milk. These foods have calcium. Your body needs calcium to build strong bones and teeth.



► You should eat at least **2 servings from the Milk Group** every day.

Fats, Oils, and Sweets



At the very top of the pyramid is the Fats, Oils, and Sweets Group. This group is the smallest. You should not eat many of these foods. All of these are called “RED foods” to remind you to stop and think before you eat them. RED foods are high in fat, sugar, and calories. RED foods have little nutritional value. We will teach you more about RED foods later.

Fats, sugar, and oils do **not** help your body to grow strong or healthy. Soda, candy, butter, and mayonnaise are foods in this group. It is okay to eat these foods once in a while, but not too often.

Eating too many of these fatty and sugary foods may keep you from eating enough foods from the other 5 food groups. Eating a lot of sweets can also give you tooth decay. Eating too much fat and sugar can also make you gain weight. This makes your diabetes control worse. So, stop and think before eating foods from this group.

You and your PAL are working together to help you reduce your calories each day. Eating fewer of the foods from the top of the Food Guide Pyramid will help you reduce your calories.

- ▶ You should eat very few servings from the Fats, Oils, and Sweets Group.

Using the Food Reference Guide

The Food Reference Guide (FRG) is a group of charts that give you important information about almost any food you might want to eat. Foods are listed according to their group in the Diabetes Food Guide Pyramid. You can use it to look up how many calories are in a serving. It also tells you how large a regular serving of a food is. A serving size is the amount you are supposed to eat of each food. The serving size in the FRG may be a lot smaller than the amount of food you normally eat. Here are some examples.

Food	FRG Serving Size	Serving size typically eaten
Bagel	1/4 bagel (1 oz)	1 bagel (4oz)
Cereal (dry, unsweetened)	3/4 cup	1 to 1½ cups
Pasta	1/3 cup	1 to 2 cups

The Food Reference Guide makes it easy to see which foods are the most healthy. Foods are categorized by color. The color is really a code—a quick way of letting you know some important information.

Can you list some foods that are in the Fats, Oils, and Sweets Group?

Write down some reasons why you should not eat too many foods from this food group.

The serving size in the FRG may be a lot smaller than the amount of food you normally eat.

Draw a line connecting the food group to the correct servings you are supposed to eat each day.

- Starch at least 2 servings
- Vegetable at least 2 servings
- Fruit at least 4 1/2 servings
- Meat at least 3 servings
- Milk 2 servings

Do you know your food groups? Write down each food under the right group!

- Apple Cottage Cheese Pineapple
- Bagel Crackers Potato Chips
- Broccoli Eggs Strawberry
- Butter Fish Swiss Cheese
- Candy Milk Yogurt
- Chicken Spinach

Starch	Fruit	Vegetable	Meat	Milk	Fats, Oils, and Sweets

Can you guess what the Traffic Light colors say about how you should approach eating foods from each group? Fill in the blanks.

- A. go ahead
 - B. stop
 - C. slow down, be careful
- Red means _____ when you want to eat these foods.
- Yellow means _____ when you want to eat these foods.
- Green means _____ when you want to eat these foods.

Some foods are coded RED. Others are GREEN or YELLOW. You will learn more about how this works later in this chapter.

Here's a handy list of how you can use the Diabetes Food Guide Pyramid to guide your eating and help you lose weight. Each day, be sure you eat:

- ▶ at least **4 1/2** servings from the Starch Group
- ▶ at least **3** servings from the Vegetable Group
- ▶ at least **2** servings from the Fruit Group
- ▶ **2** servings from the Meat Group
- ▶ at least **2** servings from the Milk Group
- ▶ **very few** servings from the Fats, Oils, and Sweets Group

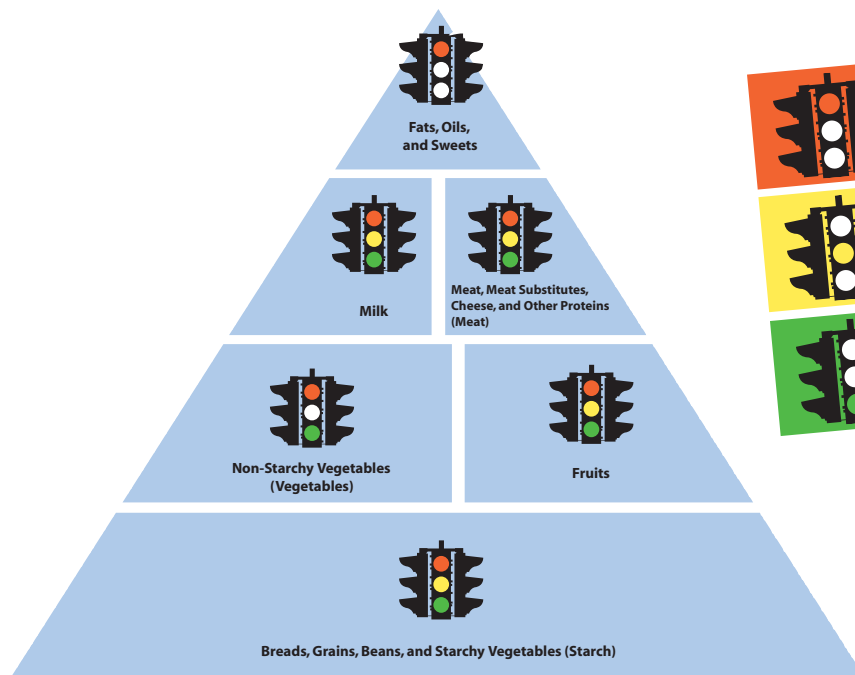
Healthy Eating – The Traffic Light Eating Plan

Healthy eating means eating foods from each of the food groups of the Diabetes Food Guide Pyramid. The Today Lifestyle Program uses the Traffic Light Eating Plan. This plan is based on the Diabetes Food Guide Pyramid and uses the Food Reference Guide. The Traffic Light Eating Plan

will help you make good choices from each of the food groups. Healthy eating is important for everybody. But it is especially important for you. Eating healthy will help you take care of your diabetes. It will also help you lose weight.

In the TLP Eating Plan, each basic food group is broken down into food choices based on the colors of a traffic light. There are **GREEN** foods, **YELLOW** foods, and **RED** foods. Each food, no matter which food group it is from, is given a color based on its calories and the amount of fat and sugar it has. The color is a code to tell you how healthy a food is.

GREEN foods are good food choices. They have little or no fat or sugar.



 Foods that have greater than 5g of fat per serving and/or high sugar are RED foods.

 Foods that have 2-5g of total fat are YELLOW foods.

 Foods that are less than 2g of total fat are GREEN foods.

Let's look at the different color food groups and what they mean.

GREEN Foods

What does the color **GREEN** mean on a traffic light?

GREEN means Go.

GREEN foods are good food choices. They have little or no fat or sugar. In fact, GREEN foods have less than 2 grams of fat per serving. GREEN foods have fewer calories than other foods, but lots of nutrition. Broccoli is a GREEN food. This means you can eat broccoli, get a lot of nutritional value, and still not eat a lot of fat or calories.

Foods in the GREEN group should be your **first choice** when choosing what to eat because they are low in fat and full of nutrients. Most fruits and vegetables are GREEN foods. There are also GREEN foods in the other food groups.



Here are some specific examples of GREEN foods:

Starch Group	Fruit Group	Vegetable Group	Meat Group	Milk Group	Fats, Oils & Sweets
whole wheat bread	apples	broccoli	egg whites	Soy milk	none
oatmeal	raspberries	carrots	Skinless chicken breast	milk, skim	none
popcorn	watermelon	cucumber	shrimp	yogurt, plain & nonfat	none

List some of your favorite GREEN foods

You have been using the Food Reference Guide to look up calories in your food. Now, use the Food Reference Guide to help you find GREEN foods that you like. Write them on the chart above. The table of contents at the beginning of the book will tell you where to find each food group. When you look at each food group, the foods listed in green are GREEN foods. Show your parents and your PAL your list.

Eating GREEN foods helps you lose weight and manage your diabetes.

Keep this list handy. It gives you a quick, easy way to choose healthy foods when you are planning a meal or a snack.

YELLOW Foods

What does the color **YELLOW** mean on a traffic light?

Yellow means slow down, be careful.

Slow down before eating YELLOW foods. Although YELLOW foods usually have more calories and a little more fat or sugar than GREEN foods (2 to 5 grams of fat per serving), they still provide you with important nutrition.

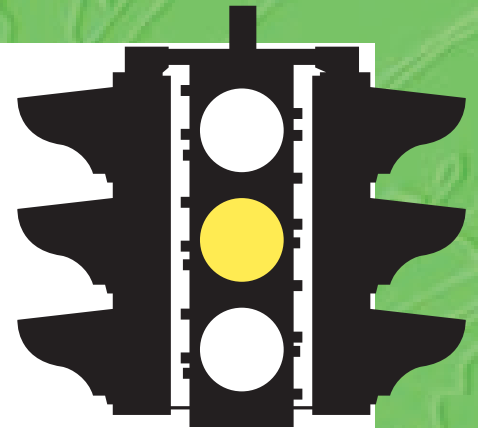
YELLOW vegetables in the starch group have more calories than GREEN vegetables, and they will affect the management of your diabetes more than GREEN vegetables.

YELLOW foods should be your **second choice** when choosing what to eat. That's why you should slow down when you see a YELLOW food. Take a moment to consider whether or not it is a good thing to eat the YELLOW food. Sometimes there may be a GREEN food you can eat instead of a YELLOW one. For example, instead of eating low-fat popcorn (a YELLOW food), you could eat air-popped popcorn (a GREEN food). Other times a YELLOW food may be your best choice. Slow down and take your time to figure out when to substitute a GREEN food and when to choose a YELLOW food. Your PAL can help you figure out these choices.

Some examples of YELLOW foods in different food groups:

Starch Group	Fruit Group	Vegetable Group	Meat Group	Milk Group	Fats, Oils, & Sweets
animal crackers	apple juice	none	salmon	milk, 1%	none
Triscuit crackers	dried fruits		ham, lean roasted	yogurt, low-fat	none
corn					none

Can you add a few examples of YELLOW foods from different food groups to the chart above? Use the FRG. Show your parents and your PAL what you added.



Can you find the YELLOW foods listed below in the word search?

K L V Q Y Q X P S A L M O N R
H C O T T A G E C H E E S E R
M X B J L U N A F O S H I L A
A N I M A L C R A C K E R S V
A M H U V N W X X R S V A Q I
M I L K E F K A R S T F P U O
M G T U R S H V A X K S P D L
E S D E H R Z J I O Q R L S I
U E C A C M T X S Q K J E B V
D T Q S E A H B X I I P J W M
V G X I C H A C N Y S M U M K
C S Z K D W P N S R F Z I U N
K J C B M V N J U B T L C H V
J W H H X E R U O F Q F E D I
Y L I Y G C Y E T R J T U H U

APPLE JUICE
SALMON (PINK)
RAVIOLI (MEAT)

ANIMAL CRACKERS
COTTAGE CHEESE(2%)
MILK (1% & 2%)

Good choices will help
you lose weight and take
care of your diabetes.

RED Foods

What does the color **RED** mean on a traffic light?

RED means STOP.

Stop and think before eating a RED food. RED foods should be your **last choice**. RED foods often have a lot of calories and a lot of sugar and/or fat (more than 5 grams of fat per serving). They do **not** have a lot of nutritional value and do not help your body to stay strong or healthy.

Many RED foods are in the Fats, Oils, and Sweets group at the top of the pyramid. But RED foods can be found in ALL of the food groups. It is okay to eat these foods once in a while, but not too often.

Most people eat too many RED foods. Try to eat no more than 3 servings of RED foods each day. It is better to eat GREEN and YELLOW foods. All candies, chips, and sweets are RED foods. Here are some other examples of RED foods and what food group they are in:

- ▶ Muffins (Starch)
- ▶ French fries (Fats, Oils, and Sweets)
- ▶ Regular hotdogs (Meat)
- ▶ Mayonnaise (Fats, Oils, and Sweets)
- ▶ Fruit cocktail, canned in heavy syrup (Fruit)
- ▶ Regular granola (Starch)
- ▶ Butter (Fats, Oils, and Sweets)
- ▶ Salad dressing (Fats, Oils, and Sweets)
- ▶ Cream cheese (Fats, Oils, and Sweets)
- ▶ Hawaiian punch (Fruit)

A little fat in food is necessary for your body. But too much fat is not. Eating too many RED foods can also make you gain weight. If you stayed away from these RED foods that have lots of fat, you can still get enough fat from the YELLOW foods you eat. You should stop and think carefully before eating a RED food.

Goals of the TLP for Healthy Eating

Your goals are already pretty clear. You want to lose weight and manage your diabetes so that you can live a healthier life and enjoy more things. To do this, you are making some important lifestyle changes. You are trying to eat healthier foods.

Eating healthier means making GREEN foods your first choice and YELLOW foods your second choice. It also means choosing to eat fewer RED foods.



Make a list of some of the RED foods you can find in your home. Use more paper if you need it. Use the Food Reference Guide to help you.

Be sure to check this list with your parents at your Family Meeting. If they have things to add, write them down. Show this list to your PAL.

Look in the FRG for each type of milk listed in the chart below. Fill in the color from the TLP Eating Plan and the calories for each type of milk.

Food	Traffic Light Food Color	Calories
whole milk		
2% milk		
1% milk		
skim milk		

Healthy Choices

“Choosing” is an important word. Think about it. Eating is not just something you do without thinking. From now on, eating is making a choice. It is choosing to do what will make you healthier. What you choose to eat will make a huge difference in your health.

Good choices will help you lose weight and take care of your diabetes.

Here’s a simple way to think about your food choices. Ask yourself: Will this food help me lose weight? Will it help my body be healthier? Will it help me take care of my diabetes? If the answer is “No,” the healthy choice should be clear to you. Then it is up to you to do the healthy thing.

This means not eating that RED food or eating only a small amount.

You will have a lot of help making healthy choices. The Diabetes Food Guide Pyramid and the TLP Eating Plan can help you make good food choices. The Food Reference Guide can give you the information you need about individual foods. Your PAL and your parents will encourage and guide you as you make these important choices about your health.

Use the chart below to write down what you had for breakfast today. Then use the Food Reference Guide (FRG) to fill in the blanks about serving size and calories. It will help you learn more about your eating habits.

Food	FRG Serving Size	FRG Calories	Serving Size You Ate	Calories You Ate

What does this show you about your breakfast? Write down what might be good changes you could make. For example, if you changed a regular-sized muffin (450 calories) for 1 piece of white toast (80 calories), you would cut your calories by 370! That’s a lot. Even if you buttered (35) your toast, you would still cut your calories by 335!

I could change _____ for _____. This would cut my calories by _____.

I could change _____ for _____. This would cut my calories by _____.

I could change _____ for _____. This would cut my calories by _____.

I could change _____ for _____. This would cut my calories by _____.

When Tyrone switched from whole milk to skim milk over the course of one month, he changed an important eating habit by switching from a RED food to a much healthier one. Look in the Food Reference Guide. Whole milk is a RED food. 1% and 2% milk are YELLOW foods, and skim milk is a GREEN food. Tyrone followed the advice of his PAL. He also checked what his PAL told him in the FRG.

What have you learned from this chapter?

In this chapter you have learned about the Diabetes Food Guide Pyramid. The Diabetes Food Guide Pyramid shows you the food groups. It gives you a good idea of what types of food you should eat every day. It also tells you how many portions you should eat of each type of food.

- ▶ **At least 4 1/2** servings from the Starch Group
- ▶ **At least 3** servings from the Vegetable Group
- ▶ **At least 2** servings from the Fruit Group
- ▶ **2** servings from the Meat Group
- ▶ **At least 2** servings from the Milk Group
- ▶ **very few** servings from the Fats, Oils, and Sweets Group

You have learned how to make healthy choices by using the TLP Eating Plan.

GREEN foods have less than 2 grams of fat. They are the healthiest foods. **GREEN** foods should always be your first choice.

YELLOW foods have 2 - 5 grams of fat per serving. **YELLOW** foods often have more sugar and calories than **GREEN** foods, and they will affect the management of your diabetes. **YELLOW** foods should be your second choice.

RED foods should be your last choice because they have a lot of calories and a lot of sugar and/or fat. Most **RED** foods have more than 5 grams of fat per serving.

You can use your Food Reference Guide to find **GREEN**, **YELLOW**, and **RED** foods in each of the food groups.

RED foods are high in fat, sugar, and calories.

REVIEW

1. You should eat at least _____ servings of fruit every day.
 - A. 5
 - B. 4
 - C. 3
 - D. 2

2. Jake is concerned about which foods will make his diabetes control worse. After reading this chapter, you can tell Jake that foods from the _____ are most likely to make his diabetes control worse.
 - A. Fruit Group
 - B. Vegetable Group
 - C. Fats, Oils, and Sweets Group
 - D. Meat Group

3. Carrot, broccoli, and zucchini are all examples of things you can eat from the _____.
 - A. Fruit Group
 - B. Vegetable Group
 - C. Fats, Oils, & Sweets Group
 - D. Meat Group

4. When deciding what to eat, _____ foods should be your first choice.
 - A. RED
 - B. YELLOW
 - C. PURPLE
 - D. GREEN

5. Muffins, hotdogs, and French fries are all examples of _____ foods.
 - A. RED
 - B. YELLOW
 - C. PURPLE
 - D. GREEN


Please write any questions you have for your PAL in the space below.

Answers:
1. D 2. C 3. B 4. D 5. A


Chapter 4:

Learning More about the TLP Eating Plan

Here's what you learned about in Chapter 3:

- ▶ You learned about the TLP Eating Plan and how it fits with the Diabetes Food Guide Pyramid. The Diabetes Food Guide Pyramid shows you the food groups. It gives you a good idea of what types of food you should eat every day. It also tells you how many portions you should eat of each type of food.
- ▶ **At least 4 1/2** servings from the Breads, Grains, Beans, and Starchy Vegetables Group (Starch)
- ▶ **At least 3** servings from the Non-Starchy Vegetable Group (Vegetables)
- ▶ **At least 2** servings from the Fruit Group
- ▶ **2** servings from the Meat, Meat Substitutes, Cheese, and Other Proteins Group (Meat)
- ▶ **At least 2** servings from the Milk Group
- ▶ **Very few** servings from the Fats, Oils, and Sweets Group
- ▶ You have learned how to make healthy choices by using the TLP Plan. GREEN foods have less than 2 grams of fat. They are the healthiest foods. GREEN foods should always be your first choice.
- ▶ YELLOW foods have 2 - 5 grams of fat per serving. YELLOW foods often have more sugar and calories than GREEN foods, and they will affect the management of your diabetes. YELLOW foods should be your second choice.
- ▶ RED foods should be your last choice because they have a lot of calories and a lot of sugar and/or fat. RED foods have more than 5 grams of fat per serving.
- ▶ You can use your Food Reference Guide to find GREEN, YELLOW, and RED foods in each of the food groups.

Here's what you will learn about in this chapter:

- ▶ Free Foods
- ▶ Combination Foods
- ▶ Reduced-fat and Sugar-free RED foods
- ▶ Keeping track of RED foods
- ▶ RED food goals



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day

- ⊙ _____
- _____
- _____

Beside RED, YELLOW, and GREEN foods, there are three other types of food you need to know about in the TLP Eating Plan. They are Free Foods, Combination Foods, and Reduced-fat and Sugar-free RED foods.

Let's start with Free Foods.

Free Foods

A *Free Food* is any food or drink that contains less than 20 calories per serving.

Free Foods, unlike GREEN foods, usually don't have much nutritional value. They are available to potentially help curb eating urges. Sometimes a serving size is listed for a Free Food and sometimes it is not. Free Foods with a serving size listed should be limited to 3 servings a day. Be sure to spread them out throughout the day. If you eat more than 3 servings of Free Foods a day, you will have to start adding the calories of the 4th Free Food to your calorie total for the day.

Free Foods listed without a serving size can be eaten whenever you want—within reason of course! Over-eating is never healthy.

Diet soda, sugar-free hard candy, unsweetened iced tea, ketchup, and salsa are free foods. All of the Free Foods are listed in your FRG. Herbs and spices are also free foods. So are mustard, pickles, and BBQ sauce. Check the Table of Contents in the FRG to see where the Free Foods are listed.

- ▶ Eat **no more than 3 servings of Free Foods** every day unless the food has no serving size listed in the FRG. If a serving size is listed and you have more than 3 servings, then you have to count the calories after 4 or more servings.

Combination Foods

Dishes that are made up of different foods are called Combination Foods. Some of these foods are not in the Food Reference Guide. Pizza is a Combination Food. A slice of pizza has a crust (Starch), sauce (Vegetable) and cheese (Meat). It may also have other foods from the Meat group (pepperoni) or other foods from the Vegetable group (green peppers). Why do you think pizza is a Combination Food?



Burgers, casseroles, pasta dishes, soups, stir-fry dishes, and tacos are Combination Foods.

What are your favorite Free Foods?

Write down some of your favorite Free Foods. Use the FRG to help you. Write down the serving size if it is listed.

Free Food	Serving Size

List some Combination Foods that you eat:

Sometimes, a Combination Food can change into another color food group. If you put butter, mayonnaise, gravy, oil, or salad dressing on a GREEN or YELLOW food, it becomes a RED food. The oil or dressing adds a lot of fat to the GREEN or YELLOW food.

For example, broccoli is a GREEN food and a healthy choice. But if you put butter or regular cheese on your broccoli it becomes a RED food. The butter or regular cheese adds a lot of fat to the broccoli.

Another example is a baked potato. A baked potato is a YELLOW food and a second choice when choosing what to eat. But, if you fry the potatoes to make French fries, it becomes a RED food. Why? Frying potatoes in oil adds a lot of fat and makes them RED.

How can you tell what color food group a combination food is? Here is a general rule: If a Combination Food has any food that is a RED food, the Combination Food is a RED food. RED foods overpower other foods.

For example, you might eat a pasta dish. The dish has angel hair pasta, oil, and vegetables. The pasta and vegetables are not RED foods, but the oil is a RED food. This combination dish would be a RED food.

Are spaghetti and meatballs a combination dish? Although spaghetti is not a RED food, a serving of spaghetti and meatballs is a RED food. The RED food part of a Combination Food overpowers the rest of the food.

► **Remember: If a Combination Food has any food in it that is a RED food, it is a RED food.**

Reduced-fat and Sugar-free RED Foods

Reduced-fat and Sugar-free RED foods are made to look, taste, and smell like high-fat or high-sugar foods. They have been changed to have less fat and/or sugar, but are not healthy foods. These foods are still in the Fats, Oils, and Sweets Group, which make them RED foods no matter how many grams of fat they have. These foods can be reduced-fat, fat-free, reduced-sugar, or sugar-free forms of the foods from the top of the Diabetes Food Guide Pyramid. Some examples of these RED foods are:

- Cookies or Brownies (Snack Wells)
- Potato Chips (Baked)
- Low-fat ice cream
- Reduced-fat cream cheese



Can you think of other examples that change TLP color groups when you add fat?

What are some Reduced-fat or Sugar-free RED foods that you eat?

What are some YELLOW and GREEN foods that you could eat instead of Reduced-fat and Sugar-free RED foods?

Are Reduced-fat and Sugar-free RED Foods Okay to Eat?

Reduced-fat and Sugar-free RED foods do not help your body stay strong and healthy. Eating these foods may not change your liking for high-fat and high-sugar foods. They taste just like the high-fat/high-sugar food. Eating some Reduced-fat and Sugar-free RED foods may make it hard to cut down on RED foods. For example, eating a low-fat ice cream will not change your liking for ice cream. After getting into the habit of eating low-fat ice cream, you may decide to eat regular ice cream at a party when low-fat ice cream is not available. This would not be a healthy choice.

Also, Reduced-fat and Sugar-free RED foods are often high in calories and low in nutrition. This means they do not have much nutritional value. They may taste good. But they do not help you grow strong or be healthier.

You are trying to make better food choices. Try not to eat Reduced-fat and Sugar-free RED foods. Find GREEN and YELLOW foods to eat instead.

Tyrone likes to go to fast food restaurants with his friends. He always said, "Super-size it," when ordering French fries and soda. His PAL suggested that he skip fast food all together. But Tyrone said, "No." He wanted to hang out with his friends. Then his PAL suggested that Tyrone order small fries and diet soda. Tyrone was willing to try this because he could still be with his friends.

What do you think?

1. Will Tyrone lose weight by eating the smaller portion of fries and drinking diet soda?
A. Yes B. No
2. When Tyrone switched from soda to diet soda, he switched to a _____ food.
A. GREEN B. YELLOW C. Combination D. Free
3. Because the potatoes had been fried in fat, Tyrone's French fries became a _____ food.
A. GREEN B. YELLOW C. RED D. Free
4. If Tyrone were your friend, what would you tell him to do so he could lose weight and manage his diabetes?

Keeping track of RED foods

Now you have learned about the TLP Eating Plan. It is designed so that you can choose more healthy foods and eat fewer unhealthy RED foods. First, we want you to do some detective work. How healthy are your eating habits? How many RED foods do you eat each day? Keeping track of your RED foods is the first step. By keeping track of your RED foods, you and your PAL will be able to figure out how many you usually eat per day. Your PAL will then help you reduce the number of RED foods you have each day.

After you meet with your PAL, you will begin to keep track of the number of RED foods in your Lifestyle Log. You have already been keeping track of your food, drinks, and calories. You may have noticed that there is a *RED servings* column next to the lines where you write your food. You will mark whether each food or drink you have is a RED food. If the food listed is a RED food, put a "1" in the *RED servings* column. If the amount or portion size of that food counts for more than one RED food in the Food Reference Guide, figure out how many RED foods that would be and put the number there. For example, if you had 1 whole croissant, in the Food Reference Guide, that counts for 2 RED foods. You would then mark a "2" in the *RED servings* column.

Below is an example of a Lifestyle Log that has the *RED servings* column completed. This person ate a granola bar for a snack. One granola bar counts as one RED food. Thus, there is a "1" in the *RED servings* column.

Date: 9/7/2003

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Food Monitoring:

Time	Food	Amount	Calories	RED servings
2 pm	granola bar	1 whole bar	135	1

Here is another example. This person had 1 muffin and 1 cup whole milk at breakfast. Both are RED foods. You will see that each RED food is marked. There is a "1" next to the muffin and a "1" next to the cup of milk. This totals "2" in the *RED servings* column for that meal.

Date: 9/7/2003

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Food Monitoring:

Time	Food	Amount	Calories	RED servings
8 am	1 muffin, large	1 whole (5 oz)	450	1
8 am	milk, whole	1 cup	150	1

How can I cut out 500 calories?

You are trying to eat fewer calories. Below is a list of RED foods that are high in calories. Cut out about 2 of them a day, and you would cut about 500 calories. Cut out 500 calories per day for a week, and you would lose 1 pound. Would it be hard to cut down on or cut out these foods altogether?

RED Food	Calories
A cup of regular ice cream	340
Two lollipops	216
One doughnut	250
Two cans of pop/soda	300
One slice of fruit pie	330
Two chicken fingers	245
One slice of a 12" thin crust cheese pizza	210

See if there are other RED foods you could cut. Use the Food Reference Guide to help you think of them.

RED food goals

Eating more healthy foods and fewer RED foods is important for your health. Reducing your RED foods will help you meet your calorie goal. It will also help you lose weight. But eating fewer RED foods may be the most difficult part about losing weight and managing your diabetes. Remember, we talked about taking it one step at a time. That's what we are going to do with RED foods. We have a plan that will help you earn points while you gradually work your way down to no more than 3 RED foods a day. Here's how it works.

First, you and your PAL will find out how many RED foods you normally have each week. Then, your PAL will work with you to set goals to help you reduce the number of RED foods you eat every day. Usually, you will try to cut out about two RED foods every day during a week. Your PAL will help you with your personal goals. Your final goal will be to eat no more than 3 RED foods a day.

Your final goal will be to eat no more than 3 RED foods a day.

Cut out 500 calories per day for a week, and you would lose 1 pound.

Alicia began keeping track of her RED foods. She saw that she was eating more than 3 RED foods a day. In fact, when she started the program, she was eating about 12 RED foods each day. She knew that her goal was to eat no more than 3 RED foods per day. But, she didn't see how she could ever reach it. She told her parents she was very discouraged. They reminded her that she didn't need to do everything at once. "Take it one step at a time," they said. They suggested that she tell her PAL that she was discouraged. She wanted to meet her goals, but didn't see how she could.

Alicia talked to her PAL. Her PAL also reminded her that she should take it one step at a time. Her PAL praised her for wanting to meet her goals. "That counts for a lot," her PAL said. Together they were able to figure out a way she could cut out 2 RED foods a day. Since she started out having 12 RED foods per day, her goal was to have no more than 10 RED foods per day for the week. Later they would set other goals until she finally got down to 3 RED foods a day.

1. What did Alicia do when she got discouraged?
 - A. She quit.
 - B. She talked to her parents.
 - C. She talked to her parents and her PAL.
 - D. She talked to her friends.
2. What did Alicia's PAL tell her?
 - A. Try harder.
 - B. Take it one step at a time.
 - C. Start by eating 2 fewer RED foods a day.
 - D. Both "B" and "C."
3. How do you think Alicia felt after she and her PAL made a plan?
 - A. Discouraged
 - B. Angry
 - C. Hopeful
 - D. Hungry

What have you learned from this chapter?

You have learned more about the TLP Eating Plan. You learned about Free Foods, Combination Foods, and Reduced-fat and Sugar-free RED foods. Free Foods, unlike GREEN foods, usually don't have much nutritional value. They are available to help slow down the desire to eat. Dishes that are made up of different foods are called Combination Foods. Reduced-fat and Sugar-free RED foods are made to look, taste, and smell like high-fat or high-sugar foods. Reduced-fat and Sugar-free RED foods are often high in calories and low in nutrition.

You learned how to keep track of your RED foods. You have also learned how you will gradually eat fewer and fewer RED foods until you reach your goal of no more than 3 RED foods a day. Your PAL and your parents can help you reach these goals. Making healthier choices about what you eat will help you lose weight and take care of your diabetes.

REVIEW

1. Natalie wants to eat a Free Food with her lunch. Which of the following can Natalie choose?
 - A. Pickles
 - B. Salsa
 - C. Diet soda
 - D. Any of these

2. If you eat butter, mayonnaise, gravy, oil, or salad dressing on or in a GREEN or YELLOW food, you will now be eating a _____ food.
 - A. GREEN
 - B. YELLOW
 - C. RED
 - D. PURPLE

3. _____ are made to look, taste, and smell like high-fat or high-sugar foods. They have been changed to have less fat or sugar.
 - A. Reduced-fat or Sugar-free RED foods
 - B. Combination Foods
 - C. Free Foods
 - D. YELLOW foods

4. If you had 1 small muffin and 1 cup of whole milk at breakfast, how many RED foods should you record?
 - A. None
 - B. One
 - C. Two
 - D. Three

5. What is the final RED food goal for this program, as part of the TLP Eating Plan?
 - A. Never have RED foods
 - B. To have no more than 3 RED foods every day
 - C. To have no more than 5 RED foods every day
 - D. To have no more than 7 RED foods every day

Please write any questions you have for your PAL in the space below.

Answers:
1.D 2.C 3.A 4.C 5.B

Chapter 5:

How Praise Helps You Make Lifestyle Changes

Here's what you learned about in Chapter 4:

You learned more about the TLP Eating Plan.

- ▶ A Free Food is any food or drink that contains less than 20 calories. Free Foods with a serving size listed should be limited to 3 servings a day. Free Foods without a serving size can be eaten whenever you want—in moderation.
- ▶ Dishes that are made up of different foods are called Combination Foods. If a Combination Food has any food in it that is a RED food, it is a RED food.
- ▶ Some RED foods are made to look, taste, and smell like high-fat or high-sugar foods. They have less fat, sugar, and calories. They are called Reduced-fat or Sugar-free RED foods and still count as a RED food.
- ▶ You learned to identify some foods you can eat instead of RED foods. You will gradually eat fewer and fewer RED foods. Your ultimate goal is to eat no more than 3 RED foods a day.



Here's what you will learn about in this chapter:

- ▶ How praise can help you make changes and try something new
- ▶ How your parents can help by praising you
- ▶ How to accept praise
- ▶ How to ask for the praise you need
- ▶ How praising others helps everyone



Things to do before your next meeting with your PAL:

- 🎯 Read and complete this chapter
- 🎯 Have a family meeting every day
- 🎯 Meet your weight goal _____
- 🎯 Complete your Lifestyle Log each day
- 🎯 Meet your calorie goal of 1200-1500 or _____ calories per day
- 🎯 Record your RED foods each day

🎯 _____

Praise can keep you going

Making lifestyle changes is important. It is how you lose weight and take care of your diabetes. But it is also difficult to change eating and activity habits quickly. Something can help. Being praised for the good job you are doing can help you continue to make healthy changes.

Praising means telling people that you like what they did. It means that you want them to keep doing that thing. Being praised makes you feel good. It makes you want to do that behavior again.

Circle the correct answer

1. An example of praise might be:
 - a) "Good job for choosing a GREEN food for your snack instead of a RED food."
 - b) "It's great that you are recording your foods so well."
 - c) a and b are examples of using praise to encourage you.
2. Praise means:
 - a) telling someone with words or actions that their behavior was good and that you want them to keep doing it.
 - b) telling someone you think their behavior could have been better.
 - c) telling someone they did something you didn't like.

Answer the following questions

What could you say to praise or encourage your parents for changes they're trying to make?

Have your parents praised you recently? _____

What did they say?

Can you think of other behaviors your parents can praise you for doing?

Praise is something people do all the time. Praising is as simple as saying, "Good job," or "Thank you." You can use words or actions like hugs, smiles, and pats on the back to praise.

Praise and encouragement are especially important when you are trying something new.

Your parents can help by praising you

Your parents know you are trying to change some of your eating habits so you can eat fewer calories. These old habits made it easy for you to gain weight and hard to have a healthy body. Now you are working hard to learn new, healthier habits. This will help you lose weight, be healthier, and take care of your diabetes. Your parents will be learning how they can help you by praising you.

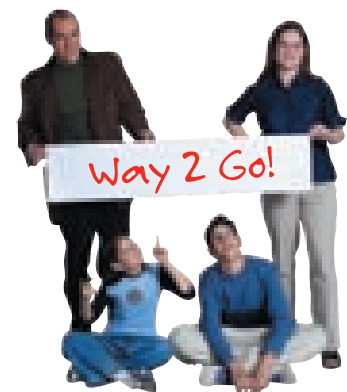
Here are some ways your parents can use praise to help you:

- ▶ Suppose you choose a GREEN food instead of a RED food. Your Mom or Dad might say, "Good job for making a healthier choice!" If your parent said that to you, how would you feel? Probably pretty good. You would feel like making more healthy choices so that your parent would praise you again!
- ▶ Suppose you decided to ride your bike after school. Your Mom or Dad might say, "Great choice to ride your bike instead of watching TV. Riding your bike will help you become healthier." Your parent is telling you that it makes them happy to see you doing what is good for your body.

Praising is as simple as saying, "Good Job," or "Thank You."

Sometimes parents try other things to encourage their children. They might remind, nag, and criticize. Often these things do not work so well. Do your parents do any (or all) of these things?

If they have, you should keep two things in mind. First, your parents do these things because they are trying to help—even if it



does not feel like help to you. Second, they will be trying to change these habits. Your parents will be working with your PAL to learn how to praise you a lot more and to criticize or nag you a lot less.

Try to be patient with your parents as they learn new habits. It would really help if you could praise them for making these changes. Parents need encouragement too. "I'm proud of you, Dad, for trying to eat more fruits and vegetables," Tyrone said. "Thanks for helping me eat more vegetables too."

Answer the following questions

What are some nice things your parents have said to you that made you feel good about yourself or about what you had done?

Have you thanked them for saying these things? Yes ___ No ___

If you haven't, be sure to thank them at your family meeting today.

Your parents are also doing lots of things to help you be healthier. Here's some things your parents may have done.

Put a checkmark by the things they have done. Also, be sure to thank them for the ways they have helped you.

- Having different kinds of GREEN and YELLOW foods in the house.
- Buying lots of GREEN and YELLOW foods at the store.
- Making healthy meals that are tasty and low in fat.
- Spending time with you to review your chapters and your Lifestyle Log.
- Praising you for staying in your calorie range.
- Praising you for meeting your RED food goal.
- Having time for daily family meetings.
- Changing their own eating and activity habits.
- Cooking a meal with YELLOW and GREEN foods.
- Taking you to restaurants that have GREEN and YELLOW foods that you like.
- Ordering GREEN and YELLOW foods that you like eating.

List some other things you could praise your parents for.

Fill in the blanks

Praise from parents will _____ some children to change their habits. They want to continue to make those changes to receive more _____.

Fill in the blanks

1. When your Mom or Dad tells you that you are doing a good job, you can say _____. Even if you don't say anything, your _____ can let your parents know that you like to hear you are doing a good job.
2. When your Mom or Dad cooks _____ foods for dinner, you can say, "Great meal. Thanks for serving foods that are really healthy!"

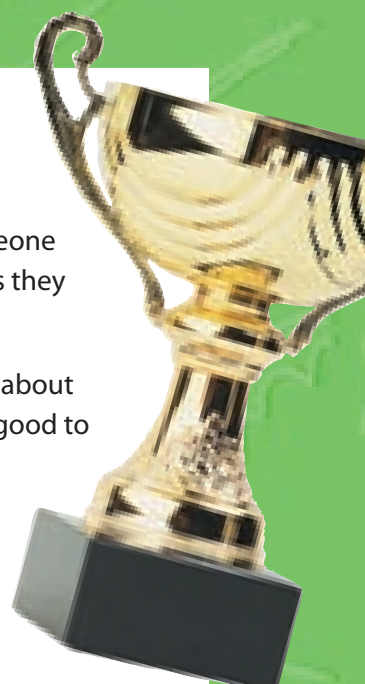
Unscramble the words to find the correct answer.

1. When someone says something _____ INEC to you, it probably makes you feel _____ OGDO.
2. Praise may make you want to do the same _____ _____ AOVRIHBE again so that you get more praise.

Circle the correct answer

It is important to make your parents feel good about giving praise so that:

- a) your parents stop giving you praise.
- b) your parents will keep giving you praise.
- c) you feel good about getting praise.



Fill in the blanks

Can you think of a time when a friend praised you? How did it feel?

Can you think of a time when you praised a friend or family member?

Do you have any praise for your PAL?

Tyrone and his parents made a list of all the RED foods in the house. There were a lot of them. Some were necessary, but many were not. They talked about what they could do. Tyrone decided he didn't need to have as many RED foods and drinks. He began to cut down on the number of sodas and cookies he had each day. His parents said they were proud of him. They said, "We know it is hard to cut down on RED foods. But you are doing a good job improving your eating habits."

1. How do you think Tyrone felt when his parents said they were proud of him?

2. What would you say to praise Tyrone?

Accepting praise

Sometimes people don't know what to say or do when someone praises them. Sometimes they are embarrassed. Sometimes they just aren't used to being praised.

What should you do when your parents say something nice about what you are doing? Just say, "Thank you. It makes me feel good to know that you see how hard I am trying."

Your parents want to help you. Telling them how you feel encourages them to keep trying. You praise their praising!

When parents get praised, it makes them want to work even harder to help you. Saying, "Thank you," is praising someone. How do your parents feel when you thank them for doing something to help you? They feel great!

How to ask for the praise you need

Parents praise you when they notice you are meeting your goals. They want to help you make healthy lifestyle changes. But sometimes they do not see what you're doing. When they don't notice, they need your help to see what you are doing. If you let them know how you are making efforts, they will be able to praise you.

You can let your family know that you would like some support any time you need it. Your family meeting is a great time to ask for praise.

Here's how some other people in the TODAY Lifestyle Program let their parents know about their efforts so that they could get praise.

► "I went to a fast food restaurant after school. Instead of a large soda and super-size fries, I only had small fries and diet soda. I am trying hard to make changes in the amount I eat. Do you think that is good?" Tyrone said to his parents.

► "Jackie is going to bring ice cream bars to school tomorrow for her birthday. I told her that I was trying to eat more healthy. I asked if I could have fruit instead. Jackie said she would be happy to bring fruit for me," Alicia told her parents.

Praising is a great way to make friends because it helps people feel good about themselves.



Praising others helps everyone

There are lots of times when you can use praise with your family and friends. When your friend works hard on an art project, you might tell your friend, "Your art project looks really great!" That will make your friend feel good. Your friend will probably want to keep doing art. Your friend will also feel good about you. This makes it more likely that your friend will praise you for something.

Praising is also a great way to make friends because it helps people feel good about themselves. People notice that they feel good when they are around you, and so they want to be around you more and be your friend. Giving praise and accepting praise are great for keeping relationships with your friends and family members strong.

Here are some tips about how to give praise.

- ▶ Make sure that you have the attention of the person you are praising. Speak up so he or she can hear you.
- ▶ Be as specific as you can. Don't just thank someone. Thank someone by describing what he or she did.
- ▶ Say how it helped you.
- ▶ Thank or praise someone as soon as you can. Don't let time go by.
- ▶ Be honest. Don't praise unless someone really tried to help you.
- ▶ Be clear. Don't mix praise or thanks with another message. Keep it positive.

Be as specific as you
can be when praising
someone.

When you meet with your PAL, you will be talking about reducing the number of RED foods you eat each day. Your PAL will help you set a "RED Food Goal" and show you how to record this information in your Lifestyle Log. Remember to talk with your PAL about any questions you might have.

Read the passage and pick the correct answer

Alicia wants to help her friend in making lifestyle changes, but she made some mistakes when she gave Tyrone praise. "Tyrone," she said, "when you had lunch with me yesterday, it was great to see you eating such healthy food."

Unfortunately, just as Alicia spoke to Tyrone, the janitor started vacuuming in the hall. Tyrone couldn't hear her. Alicia tried to do the right thing. She tried to praise Tyrone for making a healthy choice. What did Alicia forget?

- a) Praise needs to be heard clearly by the person that you are praising.
- b) Praise needs to be as specific as possible.
- c) Praise needs to be given as soon as you can.
- d) a and c.
- e) a, b and c.

How would Tyrone have felt if he had heard Alicia?

How would this have helped Tyrone?

If he had heard Alicia, what should Tyrone have said?

Family Activity: The RED Food Search

You and your parents have a special mission this week. Look at the different foods that are in your kitchen. Your goal is to learn which TLP food group they belong to. See if you can identify at least 10 foods from each food group. When you identify a food, write it on the list and put a RED, YELLOW, or GREEN sticker on it. Use the Food Reference Guide to help you whenever necessary.

Make it fun. You all could just start looking through the refrigerator and the cupboard. Or, you could divide the work up. Make it a contest. You could look for all the RED foods. Your parent could look for all the GREEN foods. You both could look for all the YELLOW foods. Whoever is the first to find 15, or whoever finds the most, gets the reward of...(pick something fun)?

Please review this information with your PAL next week.

RED Foods (more than 5 grams of fat and/ or high sugar)	YELLOW Foods (2 – 5 grams of fat)	GREEN Foods (less than 2 grams of fat)

What have you learned from this chapter?

In this chapter you learned how important praise can be. When you receive praise for the efforts you are making to live a healthy lifestyle, it encourages you to keep going. Your parents are also learning about how powerful praise is. They are trying to praise you more often. If you thank them for praising your efforts, you will encourage them to keep doing it. Saying, "Thanks," is a way of praising. When you praise, it works best to describe clearly what the person is doing or saying. Giving praise and accepting praise are ways to be encouraging. Encouragement is a very powerful way to keep relationships strong.



Thank or praise someone as soon as you can. Don't let time go by.

Chapter 6:

Shopping and Cooking— It's All in the Planning

Here's what you learned about in Chapter 5:

- ▶ You learned how important praise can be. When you receive praise for the efforts you are making to live a healthy lifestyle, it encourages you to keep going. Your parents are also learning about how powerful praise is. They are trying to praise you more often. If you thank them for praising your efforts, you will encourage them to keep doing it. Saying, "Thanks," is a way of praising. When you praise, it works best to describe clearly what the person is doing or saying. Giving praise and accepting praise are ways to be encouraging. Encouragement is a very powerful way to keep relationships strong.



Here's what you will learn about in this chapter:

- ▶ Improving your family's grocery shopping habits can help you meet your RED food goals
- ▶ Planning in advance and making grocery lists help you shop wisely
- ▶ Label reading is a good skill to use at the grocery store
- ▶ Favorite family recipes can be changed to help you decrease RED foods
- ▶ Planning meals that use more GREEN and YELLOW foods helps cut back on RED foods
- ▶ Measuring your food helps you control portion size and calories
- ▶ Meal planning helps you avoid fast food restaurants



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of _____ RED foods each day

- ⊙ _____
- _____
- _____

The foods you have at home and how they get there

You have been decreasing the number of RED foods you eat so that you can reach your calorie goals. You have learned that it is okay to eat unhealthy foods once in a while. But it is not good for you to eat RED foods too often. Because many of your meals are eaten at home, your home is the place where you should have plenty of healthy foods. Having

Look at the items below and check all the ones that describe how your family shops for groceries.

- We shop at one store for groceries
- We shop at different grocery stores because of sales
- We use coupons for grocery items
- We grocery shop as a family
- We shop at different times depending on who can go and when we need groceries
- We argue about what to buy at the grocery store
- We always use a shopping list when we grocery shop
- We are often worried that we will not have enough money to buy our groceries
- I don't know the answer to these questions. I'll talk to my parents at the family meeting and then fill it out.

Would you like anything to change about how your family buys groceries? Write down your ideas to share with your PAL.

healthy foods in your home makes it easier for you to make healthy choices.

How does food get to your house? Chances are someone buys groceries and brings them home. Every family goes about grocery shopping differently. How about your family?

How grocery shopping lists can help you make healthy lifestyle changes



Planning in advance and making lists help you and your family remember that you are trying to eat healthier foods. Lists also help you outsmart the grocery store. Many RED foods are colorfully packaged and placed where they are easily seen. People who go to the store without a list are more likely to buy these foods because they look good. Sometimes people buy these foods because they are hungry when they grocery shop. When you do not use a list or go to the store hungry, it is good for the store (they get more of your family's money) but not good for you (you end up with more RED foods than are healthy).

Tyrone and his dad went to the grocery store on the way home from school one afternoon. Tyrone was used to eating a snack at that time. His father had eaten lunch early. They were both very hungry when they went to the store. They didn't have a list with them. They just bought what they thought they needed at home and whatever looked good.

When they got home, Tyrone's mom pointed out how many RED foods they bought. She also noted how much money they spent. She suggested that Tyrone talk to his PAL about grocery shopping.

Tyrone's PAL suggested a few things for the next shopping trip. She said that before the next trip to the grocery store, Tyrone should have a healthy snack. She suggested that he and his parents make a list of the YELLOW and GREEN foods they needed to buy at the grocery store. Next time, when Tyrone and his dad went shopping, they used a list. They came home with more healthy foods. They spent less money too!

Make a list of at least two GREEN foods and one YELLOW food from each of the following 5 food groups that you would like to have for your meals and snacks. Use your Food Reference Guide to help you. You may also want to check the lists of your favorite GREEN and YELLOW foods, and favorite fruits and vegetables, which you made in chapter 3.

Starch

GREEN _____

YELLOW _____

Vegetables

GREEN _____

YELLOW _____

Fruits

GREEN _____

YELLOW _____

Milk

GREEN _____

YELLOW _____

Meat

GREEN _____

YELLOW _____

After you have made this list, look in the cupboards and the refrigerator. Are any of these foods already there? Which ones? Check these off the list you just made, and guess what—you have just made a grocery shopping list!

You can ask your parents to buy the healthy GREEN and YELLOW foods from your list. Even better, try going to the store with your family. Pick GREEN and YELLOW foods to have for your meals and snacks instead of RED foods. If your family goes grocery shopping without you, you can ask them to bring more GREEN and YELLOW foods home. Ask them to try not to buy as many RED foods to bring home. It's easier for your family and you to make good food choices if there are healthy foods at home.

It's easier for your family and you to make good food choices if there are healthy foods at home.

Whole Milk

On the food label for whole milk:

What is the serving size? _____

How many calories are in 1 serving? _____

How many grams of fat are in 1 serving? _____

How many calories would there be in 2 cups of whole milk? _____

Do you think you drink more or less than one serving when you have whole milk? _____

Now compare whole milk to skim milk.

What is the serving size? _____

How many calories are in 1 serving of skim milk? _____

How many fewer calories is this than whole milk? _____

Here's the equation:

_____ - _____ = _____
 whole skim fewer calories

How many grams of fat are in one serving of skim milk? _____

How many more grams of fat are there in whole milk than skim milk? _____

Here's the equation:

_____ - _____ = _____
 whole skim more fat grams

What has the lowest fat content?

- A. whole milk
- B. 2% milk
- C. 1% milk
- D. skim milk

Label reading - a good skill to use at the grocery store

As you already know, most foods and drinks that you buy at the grocery store come with a Nutrition Facts label. This label has a lot of important information on it that can help you make healthy choices. Let's review the kinds of information you can find on a Nutrition Facts label that can help you make healthy choices.

Here is an example of a Nutrition Facts label from a carton of whole milk.



Amount Per Serving		% Daily Value*	
Calories 150			
Calories from Fat 70			
Total Fat 8g			12%
Saturated Fat 5g			25%
Cholesterol 35mg			12%
Sodium 125mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugar less than 12g			
Protein 8g			16%
Vitamin A 6%			
Vitamin C 4%			
Calcium 30%			
Iron 0%			
Vitamin D 25%			
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less than 65g	2,000	2,500
Saturated Fat	Less than 20g	65g	80g
Cholesterol	Less than 300mg	20g	25g
Sodium	Less than 2,400mg	300mg	300mg
Total Carbohydrate		2,400mg	2,400mg
Dietary Fiber		300g	375g
Protein		25g	30g
Calories per gram:			
Fat		9	9
Carbohydrate		4	4
Protein		4	4

One of the best places to start when looking at the Nutrition Facts label is with the serving size. Compare the serving size listed to how much you actually eat or drink—you may be surprised at what actually counts as a serving! If the amount that you eat is more than the serving size, you are getting more calories and fat than the amounts listed on the label.

The next thing to look for on the label is the number of calories per serving. Calories are a measure of how much energy you get from a food. How many calories are there in 1 cup of whole milk? _____

The Nutrition Facts label also tells you how much fat there is in a serving. Fat is measured in "grams." On a Nutrition Facts label, grams is shortened to "g." Can you see that one cup of whole milk has 8 grams of fat?

The Nutrition Facts label also provides information on carbohydrates, protein, fiber, and vitamins. Your PAL and/or your CDE can help you understand this

Skim Milk

Amount Per Serving		% Daily Value*	
Calories 90			
Calories from Fat 0			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 5mg			2%
Sodium 125mg			5%
Total Carbohydrate 11g			4%
Dietary Fiber less than 0g			0%
Sugar less than 11g			
Protein 8g			16%
Vitamin A 10%			
Vitamin C 4%			
Calcium 30%			
Iron 0%			
Vitamin D 25%			
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less than 65g	2,000	2,500
Saturated Fat	Less than 20g	65g	80g
Cholesterol	Less than 300mg	20g	25g
Sodium	Less than 2,400mg	300mg	300mg
Total Carbohydrate		2,400mg	2,400mg
Dietary Fiber		300g	375g
Protein		25g	30g
Calories per gram:			
Fat		9	9
Carbohydrate		4	4
Protein		4	4

Write down one of your favorite family recipes.

Are there any RED foods in this recipe? _____ If yes, circle them.

Does this recipe use a cooking method like frying? _____

One good way to work on decreasing your RED foods and meeting your calorie goal is to switch RED foods in recipes, meals or snacks with YELLOW or GREEN foods.

information if it is necessary for your healthy eating plan. Ask your parents or your PAL if you have questions about a Nutrition Facts label.

The serving size on the Nutrition Facts label may not match the serving size recommended by the Food Reference Guide. Use the Food Reference Guide to help you choose the right portion for you.

Do you know that there are only 90 calories in skim milk, and there are 110 calories in 1% milk and 120 calories in 2% milk? Skim milk also has no grams of fat.

You've got groceries: Now what do you do?

There are lots of different ways to fix the food that we buy from the grocery store. Some foods are pre-packaged and have directions for cooking right on them. We fix other foods by using instructions called recipes. Many families have favorite ways of fixing foods. Recipes can be written down or are just remembered by the person who cooks them the most. RED, GREEN, and YELLOW foods can all be used in recipes. Some cooking methods like frying can make a food RED.

Now you do the RED Food

Switch! Make a list of 10 RED foods. Use RED foods that are in the recipe you wrote down and/ or RED foods that are currently at home. For each RED food, decide on a GREEN or YELLOW food that you could substitute in the recipe or that you could have at home instead. Write your GREEN or YELLOW food choice next to the RED food. Remember, you can use your Food Reference Guide if you get stuck!

RED Food	GREEN or YELLOW food

Look in the cupboard and refrigerator to see which of these foods you already have. Check them off the list. Then add the remaining GREEN and YELLOW foods to your grocery shopping list. Share your list with your parents. Talk with your PAL about any RED foods for which you are having a hard time finding “switches.”

One good way to work on decreasing your RED foods and meeting your calorie goal is to switch RED foods in recipes, meals or snacks with YELLOW or GREEN foods. Another way is to use a healthier way of preparing food. Baking, steaming, broiling, boiling, and grilling are healthier alternatives to frying. Frying involves fats or oils, and this makes the food a RED food. Here are some more ideas for fixing healthy meals:

- ▶ Instead of butter or gravy on a potato, switch to salsa or low-fat cheese
- ▶ Instead of hamburger or sausage in your spaghetti sauce, switch to vegetables (onions, peppers, or broccoli)
- ▶ Instead of butter and whole milk in mashed potatoes, switch to skim milk, salt, pepper, and fat-free chicken broth
- ▶ Instead of dark turkey or chicken meat with skin, switch to skinless white meat
- ▶ Instead of cake or pie for dessert, switch to fresh fruit

You can use your family meeting time to make grocery lists and plan quick and healthy meals to eat with your family. This will be a good way to help you meet your RED food goals.

Measuring – a good skill to use in the kitchen

Another good way to work on decreasing your RED foods and meet your calorie goal is to watch the size of your portions. How do you know how big a portion is? How do you know how many calories are in a food? The answer is to measure how much food you prepare and eat. Then using nutrition labels or the Food Reference Guide, you can figure out how many calories you are eating.

Earlier in this chapter, you learned about food labels and how to read them. Every food label will list a serving size. Some foods will require weighing and measuring to get the correct serving size. Remember that getting a correct serving size is important so that you know how many calories you will get if you eat that food.

The Food Reference Guide gives you information about foods based on standard portion sizes. However, unless you are able to measure some foods, you cannot compare them to the Food Reference Guide. That’s why you need to learn how to measure foods that are not already measured for you.

Another good way to work on decreasing your RED foods and meet your calorie goal is to watch the size of your portions.

Here are some ways to measure and weigh your foods:

Metal or Plastic Measuring Cups and Spoons

Use plastic measuring cups and spoons for solid foods like margarine, mashed potatoes, and cereal. Fill the cup or spoon to the top. Then level it off by shaking it or running a knife across the top. You don't want any food coming over the top of the cup or spoon. Even a little bit of food coming over the top can add extra fat and calories.

Glass Measuring Cup

Use a glass measuring cup for liquids such as soups or milk. Pour the liquid in the cup. Then read the line at eye level. If you read it from above, your eyes can fool you by making it appear that you have less than you actually do!



Scale

Use a scale to weigh meats and cheeses. Make sure the scale is balanced and the needle is pointing to the zero before you weigh the food. It is important to weigh meats after they are cooked. Meats lose some of their weight when they are being cooked. Four ounces of raw meat weighs about 3 ounces after it's cooked.

When you weigh cheese, you'll notice that one slice might look like another, but the two pieces may not weigh the same. You will need to weigh them one at a time to find out the weight for each piece. You can check the label for the serving size information on prepackaged slices.

Most people are surprised when they begin to weigh and measure foods. They learn they are eating more food and more calories than they thought. Once people learn how to measure, they can be more careful about the amount of food they eat. Eating smaller portions leads to eating fewer calories.

Here's what to do the next time you have a glass of milk, water, or juice.

Pour a glass as you normally would of the milk, water, or juice.

Guess how many ounces? _____

Now measure the amount with a measuring cup. _____

How far off was your guess from the actual amount? _____

Alicia didn't believe that cooking at home could be faster than going to a fast food restaurant for dinner. Her Mom suggested that they should play a game and test it out. So, that night Alicia kept time on her watch while she and her Mom made a healthy chicken dinner and while the family ate. Then, the next afternoon, Alicia's friend's mom took Alicia and her friends to get fast food. She timed how long it took them to get to the restaurant, get their food, sit down at the table, eat it, and then get back home. To her surprise, it took 5 minutes longer at the fast food restaurant than it had at home!

Who's in the kitchen?

Who does most of the cooking at your house? Do you like to cook? Preparing food to eat is an important job. It can also be a way to have fun, be creative, and do things as a family. Finding time to have healthy meals is sometimes hard for families. Sometimes people think that there's not enough time to fix healthy meals. They use fast food restaurants or lots of high-calorie pre-packaged foods. The next time your family goes to a fast food restaurant for a meal, do an experiment. Use a watch or clock to time how long it takes you to get to the restaurant, order the food, get the food home, and actually start to eat. You might be surprised by what you find out.



Preparing food to eat is an important job. It can also be a way to have fun, be creative, and do things as a family.

What have you learned from this chapter?

In this chapter, you have learned that making grocery-shopping lists is a good way to plan ahead so that you have healthy foods at home. Going grocery shopping with your family, using shopping lists, and eating a healthy meal before shopping are all ways that you can make sure healthy foods get from the store into your home. You learned more about reading labels to help you make smart choices. You saw that you can switch RED foods for GREEN and YELLOW foods in recipes to make them healthier. You also learned that some ways of cooking food such as baking are healthier than others such as frying. Measuring your foods helps you control the amount of food you eat and your calorie intake. Finally, you learned that preparing healthy meals doesn't have to take a long time. Changing the way your family shops for food and changing the types of foods you have at home will help you make healthier food choices for meals and snacks. This will help you meet your goals and take care of your diabetes.



Chapter 7:

Eating Smart— Breakfast and Lunch

Here's what you learned about in Chapter 6:

- ▶ You learned that going grocery shopping with your family, using shopping lists, and eating a healthy meal before shopping are all ways that you can make sure healthy foods get from the store into your home. Changing the way your family shops for food and changing the types of foods you have at home will help you make healthier food choices.
- ▶ You also learned that switching RED foods for GREEN and YELLOW foods in recipes makes them healthier.
- ▶ Preparing healthy meals doesn't have to take a long time.



Here's what you will learn about in this chapter:

- ▶ Why breakfast and lunch are important meals
- ▶ Tips to help you eat healthy
- ▶ How to eat more GREEN foods and fewer RED foods
- ▶ Meal planning for breakfasts and lunches
- ▶ Menu suggestions



Eating Smart: Breakfast

Breakfast is the most important meal of the day. Eating a healthy breakfast helps you think and feel better. These are all important for doing well in school. Breakfast gives you energy to get you through an active morning. Breakfast is a great meal to include important nutrients into your diet. Many foods eaten at breakfast contain large amounts of vitamins C and D, calcium, iron, and fiber.

Some people want to eat something that is quick and easy, like doughnuts, Poptarts, breakfast bars, and sugar-coated cereals. While these breakfast foods may be convenient, they are also RED foods. They have lots of sugar and fat and are not healthy.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of _____ RED foods each day
- ⊙ Plan some healthy meals with your family

- ⊙ _____
- _____
- _____

TRUE or FALSE? Please circle whether or not the following statements are true or false.

1. Eating a healthy breakfast will help you think, play, and learn.
TRUE FALSE
2. If you skip breakfast, you will have a lot of energy.
TRUE FALSE
3. Eating a healthy breakfast may help keep your weight down because you will be less likely to overeat later.
TRUE FALSE

Below is a list of challenges that people have when trying to eat a healthy breakfast. Please check off the difficulties that you have.

- Not hungry in the morning
- Always in a rush
- Enjoy eating RED breakfast foods more than healthy breakfast foods
- Do not like any kinds of breakfast foods

Some people skip breakfast because they are not hungry. Sometimes people do not have time to sit down for a cooked meal in the morning because they are rushing to the bus stop or outside playing.

Some people believe that skipping breakfast will help them lose weight. Not so! In fact, skipping breakfast can lead to weight gain! People who skip breakfast soon become very hungry, and this often leads to overeating later in the day. They're so hungry they lose control when they finally get to eat.

It also makes it hard to determine when you're full. This can result in taking in more calories than if you had eaten a proper breakfast. Skipping breakfast may also make you feel tired and unable to think.

Eating a healthy breakfast:

- ▶ makes you less hungry later
- ▶ gives you brain power for school work
- ▶ may help keep your weight down

Do you know what makes a healthy breakfast? A healthy breakfast is fun to eat, full of flavor, and good for your body. It includes a variety of foods from the five food groups. It does not have to be the usual breakfast foods like cereal or eggs. It can be any food that is good for you.

The next page has some tips for eating a healthy breakfast. Hopefully, you will find some that will be useful to help you plan to eat a healthy breakfast.

Alicia likes to sleep as late as she can in the morning. She is often rushing to get to school on time. She usually just grabs a package of frosted Poptarts on her way out the door. Since she has been in the TLP program, Alicia has found it very hard to give up the Poptarts, because they are so fast and easy.

Can you think of any ways for Alicia to eat a healthier breakfast she will still enjoy?

What foods do you like to eat for breakfast? Are they the usual breakfast foods like cereal or eggs?

Tips for Breakfast

In order to eat a healthy breakfast, it is important to cut down on the number of RED foods you eat and add in more fruits and vegetables. We know that this is not easy to do so here are some tips to help you along the way!

- 1 Did you know that cereal is the number one favorite breakfast food? Many people like to eat sugar-coated cereals that they see on TV, such as Captain Crunch, Fruit Loops, or Smacks. While these cereals may taste good, they have lots of sugar and/or fat. They are not healthy breakfast foods and they should not be your first choice when deciding what to eat for breakfast. There are many other cereals that have much less sugar. Cereals such as Corn Flakes, Special K, and Kix are all healthy choices. And, you can add some fruit to your cereal to give it a sweet taste!

Do you like to eat sugar-coated cereal for breakfast? Try to think of some foods you could eat instead that are low in sugar.

- 2 Skip using butter, cream cheese, syrup, or sour cream on your toast, bagel, English muffin, pancakes, or waffles. They add lots of sugar and/or fat. Try choosing toppings that are low in fat and sugar. Fresh fruit spreads on toast and English muffins are a great idea because they are sweet and healthy. You can also eat veggies with your bagels. Sliced tomatoes and cucumbers taste great as toppings!

Do you like to put RED food toppings on your breakfast foods? Try to think of some other toppings that you could put on your breakfast foods that are low in fat and/or sugar.

- 3 Cut down on RED breakfast foods like chocolate-chip pancakes with whipped cream, doughnuts, Poptarts, breakfast bars, and waffles with butter and syrup. RED foods should not make up most of your breakfast. GREEN and YELLOW foods from the five food groups should be your first choice when deciding what to have for breakfast. There are many delicious breakfast foods that are healthy and good to eat.

Can you think of other ways to cut down on the number of RED foods that you eat for breakfast?

- 4 Make fruits and vegetables a part of your breakfast! Have an apple, orange, banana, pear, peach, or blueberries along with your cereal, toast, pancake, or bagel. The fruit will help fill you up and will add some sweet tastes to your morning meal! Remember, breakfast is the



Skipping meals—especially breakfast—often leads to overeating

Answer the following questions comparing meal A and B.

- How many calories and RED foods are in Meal A?
Calories _____
REDs _____
- How many calories and RED foods are in Meal B?
Calories _____
REDs _____
- Meal A has _____ more calories than Meal B?
- Meal A has _____ more RED foods than Meal B?
- Can you make a list of the reasons why Meal B is healthier for you? (Hint: the Tip List is full of clues)

most important meal of the day. So, try adding in some veggies to get the vitamins that your body needs to give you energy to play. Cut up some celery, carrots, peppers, cucumbers, or tomatoes and eat them as part of your breakfast. They are quick, tasty, and healthy choices.

5 Can you think of some other ways to add fruits and vegetables to your breakfast?

Breakfast may be your favorite meal of the day but you just do not have time to sit down and eat it. It may be helpful to pick out an outfit or set the table for breakfast the night before so that you have more time in the morning. Waking up ten minutes earlier each morning will also give you extra time. You may also want to have quick and easy breakfast foods at home. Non-fat yogurt, dry cereal, fruit, or bagels are foods you can grab and go!

Can you think of any other ways to make more time for breakfast each morning?

Meal planning for Breakfast

Let's take everything you have learned and plan out a breakfast that is low in RED foods and high in GREEN and YELLOW foods. To make it easier for you, we have given you an example of a breakfast containing lots of RED foods. Compare it to the healthy meal below.

Meal A

Breakfast high in RED foods:

Food	Amount	Calories	RED FOODS
Pancakes (made with eggs & oil in mixture)	2	280	2 RED
Butter	3 teaspoons	105	3 RED
Maple syrup	2 tablespoons	100	2 RED
Bacon	4 slices	140	4 RED
Chocolate milk	1 cup whole milk	150	1 RED
Total		775	12 RED FOODS

Meal B

Breakfast low in RED foods:

Food	Amount	Calories	RED FOODS
Pancakes (frozen or made without fat or eggs, and cooked without fat)	2	160	
Maple syrup	2 tablespoons	100	2 RED
Strawberries	1 1/4 cup	60	
1 % milk	1 cup	100	
Total		420	2 RED FOODS

Create a breakfast low in RED foods and higher in GREEN and YELLOW foods. Try your best to write down the serving size, TLP color, and amount of calories in each food item. Use your Food Reference Guide to help you! Keep in mind the tips for a healthy breakfast you just learned.

Food	Amount	Calories	TLP Color
Total			

Is this a breakfast that you can eat one morning this week?

Please create a grocery list of the food items you will need to buy.

Make fruits and vegetables part of your breakfast!



Eating Smart: Lunch

Lunch is the second most important meal of the day. It refuels your body after a long morning. It gives you the boost you need to get through all of your activities in the afternoon. Eating a good lunch can help you concentrate at school and give you the energy to play.

What's a good lunch? Just like breakfast, a good lunch is tasty and healthy. It is well balanced, which means that it includes a variety of foods from the five food groups: starch, vegetable, fruit, milk, and meat. Lunch does not have to be the usual sandwich. It can be any food you enjoy that is good for you.

We have created some tips for eating a healthy lunch. Hopefully, you will find some that will be useful to help you with the challenges you checked above.

Below is a list of challenges that people have when trying to eat a healthy lunch. Please check off the difficulties that you have.

- Not hungry at lunch
- Don't like the school cafeteria food
- I usually grab some chips or soda instead of a regular meal
- I would rather wait to eat a meal with my friends after school at the local store or restaurant
- Always in a rush at school
- Enjoy eating RED lunch foods more than healthy lunch foods
- Free lunch at school is not healthy
- May get teased if I eat something different from my friends at school
- Do not have time to make a healthy lunch in the morning
- Other: _____
- _____
- _____

Tips for Lunch

Here are some tips on how to eat more fruits and vegetables and fewer RED foods for lunch:

- 1** Avoid packing RED food munchies or desserts in your lunch. Potato chips, Doritos, cookies, gummy bears, and fruit roll-ups are foods that lots of people like to bring in their lunches. But, they are RED foods and they will not help you lose weight and become healthier. Instead, why don't you try packing healthy munchies or desserts from the five food groups? Fruits and vegetables make great munchies. Fruits and veggies can be cut up small or eaten whole.

Can you think of some healthy munchies or desserts you could include in your school lunch?

- 2** Try not to make sandwiches that have lots of butter, mayonnaise, cream cheese, or fillings made with sugar, like Marshmallow Fluff. Choose healthy sandwich fillings from the five food groups that are GREEN or YELLOW. You can always add some vegetables like lettuce, tomatoes, pickles, and peppers to give a sandwich great flavor! Did you know that sandwiches are the number one favorite food for lunch?

What do you like to put on your sandwich?

School Lunches

- 3** If you are buying lunch at school, try to get a copy of each week's lunch menu ahead of time. Try to avoid buying lunch on days when only RED foods are served. It may be good to bring your lunch at least one or two days a week if your school serves mostly RED foods. If Tuesday is hamburger day, maybe you can plan with your mom or dad, so you can bring your lunch on Tuesdays. Foods like pizza, potato chips, hamburgers, foods made with butter or gravy, and sugary desserts like cookies or cake are all RED foods that are sometimes served in school.

What are some RED foods served at your school?

- 4 If you must eat the school lunch on days when foods like these are on the menu, bring a healthy food from home so that your meal is more balanced. Fruits and vegetables are great foods to add to any school lunch. They are quick to grab on your way to school in the morning and they fill your body with the vitamins it needs to boost you up during the day.
- 5 Start bringing healthy foods to school for lunch. If it is tough for you to change your foods at lunch, try to get some help from your friends that are part of your support team. Maybe both of you could start bringing healthier foods to lunch.

Which friend could help you make a healthy change at lunch?

- 6 Make your foods look “cool” so that your friends might want to bring the healthy foods that you are bringing to school. You could cut up fruits and make a rainbow fruit cup with plain yogurt. You could make a salad with non-fat cheese and salsa, or create a taco using a soft shell. You can show your friends that healthy foods can be tasty.
- 7 Whether you bring a lunch from home or buy a school lunch, keep in mind that drinking low-fat milk is healthier for you than soda or juice. Your school cafeteria should have low-fat milk. Instead of going to the soda machine, head towards the milk section in your cafeteria!
- 8 Pack your lunch the night before. If you are forgetful, tape a piece of paper to your front door as a reminder to bring your lunch to school!
- 9 Try not to fill your stomach up with snack foods like chips from the vending machine. Many of these foods are RED, so they are high in sugar or fat. They will not give you long-lasting energy anyway. You will feel better and have more energy when you eat a balanced meal that includes fruits, vegetables, and lean meat or meat substitutes.

Eating a healthy lunch provides your body with the energy it needs for a long afternoon. Try some of the tips from above to eat more fruits and vegetables and fewer RED foods at lunch. Deciding what foods to bring in your lunch or what to buy at school gives you great practice in choosing healthy foods. The more practice you have, the better you will be at meeting your calorie and RED food goals. These skills will help you as you are trying to lose weight and eat foods that are good for you!

Tyrone was having a rough time at lunch today. His friend brought a ham sandwich with lots of mayonnaise, a bag of Doritos, and a chocolate cupcake for lunch. Also, the cafeteria was serving pizza. These are some of the RED foods Tyrone really likes a lot. But he had made a healthy choice. He packed his lunch with a turkey sandwich with mustard, carrot sticks, and fruit. Sitting at the lunch table, he really wanted to eat some of the RED foods, but he ate his own lunch first. When he had finished his sandwich, carrots, and fruit, he was satisfied and felt good. He was also very proud of himself for making healthy choices.



Meal planning for Lunch

Let's plan a lunch that is low in RED foods and high in GREEN and YELLOW foods. Below is an example of a lunch containing lots of RED foods. We created a healthy meal for you to compare it to.

Meal A

Lunch high in RED foods:

Food	Amount	Calories	RED FOODS
Chicken nuggets	6 nuggets	275	1 RED
Tater Tots	1 cup	410	2 RED
Ketchup	1 tablespoon	Free	
Pop soda, regular	1 can	110	1 RED
Total		795	4 RED

Meal B

Lunch low in RED foods:

Food	Amount	Calories	RED FOODS
Grilled chicken breast (white meat without skin)	3 ounces	90	
Hamburger bun	1 bun	160	
Lettuce	1 leaf	2	
Tomato	1 slice (1/2 in.)	5	
Banana	1 small	65	
1 % milk	1 cup	100	
Total		422	0 RED

Answer the following questions comparing meal A and B.

1. How many calories and RED foods are in Meal A?
Calories _____
REDs _____
2. How many calories and RED foods are in Meal B?
Calories _____
REDs _____
3. Meal A has _____ more calories than Meal B?
4. Meal A has _____ more REDs than Meal B?

This example shows that by creating a lunch with more GREEN and YELLOW foods and less RED foods, you decrease the amount of calories you eat. This will help you reach your daily calorie goal.

Bring healthy foods to school for lunch.

Create a lunch that you can either bring from home or buy at school. Make sure it is low in RED foods and higher in GREEN and YELLOW foods. Try your best to write down the serving size, TLP color, and amount of calories in each food item. Use your Food Reference Guide to help you!

Food	Amount	Calories	TLP Color
Total			

Is this a lunch that you can eat one day this week?

Please create a grocery list of the food items you will need to buy.



What have you learned from this chapter?

In this chapter, you have learned that eating a healthy breakfast and lunch are important. They provide you with nutrients and energy to get you through a busy day. It is helpful to plan out meals ahead of time so that you and your parents can buy the foods at the store beforehand. Meal planning will also help you eat more GREEN and YELLOW foods and less RED foods. By eating more GREEN and YELLOW foods and less RED foods, you will decrease the amount of calories you consume. You may run into some difficulties when trying to eat healthy breakfasts and lunches. Hopefully, some of the tips you learned in this chapter will help you overcome some of the challenges!

Chapter 8:

Eating Smart— Dinner, Snacks, & Drinks

Here's what you learned about in Chapter 7:

- ▶ You learned that eating a healthy breakfast and lunch is important because they provide you with nutrients and energy to get you through a busy day. Planning your meals ahead of time gives you and your parents a chance to buy the foods you need at the store beforehand. You learned that meal planning will also help you eat more GREEN and YELLOW foods and less RED foods. By eating more GREEN and YELLOW foods and less RED foods, it will help you decrease the amount of calories you consume.



Here's what you will learn about in this chapter:

- ▶ Tips to help you eat healthy dinners & snacks
- ▶ Planning for dinner & snacks
- ▶ Healthy drinks
- ▶ Support from your family for healthy eating



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of _____ RED foods each day
- ⊙ Plan some healthy meals with your family

⊙ _____

Eating Smart: Dinner

Some people call their evening meal supper. Others call it dinner. What is it called in your home? No matter what you call the evening meal, it is important to eat good, healthy food. Dinner gives your body the energy it needs to get through the night.

What is a healthy dinner? It has a variety of foods from the five food groups, especially a meat or meat substitute with some kind of vegetable—with plenty of flavor. But, just like breakfast and lunch, dinner can be anything that is good for you to eat.

Eating dinner can be very important in helping you to reach your goals. Dinner gives you a chance to get more fruits and vegetables for the day. Try to make dinners healthy by eating lots of fruits and vegetables.

What does your family usually eat for dinner? Does it include a variety of foods from the five food groups? Fill in the chart below.

What I Usually Have for Dinner	Food Group

Can you think of any other fruits or vegetables that you could try at dinner time? List them below.

Eating GREEN fruits and vegetables at dinner is a good way to fill up on foods that help your body work its best. Eating fruits and vegetables at dinner may also help you lose weight because these foods are low in calories, fat, and sugar. Broccoli, cauliflower, green beans, and carrots are some popular dinner vegetables. Sliced pineapple, fruit cocktail canned in juice and not syrup, and applesauce are common dinner fruits that you can try.

At dinner, you can experiment with new low-fat recipes. There are so many interesting ways to make healthy foods that taste delicious! Dinner also gives you a chance to spend time with your family catching up on the events of the day.

What makes it hard to eat healthy at dinner?

Dinnertime is rushed in many homes, and many people turn to fast food for dinner.

It doesn't have to be like this. You, your parents and your PAL can plan quick and easy dinners that can be prepared at home so that you don't have to go out for fast food. You might try a turkey sandwich, soup, or a baked potato with low-fat cottage cheese. Share these ideas with your parents so that they know there are other options for quick and healthy eating at the end of the day.

You may want to have dessert after dinner. This doesn't have to be a problem either. You can have fruit or yogurt for dessert—these are healthy and satisfying foods that make excellent desserts!

Some families have rules that make it difficult to eat smart at dinner. Rules that "you must eat everything on your plate" may cause you to continue eating even after you are full. Does your family have a "clean plate" rule? Talk with your PAL about ways to talk with your family about this rule that makes it hard to eat smart.

Tips for Dinner

Here are some ways to help you and your parents eat more fruits and vegetables and cut down on RED foods for dinner.

- 1 Put a bowl of fresh fruit on the table at dinnertime. That way, when you feel like going for seconds or dessert, you can grab a piece of fruit and give yourself some time to think about making healthy choices.

Dinner gives you a chance to get more fruits and vegetables for the day.

- 2 Ask your mom or dad to serve foods from the five food groups and limit the number of RED foods. Remind your parents of how much you want to lose weight and take care of your diabetes.
- 3 Encourage your parents to serve fruits and vegetables at dinner time. Try to think of some new ones that you might want to try. Ask your parents to make a new fruit or vegetable for the whole family. Help prepare the dinner and let your parents know which GREEN foods you like. When you fix your plate, load up with GREEN vegetables. If you get full eating vegetables, you won't need to eat a lot of foods with more fats and calories. Make sure to have at least one serving of vegetables with lunch and dinner.
- 4 Avoid putting gravy, tartar sauce, or other sauces on your meat. Sauces are often made with a lot of fat. While these sauces may add flavor, they hide the taste of the meat. When meat is prepared right, it is juicy and tender. It does not need extra flavor. Do you put gravy or other sauces on your meat? Try eating your meat without any gravy or sauces.
- 5 Avoid eating the extra fat that you can see along the edges of some meats. Different meats have different amounts of fat. Be sure to trim off this extra fat before eating it. An even better solution is to trim the fat before cooking.
- 6 Avoid putting butter, salad dressing, mayonnaise, or sour cream on your raw or cooked vegetables. Each vegetable has its own special taste. When you put butter or other foods on your vegetables, you cover up their delicious taste. Do you put butter or other RED foods on your vegetables? Try tasting each vegetable plain. You will find that they taste good without the extra fat or butter.
- 7 After dinner, try not to eat desserts that have lots of fat and/or sugar. Frosted cakes, pies, cookies, or puddings are RED food desserts often served after dinner. While it is okay to eat small amounts of RED foods once in a while, you do not want to eat them all of the time. Substitute a YELLOW or GREEN food for a RED food dessert.
- 8 Measure out your portion and leave the table when you are done with that portion.

Stop and think before you eat your dinner food. Make your dinner healthy by eating lots of fruits and vegetables. Cut out the sugary and high-fat foods. While RED foods are okay to eat once in a while, you need to be careful not to eat too many. It's hard to lose weight with RED foods on your plate.

Name 2 ways that eating dinner can help you reach your goals.

1. _____
2. _____

Can you think of some healthy GREEN or YELLOW desserts that you could eat instead of sugary or high-fat RED food desserts?

Can you think of any other things that make it difficult to eat smart at dinner? List them here and talk about them with your PAL.

TRUE OR FALSE?

There are no healthy desserts.

TRUE OR FALSE?

Quick and easy dinners can be prepared at home so that I don't have to eat fast food.

Write about one or two of these tips that you would like to try this week and share them with your parents and your PAL. Is there anything that you need to do ahead of time to make these happen? Write that down too.

1. _____
2. _____
3. _____

Answer the following questions comparing meal A and B.

1. How many calories and RED foods are in Meal A?
Calories _____
REDs _____
2. How many calories and RED foods are in Meal B?
Calories _____
REDs _____
3. Meal A has _____ more calories than Meal B?
4. Meal A has _____ more REDs than Meal B?
5. Can you make a list of the reasons why Meal B is healthier for you?

One night at dinner, Alicia and her little brother got into an argument at the table. Her brother was angry because there was no gravy for the meat. Alicia tried to tell him that he didn't need gravy, that the meat tasted good on its own. He pouted until Alicia's parents told him that he should just try the meat without the gravy. He didn't like admitting his big sister was right, but he was surprised at how good the meat really was!

Meal planning for Dinner

Earlier in the chapter we said that dinner is the meal that gives your body energy to get through the night, so it is important to have a good, healthy dinner. This chapter has also provided you with some tips for creating healthy dinners. As you know, deciding in advance what you are going to eat is one way to help make healthier choices. Let's take what you have learned and plan a dinner that is low in RED foods and high in GREEN and YELLOW foods. Below is a typical dinner you may have eaten before you started the program. Let's look at this and figure out a healthier menu.

Meal A:

Typical Dinner Prior to Start of the Program:	Amount	Calories:	RED FOODS:
Grilled Cheese Sandwich			
Bread, white	2 slices	160 calories	
butter	1 TBSP.	105 calories	3 RED
cheddar cheese	2 oz.	230 calories	2 RED
Potato Chips	14 chips	160 calories	1 RED
Chocolate Milk, 2% milk	1 cup	190 calories	1 RED
Chocolate Chip Cookies	2	160 calories	1 RED
Total:		1005 calories	8 RED

Based on what you've learned about healthy eating, let's look at a healthier dinner. How does the one below look?

Meal B:

New Dinner:	Amount	Calories:	RED FOODS:
Turkey Sandwich			
Bread, whole wheat	2 slices	160 calories	
turkey, luncheon meat	2 oz.	110 calories	
tomato	2 slices	10 calories	
mustard	1 TBSP.	Free Food	
Pretzels	1 oz.	110 calories	
Skim Milk	1 cup	90 calories	
Apple	1 medium	60 calories	
Total:		540 calories	0 RED

Now it is your turn. Can you think of a menu for dinner that uses what you have learned in this chapter and previous chapters about healthy eating? Look at the end of this chapter for more dinner ideas. You can ask your PAL to help you too.

Fill in the chart below with ideas for a dinner menu. Don't forget to think about the tips that were mentioned earlier in this chapter!

Food	Serving Size	Calories	TLP Color



Eating Smart: Snacks

Wisely chosen snacks can add to the nutritional quality of your diet. You can plan and select snack foods as wisely as you do your foods for meals. Snacks can fit into a healthy eating style. Snacking habits can ruin a healthy eating style if you choose RED foods, have frequent unplanned snacks, or snack out of habit rather than out of hunger.

Sometimes people eat snacks when they get hungry between meals. By snacks, we do not mean junk food. Snacks are healthy, quick and easy foods you eat to refuel your body. Snacks are eaten in small amounts to satisfy your hunger but not spoil your appetite for your next meal. Snacks can include a variety of foods from the five food groups. Healthy snacks include fresh fruit, raw vegetables, pretzels, skim milk, and low-fat yogurt.

Try to eat more healthy snacks and fewer RED food snacks. Potato chips, fruit roll-ups, Twinkies, gummy bears, and chocolate chip cookies are popular RED snack foods. For a lot of people, maybe even you, snack time means eating these kinds of RED foods. Lots of these foods are advertised on TV and are considered “cool” to eat. Many of your friends probably eat these snack

Healthy snacks include fresh fruit, raw vegetables, pretzels, skim milk, and low-fat yogurt.

Can you think of some reasons why it is easy to make healthy snack choices? Can you think of some reasons why it is hard to make healthy snack choices? Take a few minutes to think about this and fill in the chart below.

Reasons Why It Is Easy to Make Healthy Snack Choices	Reasons Why It Is Hard to Make Healthy Snack Choices

foods as well. You don't have to let TV or your friends decide what snacks are "cool." You can choose your own snacks. Some people enjoy fruits and vegetables when they snack. Celery sticks, carrots, plums, apples, oranges, broccoli, and cauliflower are snacks that are filling and are also fun to eat. Making your own choices to eat a variety of healthy GREEN & YELLOW foods for snacks will help you lose weight and take care of your diabetes. Remember, for good health, you should eat at least 2 servings of fruit and at least 3 servings of vegetables each day. Snack time gives you a good chance to eat more fruits and vegetables. These foods are just as tasty as many of the RED foods, but they do not have all the sugar and fat.

Always stop and think before choosing a food for a snack. Ask yourself, "Will this food help my body be more healthy?" If the answer is "NO", then you can decide not to eat that food for a snack. The next time you are deciding on a snack food, stop and ask yourself: "Is this a good, healthy snack?"

To help you lose weight and be healthy, don't eat snacks when you are not hungry.

Think about the snack foods that you and your friends eat. Are most of your snacks RED foods? Can you think of some ways to eat healthier snacks? List the snacks that you eat most often in the left column of the chart below. In the middle column list what TLP color that snack food is, and in the right column list a snack from the GREEN or YELLOW lists which would be a healthier option.

Snacks I Eat Most Often	TLP Color	Healthier Option

Try making your own snack list to help you eat healthy snack foods. Write down a list of snacks that you want to eat for each day of the week. See if this helps you eat more fruits and vegetables and fewer RED foods for snacks. Share this list with your parent(s) so they know what foods they need to have in the house.

Day of the Week	Snack
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Times Not To Have Snacks

Some people eat snacks at times they didn't plan to, when they are not really hungry. They eat a snack just because they are in the habit of eating at that time. For example, some people get in the habit of eating a snack every day when they get home from school, but they may not even be hungry at that time. Or some people eat snacks when they are bored and have nothing to do. Eating snacks at times when you are not hungry means that you are eating extra calories when your body may not need the calories for energy. To help you lose weight and be healthy, don't eat snacks when you are not hungry.

Tips for planning your snacks

Along with planning your snacks, here are some more tips for making snacks part of your healthy choices:

- 1 Use snacks to satisfy physical hunger or to avoid getting overly hungry. Snacks can be useful if they are planned either at times

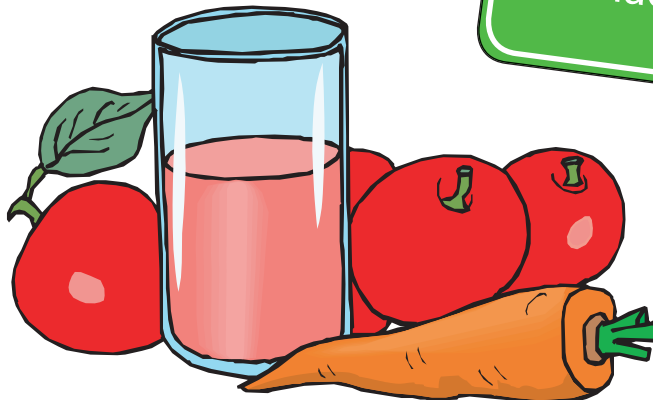
When Tyrone and his mom started the program, they did not know why he gained weight. Tyrone started to record in his Lifestyle Log. After a week, he and his mom looked at his Lifestyle Log. They learned he was eating 5-6 snacks a day! A lot of Tyrone's snack calories were from RED foods and drinks, like candy bars and soda. Tyrone started to make healthy behavior changes. He started to plan set times for snacks. He replaced the soda he drank after school with water. He replaced one of his candy bars with a piece of fruit each day! Tyrone's mom was proud of him for making these changes!

TRUE OR FALSE?

To help you lose weight and be healthy, you should eat snacks when you are not hungry.

- a. True
- b. False

Plan ahead when deciding what snacks to eat.



when you are hungry, or when they help you avoid getting overly hungry at a later meal. For example, it may be helpful to plan snacks if you have lots of time between meals. This way, when the meal comes, you won't be overly hungry and will be less likely to overeat.

- 2** When you snack, make it your only activity. Avoid snacking while doing other activities (like watching television for example). When people eat while doing something else, they tend to eat more, partly because they do not pay attention to when they start to feel full.
- 3** Choose GREEN & YELLOW snack foods. Fruits and vegetables are excellent choices because they are full of nutrients for your body. Planning your snacks in advance will help you snack on healthy foods and avoid unwisely snacking on junk food.
- 4** Be sure to talk to your parents about keeping lots of GREEN and YELLOW snack foods in the house. Keeping these foods available will make it more likely that you will choose fruits, vegetables, and other YELLOW and GREEN foods as snacks.
- 5** Plan ahead when deciding what snacks to eat. At the beginning of the week, decide what kind of snack you will have each day that week. Write it down on a calendar and place it on the refrigerator. This way, your parents will know what foods they need to buy. It will also help you remember what healthy snack you are going to eat each day. By planning ahead, you will find it easier to eat healthy foods.

Eating Smart: Drinks

Drinks are a part of every meal and every day. Sometimes people focus on food, and forget that drinks can add a lot of calories to your day. Drinks can also add nutrition and be good for you. We want to help you choose the best drinks for your lifestyle.

Healthy drinks

What are healthy drink choices? We are glad you asked! Did you know that more than 75% of your body is water. You should be drinking about 8 glasses of water each day. That will keep your body healthy. Sugar-free drinks are ok in small amounts. Watch out for regular sodas, fruit juice, fruit punches, and sports drinks. These all contain a lot of carbohydrates and a lot of calories. Also, they usually don't get rid of your thirst. So tank up on nature's answer: WATER. Skim or 1% milk are also good drink choices. They both provide calcium, which is good for your bones.

Drinks to avoid

As you saw in Tyrone's example, soda and sweetened drinks like fruit drinks are common snacks. They have a lot of calories and take the place of healthier drinks, like low-fat milk. You can drink a lot of soda and get a lot of calories, but not get full! Soda contains a lot of empty calories—calories that don't provide you with any nutrients. A single can of soda contains 16 teaspoons of sugar. That's like adding 16 packets of sugar to your tea! That's more sugar than most people should get in a day! Getting that much sugar can damage your teeth, cause you to gain weight, and make it hard to take care of your diabetes.

We've talked before about how portion sizes can affect the amount of calories in food. The same rule applies to drinks. The bigger the drink (aside from water!) the more calories it contains.



Unscramble the answer to the following sentences.

More than 75% of your body is _____. TREA W

Skim or 1% milk are good drink choices because they provide calcium which is good for your _____. NESOB

Answer the following questions.

How many sodas do you usually have in a day? ____

Can you figure out how many calories you are taking in every day just from soda? ____

[Hint: take a look at the nutrition label on the can or bottle]

Support for eating smart—Make a contract with your TLP Personal Support Team

Because you eat many meals and snacks at home, it is important for family members in your home to understand your healthy eating goals. Family members can help you make changes in your habits at home. Signing contracts with your family makes them part of your personal TLP support team. Signing contracts make it clear that you have their support. It also lets you know exactly what your family members plan to do to help you meet your goals.

Alicia talked with her sister about some of the healthy lifestyle changes she was making. Her sister agreed to help her with her eating habits. Alicia offered to help her sister in return. She made a contract with her sister for support. After talking to her sister, Alicia wrote:

I, Alicia, promise to make healthy lifestyle changes to improve my health. I am trying my best to eat healthy foods and to stop eating RED foods and snacks when we are at home. You can help me by agreeing to stop bringing chips and soda into our house after school. If you help me in this way, I agree to help you with your math homework.

Her sister wrote:

I, Trisha, promise to help you live a healthy lifestyle, and I will stop bringing chips and soda into our house after school. If I do stop bringing chips and soda into our house, I understand that you will help me with my math homework.

Alicia and her sister both signed the contract.

Here's a form you can use to make contracts for family members to help you meet your goals for healthy eating.

I, _____, promise to make healthy lifestyle changes to improve my health:

Signed _____

I, _____, promise to help you live a healthy lifestyle, and I will:

Signed _____

What have you learned from this chapter?

In this chapter, you have learned about eating smart at dinner and snack time. You have also learned how to make smart choices when you are deciding what to drink. Dinner is usually the biggest meal of the day. There are lots of healthy choices you can make so that you are able to meet your goals. This chapter provided you with some tips and exercises to help you plan. Snack time can sometimes get in the way of healthy eating. It doesn't have to though—we showed you that there are healthy snack options. We also talked about how to increase GREEN and YELLOW foods, decrease RED foods, and decrease calories. Remember that having a plan for what you are going to eat and drink ahead of time is important. Getting support from your family and making contracts for healthy eating can help you meet your goals.

REVIEW

1. Catina does not want to eat dinner. Why is it important that she has a good dinner or supper?
 - A. To get her body ready for sleep
 - B. So she won't have to eat breakfast
 - C. To give her body the energy it needs to get through the night
 - D. All of the above
2. Troy has some good tips for eating a healthy dinner. Which is NOT one of Troy's tips?
 - A. Put a bowl of fresh fruit on the dinner table
 - B. Eat everything on his plate before he leaves the table
 - C. Limit RED foods
 - D. Eat GREEN foods before he eats YELLOW or RED foods
3. When you fix your plate you should _____.
 - A. Load up on GREEN vegetables
 - B. Avoid putting gravy, tartar sauce, or other sauces on your meat
 - C. Avoid eating the extra fat that you can see along the edges of some meats
 - D. All of the above
4. Snacking habits can ruin a healthy lifestyle if you _____.
 - A. Choose snacks that are RED foods
 - B. Have frequent unplanned snacks
 - C. Snack out of habit rather than out of hunger
 - D. All of the above
5. Celery sticks, carrots, plums, apples, oranges, broccoli, and cauliflower are popular _____ snack foods.
 - A. GREEN
 - B. YELLOW
 - C. RED
 - D. BLUE

Please write any questions you have for your PAL in the space below.

Answers:
1. C 2. B 3. D 4. D 5. A

Compare these dinners

Meal A:

Typical Dinner Prior to Start of the Program:	Amount	Calories:	RED FOODS:
Ground Beef (less than 80% lean)	3 oz.	255 calories	1 RED
Taco shell, hard, 6" across	2 shells	120 calories	0 RED
Avocado	2 Tbsp. (1 oz)	45 calories	1 RED
cheddar cheese	1 oz.	115 calories	1 RED
Ice Cream	1 cup	340 calories	2 RED
Chocolate syrup	2 Tbsp.	110 calories	2 RED
Chocolate Chip Cookies	2	160 calories	1 RED
Total:		1145 calories	8 RED

Based on what you've learned about healthy eating, let's look at a healthier dinner. How does the one below look?

Meal B:

New Dinner:	Amount	Calories:	RED FOODS
Ground Turkey (greater than 95% lean)	3 oz.	105 calories	0 RED
Soft corn tortilla, 6" across	1	50 calories	0 RED
Salsa	¼ cup	Free Food	0 RED
Fat-free cheese, 0-1 gram of fat/serving	1 oz.	45 calories	0 RED
Skim Milk	1 cup	90 calories	0 RED
Strawberries	1¼ cup	60 calories	0 RED
Total:		350 calories	0 RED

Meal A:

Typical Dinner Prior to Start of the Program:	Amount	Calories:	RED FOODS:
Pork sausage	3 oz.	330 calories	1 RED
Collard greens, cooked	½ cup	25 calories	0 RED
with bacon	1 slice	35 calories	1 RED
& fat back piece	1" X 1"	120 calories	1 RED
Cornbread	2 oz.	150 calories	1 RED
Butter	1 Tablespoon	105 calories	3 RED
Pumpkin Pie	1 serving	250 calories	1 RED
Total:		1015 calories	8 RED

Based on what you've learned about healthy eating, let's look at a healthier dinner. How does the one below look?

Meal B:

New Dinner:	Amount	Calories:	RED FOODS:
Extra Lean Ham	3 oz	120 calories	0 RED
Collard greens, cooked	½ cup	25 calories	0 RED
with chicken broth	¼ cup	Free Food	0 RED
Wheat toast	1 slice (1 oz)	80 calories	0 RED
Skim Milk	1 cup	90 calories	0 RED
Peach	1 (4 oz.)	60 calories	0 RED
Total:		375 calories	0 RED

Chapter 9:

Get Physical, Be Active, and Get Healthy

Here's what you learned about in Chapter 8:

- ▶ You learned about eating smart at dinner and snack time. You also learned how to make smart choices when you are deciding what to drink.
- ▶ Dinner is usually the biggest meal of the day, so there are more choices to make about the foods you eat for dinner. But there are lots of healthy choices among these foods.
- ▶ Snacking can sometimes get in the way of healthy eating. It doesn't have to though, because there are healthy snack options.
- ▶ You learned about how to increase GREEN and YELLOW foods, decrease RED foods, and decrease calories. Having a plan for what you are going to eat and drink ahead of time can help you reach your goals.



Here's what you will learn about in this chapter:

- ▶ How physical activity can help you stay healthy
- ▶ How physical activity can help you take care of your diabetes
- ▶ How to be safe when you do physical activity
- ▶ How to use the Activity Reference Guide
- ▶ How to keep track of your physical activity



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ _____

What is Physical Activity?

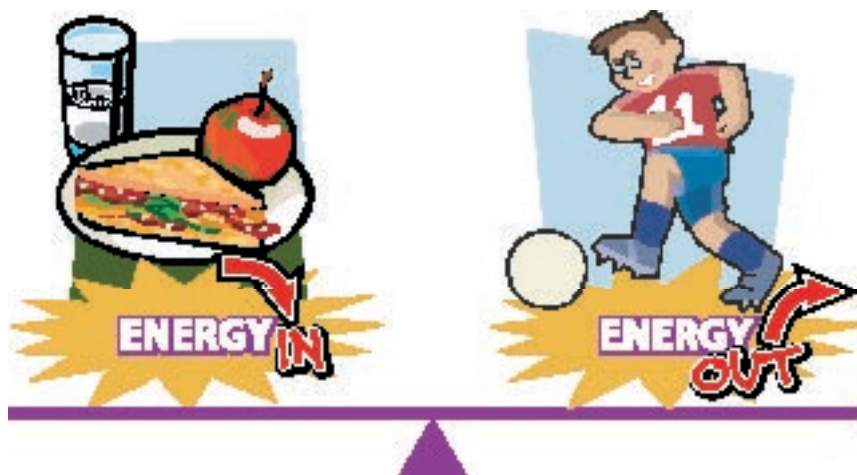
Physical activity is the movement of your body by your muscles when you decide to move it. When you are physically active, you burn more calories than if you were sitting around with little movement.

When you are being physically active, you are moving about and working your muscles. When your muscles work hard, you may feel your heart beat faster. Your heart is beating faster and pumping harder because it is getting more blood to your muscles. More blood pumping

How Physical Activity Can Help You

Physical activity helps you lose weight.

Remember in Chapter 1 when you read about energy balance? We asked you to imagine a seesaw on a playground. On one side of the seesaw is the food you eat. On the other side is the activity you do. So far, you've been focusing on the **food side** of the seesaw. Now we are going to focus on the **activity side**.



When your seesaw is **balanced**, you are eating the same amount of calories that you burn by being active and your weight stays the same. If the **activity side** of your seesaw is **greater** than your **food side**, you will lose weight. When this happens, you are being active enough to burn off the food calories you eat each day—and burn off some of the extra calories that are being stored as fat.

Besides helping you lose weight, physical activity can also help your body in many other ways.

- ▶ Physical activity can give you **stronger lungs**. Regular physical activity increases how much air your lungs can hold. It makes it easier for your body to get all the oxygen it needs to perform.
- ▶ Physical activity can give you a **stronger heart**. Regular physical activity makes your heart muscle stronger so that it doesn't have to work as hard to do the same amount of work. It can beat fewer times each minute. Having a strong heart is important so all of your body parts get enough blood and oxygen to keep working. This lets you do all kinds of activities during the day.

Alicia has always liked going to the park. Usually she just sits under a tree and listens to music. Alicia knows this will not help her be healthier, but she enjoys listening to music. Her mom suggested that she leave her music at home and bring a basketball instead. Alicia thought this would be okay to try. She liked basketball when she played it in her PE class at school. So Alicia and her Mom went to the park. Instead of just sitting, Alicia ran around and shot hoops. Her Mom encouraged her. Alicia was tired afterwards, but she felt good about how she had spent the afternoon.

Besides helping you to lose weight, physical activity can also help your body in many other ways.

Circle the sentence that is TRUE.

- A. Physical activity causes blood sugar levels to go up.
- B. Physical activity causes blood sugar levels to go down.

Circle the sentence that is FALSE.

- A. The greater your weight, the lower your insulin resistance.
- B. The greater your weight, the greater your insulin resistance.

Pick a day when you were especially active. Answer the questions below by circling your answer.

Did you have a lower blood sugar level on your active day?
YES NO

Did you feel more energy on your active day?
YES NO

Did you feel stronger on your active day?
YES NO

Did you feel better about yourself on your active day?
YES NO

You may not see changes right away. It can take several weeks to see lower blood sugar levels. It can take several weeks to feel more energy. But IT WILL HAPPEN! Your body was made to be active.

- ▶ Physical activity can give you **stronger muscles**.
Regular physical activity makes the muscles in your body get and stay stronger. A body with strong muscles works better. The stronger your body, the more you can do.
- ▶ Physical activity can give you **more energy**.
Regular physical activity is important in helping your body do its best. Your body is like a car. If you keep it tuned up, it runs smoothly.
- ▶ Physical activity can make you **feel good**.
Regular physical activity makes you feel better and more confident. How do you feel after you play tennis, ride your bike, or do other activities?

Physical Activity and Diabetes

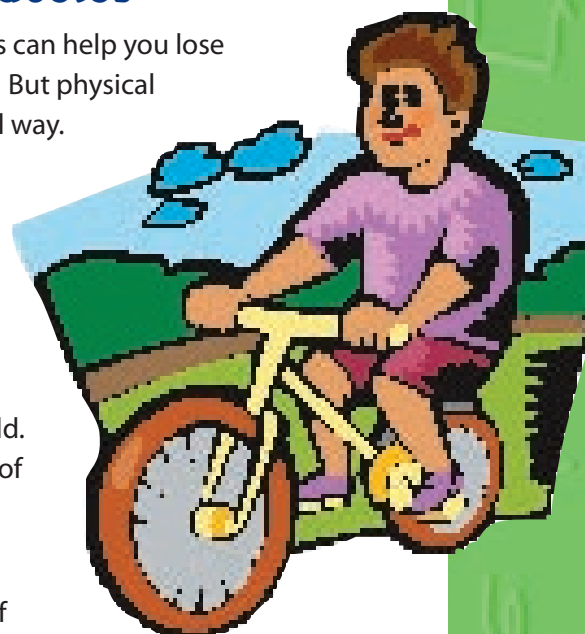
Being physically active on a regular basis can help you lose weight and improve your overall health. But physical activity can be helpful to you in a special way.

Remember that one of the problems with Type 2 diabetes is that something is wrong with the doors to the cells? There are not enough of them, or they do not open well. Insulin, which acts like a key to these doors, cannot get the door to open like it should. This results in a decrease in the amount of sugar that can get into the cell.

Physical activity decreases insulin resistance and helps to lower the level of sugar in your blood. Insulin resistance is the inability of your body's insulin to do its job well or at all.

Physical activity helps to OPEN up the cell doors. Sugar can go into the cell and be used for energy. When sugar moves into the cell, then less sugar is in the blood. Blood sugar levels go down with physical activity. And that's GREAT news for you!

Physical activity also helps you lose weight. Losing weight lowers your insulin resistance. This means that the level of sugar in your blood is also lowered. Plus, physical activity reduces body fat, improves fats in your blood, improves physical fitness, and MAKES YOU FEEL GOOD.



Here are some things you can do in order to do physical activity safely.

▶ Be safe and smart about your diabetes:

- 1) Do not do physical activity if you are sick, have a fever, have an infection, or your doctor tells you not to.
- 2) Let your friends, teachers, and coaches know that you have Type 2 diabetes and how to help you if you need it.
- 3) Wear a diabetes ID necklace or bracelet that says whom to call in case of emergency.
- 4) If you are on insulin, check your blood sugar levels before starting to exercise. Before exercising, your blood sugar level must be above 70 but below 300.

▶ Is your blood sugar above 300? Check for ketones in the urine. If ketones are moderate or large, do not do physical activity. Contact your doctor or diabetes educator.

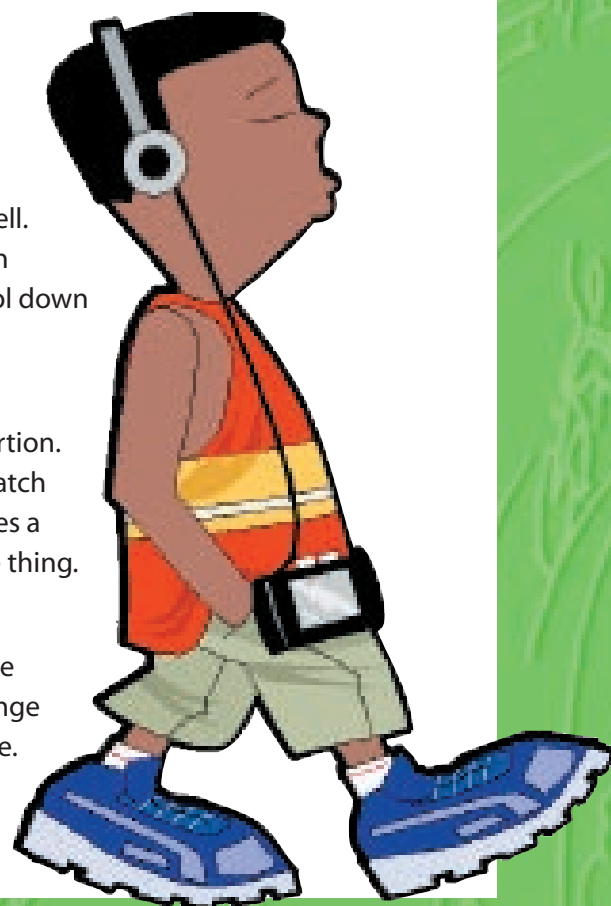
▶ Is your blood sugar below 70? Have a snack.

▶ Know the rules of safe exercise:

- 1) Warm up and cool down before and after each bout of exercise. A good warm up of at least 5 minutes will decrease your chance of getting hurt. The best activity to do for your warm up is to do a slow version of the activity you are going to do after the warm up. For example, a slow walk is a good warm up before you start a brisk walk. Following the slow walk with a few key stretches is a good idea as well. At the end of your physical activity, finish with a cool down period of at least 5 minutes. Just like the warm up, the cool down should be a slow version of the activity you just did.
- 2) Breathe during exertion. When you do an exercise, always breathe through the exertion. Do not hold your breath when you exercise. If you ever watch a weightlifter lift, you will notice that the weightlifter makes a point of breathing during the lift. You should do the same thing.
- 3) Use good technique when stretching. Stretch until you feel the muscle gently pull, but NOT at the point that you feel pain. Do the stretch through the full range of motion. Move slowly and smoothly, and do NOT bounce. Be sure to exercise both sides of your body. If you do

Fill in the blanks.

If you are on insulin, you should not do physical activity if your blood sugar level is below ____ or above _____.





a right side stretch, be sure to do a left side stretch. Always maintain your balance so that you do not fall or injure yourself.

- 4) Always drink plenty of water.
- 5) Wear good, comfortable supportive shoes and socks.

The Activity Reference Guide

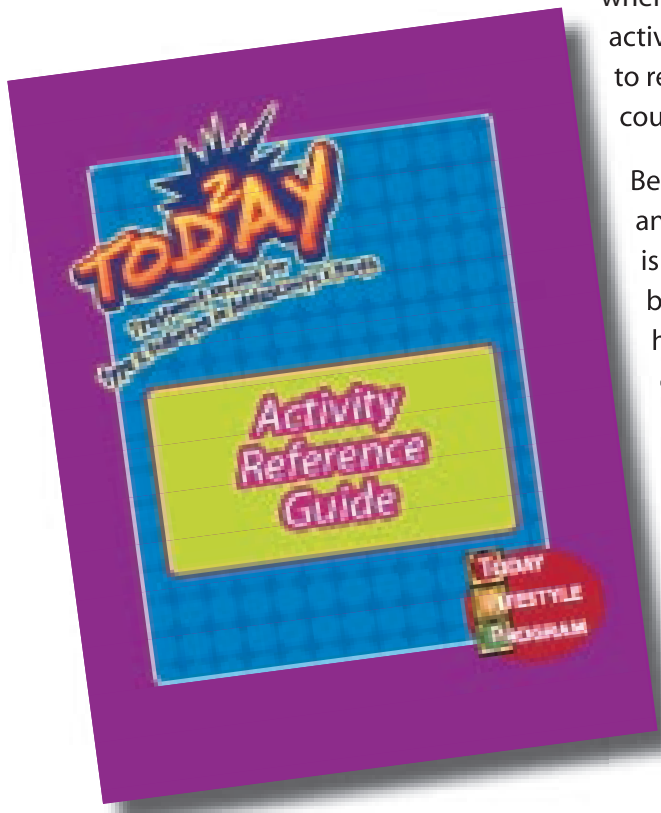
You and your parent will be getting the Activity Reference Guide (ARG). The ARG uses the colors of the Traffic Light as a code to show you how hard your body is working.

Sedentary is a big word that means being inactive, sitting around. Sedentary activities will not help you lose weight. Sedentary behaviors are called **RED** activities in the ARG.

GREEN activities make your body work harder and help you lose weight. GREEN activities count towards your physical activity goal.

YELLOW activities are better than RED activities, but not as healthy as GREEN activities. Your body is in motion when you do YELLOW activity, but it's holding back a little, not working very hard, just like a racecar when the yellow flag is out. When you do YELLOW activities, your body is warming up, getting ready to really be more active. YELLOW activities do not count towards your physical activity goal.

Besides the color code, the ARG gives you another way to find out how hard your body is working. In the ARG, activities are ranked by "MET value." The MET value tells you how hard your body is working when you are doing different activities. The larger the MET number, the more calories your body is using. If you are curious, you can look up an activity in the ARG and see how intense it is by looking at its MET number.



GREEN activities have a MET value of 3 or higher. Some GREEN activities are called Fitness Boosters. Fitness Boosters have a MET value of 6 or higher. These GREEN activities are called Fitness Boosters because they work your body harder than other GREEN activities and doing them will help you increase your fitness. Here are some examples of regular GREEN activities and GREEN Fitness Booster activities:

GREEN Activities (MET level: 3 or higher)		GREEN Fitness Booster Activities (MET level: 6 or higher)	
Aerobics (low impact)	Shooting baskets	Basketball	Jogging/ Running
Bicycling (leisurely)	Softball	Cross-country skiing	Jumping rope
Brisk walking	Volleyball (non-competitive)	Football	Roller blading
Dancing	Weight lifting (light to moderate)	Hiking	Soccer
Golf		Hockey	Swimming (laps)
Gymnastics		Ice-skating	Tennis (singles)

Circle the GREEN activities that count towards your physical activity goal.

- walking briskly in the park
- playing cards
- riding a bicycle
- weight lifting
- playing a board game
- playing volleyball

How hard should you work when doing physical activity?

Start slowly when you begin doing physical activity, especially if you are not in the habit of being very physically active. Walking is a good way to start. To earn points for a GREEN activity, your body should work at least as hard as it does when you walk like you really want to get somewhere. After your body has adjusted to doing GREEN activities, you can do an activity for a longer period of time.

Check the ARG to be sure you are doing a GREEN activity. Some activities may seem like you are being physically active, but are actually not GREEN activities. For example, throwing darts is an activity that does not require your body to work very hard. It's a good thing to do, and it's fun, but it's a YELLOW activity, not a GREEN activity.

List some GREEN physical activities you already do.

What are some GREEN physical activities you would like to try?

Keep track of physical activity

You have already been keeping track of your eating behaviors. After you meet with your PAL this week, you will begin to keep track of your physical activity in your Lifestyle Log. This will help you learn how much and what type of physical activity you do. Keeping track of your physical activity will also help you understand how to plan more activity into your week. This will help you be healthier and lose weight.

Each time you do a GREEN activity continuously for 10 minutes, mark it in your Lifestyle Log. Do this by marking an "X" through the activity icon in your Lifestyle Log. At the end of the week, you can count the icons you have "Xed out" to know how much physical activity you have gotten.

Alicia rode her bicycle around the neighborhood for 30 minutes. As you can see, 3 symbols or icons are marked off. Each icon counts for 10 minutes of activity. This shows that Alicia recorded 30 minutes of GREEN activity.

Fill in the blanks

A GREEN activity I can do **before school** is

A GREEN activity I can do **at school** is

A GREEN activity I can do **at home** is

GREEN Physical Activity

Fill in each activity and draw an "X" on a for every ten minutes you did it

Start Time End Time Activity

4:00	4:30	Bike riding	

Total minutes:

Record your steps from the pedometer:

Family Meeting Time: AM PM

Special Goals:

Parent or Guardian Signature:

Goals for physical activity

To reach the silver medal goal, you will need to do 200 minutes of physical activity per week. To reach the gold medal goal, you will need to do 300 minutes per week.

Each week, you will have a specific GREEN activity goal. Once you meet the goal for that week, you can increase the number of minutes for your physical activity goal for the next week. This increase in activity will usually be 30 minutes for the entire week. But if you can fit more activity into your schedule, you could increase up to 60 minutes per week. That's only about 10 minutes a day.

Increasing your physical activity gradually will make it easier for you to meet your goals. It is also safer than going for a sudden, big increase of physical activity. Your PAL will help you come up with a GREEN activity goal that is just right for you, based on the amount of activity that you are getting right now.

Reaching your physical activity goals may be easier to reach than you think. Instead of watching TV after school, you can take a brisk walk. Substituting a walk for a half hour television show everyday will give you 210 minutes per week...your silver medal goal!

It's best to be physically active every day. Going for a long hike on Saturday is a great thing to do. But it's even better for your health to spread your activity throughout the week. Planning in advance will help you do this.

Alicia played basketball by herself in the park four days during the next week. She kept track of her GREEN activity minutes in her Lifestyle Log. She wanted to play more, but she was getting tired of playing by herself. She saw a flyer at school for an intramural basketball team. They practiced after school every day for an hour. She asked her parents, and they signed her up for the team. Now she plays basketball longer every day while getting to know other people her age. Her parents are proud of her.

Increasing your physical activity gradually will make it easier for you to meet your goals.

Tips to get you started

Next week you will start keeping track of your GREEN activity in your Lifestyle Log. Keeping track will help you know how much physical activity you are getting. Then you can start doing physical activity for a longer period of time.

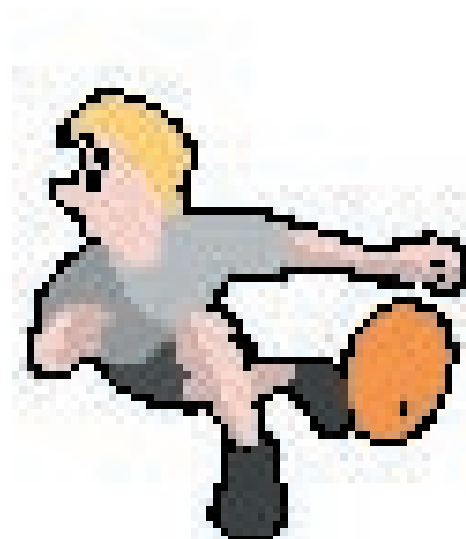
How are you going to get physical activity into your day? Think about physical activities you can add before you go to school, while you are at school, and when you get home. Talk with your PAL and your parents about activities you can do safely at school, at home, or in your neighborhood.

For example, you might ask your parents to go for a walk after dinner. Ask friends in the neighborhood to join you in physical activity after school. Take a gym class or play sports. Be active during recess instead of sitting and talking.

What have you learned from this chapter?

You have learned that there are degrees of activity, and we use the colors of the traffic light to describe different levels of intensity in the Activity Reference Guide (ARG).

- ▶ Being inactive (or sedentary) is called RED activity. RED activity will not help you lose weight. Watching TV, playing on the computer, or playing video games are all sedentary behaviors—behaviors that involve sitting around.
- ▶ YELLOW activities are better than RED activities, but not as healthy as GREEN activities.



- ▶ GREEN activities make your body work harder than RED or YELLOW activities, and they will help you lose weight. Some GREEN activities are called Fitness Boosters because doing them will help you increase your fitness.
- ▶ Only GREEN activities count towards your physical activity goal. RED and YELLOW activities do not count. Walking is a good way to earn GREEN activity points.

The Activity Reference Guide (ARG) gives you another way to find out how hard your body is working when doing an activity. In it, you can look up the MET value of an activity. The higher the MET number, the more calories your body is using.

GREEN activities have a MET value of 3 or higher. GREEN Fitness Boosters have a MET value of 6 or higher.

You can keep track of your activity by marking an activity icon in your Lifestyle Log whenever you do a GREEN activity for 10 minutes or more. After you have kept track of your activity for a week, you can begin to gradually increase the amount of activity you get during a week by being a little more active every day.

REVIEW

1. Jerry wants to do physical activities regularly. To do this, he should be active _____.
 - A. When he feels like it
 - B. Almost every day
 - C. Twice a week
 - D. Every week
2. Physical activity helps you lose weight by _____.
 - A. Keeping the calories you take in equal to the calories you use
 - B. Using less calories than you take in
 - C. Burning off some of the extra calories that are being stored as fat
 - D. Keeping you from eating RED foods
3. Tonya is taking insulin, and she wants to make sure she follows the safety guidelines for exercise. In order for her to be safe, Tonya's blood sugar level must be above _____ but below _____ before exercising.
 - A. 50; 100
 - B. 60; 200
 - C. 70; 300
 - D. 100; 200
4. Some activities may seem like you are being active, but don't actually work your body hard enough to be GREEN activities. Which activity is a YELLOW activity?
 - A. Throwing darts
 - B. Playing tag
 - C. Riding a bicycle
 - D. Playing volleyball
5. To reach the silver medal goal for physical activity, you will need to do at least _____ minutes of physical activity per week.
 - A. 50
 - B. 100
 - C. 150
 - D. 200

Please write any questions you have for your PAL in the space below.

Answers:
1. B 2. C 3. C 4. A 5. D

Chapter 10:

Lifestyle Activity

Here's what you learned about in Chapter 9:

- ▶ Physical activity is anything you do that makes your body move and your muscles work hard. The Activity Reference Guide (ARG) uses MET values to identify the intensity of activities. It uses the colors of the traffic light to show you how healthy activities are.
- ▶ Sedentary behavior is called RED activity to warn you that it is not healthy.
- ▶ YELLOW activity is healthier than RED activity, but not as healthy as GREEN activity.
- ▶ GREEN activities count towards your physical activity goal.
- ▶ When you do GREEN activity on a regular basis, you help your body stay healthy, lose weight, and take care of your diabetes. Fitness Boosters are GREEN physical activities that help your body work harder and get fit faster.
- ▶ Keeping track of the amount of GREEN activity you do is a good way to know how much activity you are doing. It will also help you see how to be more active. You need to do a GREEN activity for at least 10 minutes at a time in order to record it in your Lifestyle Log.



Here's what you will learn about in this chapter:

- ▶ What lifestyle activities are
- ▶ How lifestyle activities can help you take care of your diabetes
- ▶ How to increase your lifestyle activity
- ▶ How to include friends and family in making lifestyle activity choices
- ▶ How to use a pedometer



What is lifestyle activity?

When physical activity is part of the things you do every day, it is called lifestyle activity. Lifestyle activity is a way to get more activity into your life without doing a sport or exercises. Lifestyle activities can be things you normally do. You may already walk to school or walk the dog. These are lifestyle activities. You might take the stairs instead of the elevator in a big building. You might ride your bike to the store instead of driving. These are also lifestyle activities.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of _____ RED foods each day
- ⊙ Record your GREEN activity

⊙ _____

Lifestyle activity can help you meet your physical activity goal.

What's good about lifestyle activity?

Lifestyle activity is convenient. It doesn't take a lot of special preparation to do. You don't need a special uniform or equipment.

Lifestyle activity can help you meet your physical activity goal. It helps you be healthier. Being more physically active also helps you take care of your diabetes.

How lifestyle activity helps you meet your goals

Here's how lifestyle activity helps. Think of a lifestyle activity that you normally do each day. Let's say that you walk your dog every day. While walking the dog, if you walk at a moderately intense speed and you walk for at least 10 minutes, this activity can count towards your GREEN activity goal. Write it down in your Lifestyle Log.

Regular lifestyle activities are good, too

Besides making use of lifestyle activities that are already part of your life, you can also do some lifestyle activities that are not normally part of your daily routine. For example, if you usually ride the elevator in a building, you can take the stairs instead. You will not record this activity in your Lifestyle Log unless you are climbing stairs for **at least 10 minutes**. But it will still help you take care of your diabetes. Why? Because when you are climbing stairs (no matter how short a time), you

Put a check mark by the lifestyle activities you already do.

- Rake leaves
- Shovel snow
- Vacuum the house
- Walk the dog
- Walk to school
- Wash the car by hand
- Wash windows
- Wax the car by hand
- Work in the garden

List other lifestyle activities you already do that aren't on the list:

Circle the correct answer:

Lifestyle activities take a lot of special equipment.

True False

Tyrone had been walking to school every day for a long time. He usually walked slowly. He stopped to chat with his neighbors and friends on the way. His PAL suggested to him that his walk to school would be a good lifestyle activity. His PAL suggested that he go at a quicker pace and try not to stop as much. Tyrone tried it. He found his friends would even walk faster with him. That was great because he could still talk to his friends while doing his lifestyle activity. Because walking like this is a GREEN activity, Tyrone was also able to use walking to school to help meet his GREEN activity goals.

are more active than when you are standing in an elevator. The more active you are, the more calories you use. The more calories you use each day, the more you can tip the energy balance in your favor. This helps you lose weight and take better care of your diabetes.

Being more physically active helps you take care of your diabetes.

If lifestyle activity is so great, why is it so hard?

It's sometimes hard to remember to be active because so many things in our lives make us want to be inactive. There are escalators at stores, cars for getting around, and even remote controls for TVs! These things seem to make life easier and sometimes are helpful, but we use them so often we forget to be active.

List five things that seem to make life easier but also cause you to be less active. Then list some ways you could do something the "old-fashioned" or more active way to increase your lifestyle activity. We've filled in one example to get you started. Talk about your ideas with your family at your family meeting. Your PAL would like to hear your ideas, too.

Modern Convenience	Lifestyle Activity Way
Escalator at the mall	Take the stairs at the mall



Alicia loves going to visit her grandmother. She usually goes to her apartment at least 4 times during the week. Her grandmother walks with a cane and lives on the 3rd floor of the building. Her grandmother has to use the elevator to get up to the apartment. In the past, Alicia just rode in the elevator with her grandmother. One day, Alicia told her she wanted to take the stairs. Her grandmother could take the elevator, and then she would meet her grandmother at the apartment. Her grandmother was upset at first. Then Alicia explained to her grandmother about the lifestyle changes she was making. Her grandmother understood. She gave Alicia a hug and told her she was proud of her. Alicia felt good about herself because she knew that what she was doing was good for her health.

Look at your list of lifestyle activities. How can you increase the intensity or the time spent doing an activity so that you can record it in your Lifestyle Log? Write down your own ideas and discuss them with your family during your family meeting and with your PAL:

Usual lifestyle activity	More intense activity
Walk to school slowly	Walk to school at a faster pace

You can make lifestyle activity a part of your day

Sometimes it's hard to do things the "active lifestyle" way because you're so used to doing them the inactive way. But that is a habit you can change. Your friends and family may also be in the habit of doing things the inactive way. You can start noticing times that you could do lifestyle activities. If you are with friends or family, speak up and ask them to join you.

It may take some time for the active lifestyle way to become a habit. But taking better care of your diabetes will make it worth the effort.

To make good use of lifestyle activities, you need to choose to do some things the active way every day. Doing these lifestyle activities will add up. Little by little these choices will help you tip the energy balance in favor of weight loss and better health.

Start noticing times that you could do lifestyle activities.

The pedometer: A tool to help you increase your lifestyle activity

A pedometer is a device that counts the number of steps that you take in a day. Your PAL will give you a pedometer. You can use your pedometer to keep track of how many steps you take in a day. You can use your pedometer as a tool to help you increase your lifestyle activity by learning to take more and more steps each day.

You can try to increase the number of steps you take each day by doing more or different lifestyle activities. For example, one day you might get a ride to visit your friend after school. The next day, to get more steps on your pedometer, you might choose to walk to your friend's house instead of driving. You can test this out with many different choices and activities. See if you can add a few more steps to your pedometer each day.

How to use a pedometer

Before putting on the pedometer, push the yellow reset button on it to make sure that it reads zero (0). Next, clip the pedometer on your hip. The pedometer should slide over your belt or the waistband of your pants, shorts, or skirt so that it is next to your body. When the pedometer is in the correct upright position, a person facing you should be able to read the words on the front cover. Make sure that you close the cover of the pedometer and keep it closed at all times while you are wearing it. The pedometer will not work if the cover is open.

Set your pedometer with your PAL

Your PAL will measure out 1/2 of a mile. Wear your pedometer, and walk the 1/2 mile with your PAL. Walk at an average pace for you. Check the time before you start and when you finish. This will tell you how long it takes for you to walk a half a mile. How many steps does your pedometer show? Multiply the number of steps by 2 and you will know how many steps it takes you to walk a mile. Did it take you longer than 10 minutes to walk the 1/2 a mile? If so, walk it again, trying to walk a little faster. If you walk a 1/2 of a mile in ten minutes, you can record it as 10 minutes of GREEN activity.



Time it takes to walk 1/2 mile:

Number of steps to walk 1/2 mile:

Number of steps to walk 1 mile:

Try it out!

Once you get your pedometer, try it out. Make sure you push the reset button so it is on zero (0). Walk around for a minute. Open the cover, and the pedometer will tell you how many steps you took. Your PAL will help you if you are having any problems.

During the first week you have your pedometer, wear it from the time you get up in the morning until the time you go to bed at night. Write down the number of steps you take each day in your Lifestyle Log. Record the number of steps at the end of each day, right before you take off your pedometer. Here is an example of how to record steps in your Lifestyle Log.



What have you learned from this chapter?

Lifestyle activities can help you get more physical activity during the course of your daily life so that you can take better care of your diabetes. Lifestyle activities can help you increase the amount of time or the intensity you spend on physical activities that are part of your everyday life.

If your lifestyle activity lasts at least 10 minutes and is at a GREEN level of intensity, you can record it in your Lifestyle Log. Even if you don't do a lifestyle activity for a long time or at a moderate intensity, that activity will still help you to be healthier.

Some things that seem like they make our lives easier really make it harder to be active. You can break the habit of "doing things the easy way." You can ask friends and family to join you in becoming more active.

You can also use the pedometer to help you keep track of your steps and activity. Using the pedometer can help you increase your lifestyle activity.

REVIEW

1. Which of the following is an example of a lifestyle activity?
 - A. Playing soccer
 - B. Walking the dog
 - C. Swimming laps
 - D. Ice skating
2. Which of the following statements is NOT true about lifestyle activities?
 - A. They require special equipment.
 - B. They don't require a lot of planning.
 - C. They help you lose weight by burning calories.
 - D. They can help you meet your goal of taking care of your diabetes.
3. If done at least at a _____ level of intensity and for at least _____ minutes, lifestyle activities can be counted as part of your physical activity goal.
 - A. YELLOW; 10
 - B. YELLOW; 30
 - C. GREEN; 10
 - D. GREEN; 30
4. Javier is unsure if he wants to do lifestyle activities. You could convince him by telling him that lifestyle activities can help him _____.
 - A. Tip the energy balance so he can lose weight
 - B. Take better care of his diabetes
 - C. Increase his physical activity
 - D. All of the above
5. Annette wants to get the most benefit out of lifestyle activities. To do this, she should do lifestyle activities _____.
 - A. Every day
 - B. Twice a week
 - C. Once a week
 - D. Once in a while

Please write any questions you have for your PAL in the space below.

Answers:
1. B 2. A 3. C 4. D 5. A



Chapter 11:

Sedentary Behavior

Here's what you learned about in Chapter 10:

- ▶ You learned about lifestyle activities. Lifestyle activities can help you get more physical activity so that you can take better care of your diabetes. You can increase the amount of time or the intensity you exert doing everyday activities.
- ▶ If your lifestyle activity lasts at least 10 minutes and is a GREEN activity, you can record it in your Lifestyle Log. When you do a GREEN lifestyle activity for less than 10 minutes, that activity will still help you be healthier even if you cannot record it in your Lifestyle Log.
- ▶ You can also use a pedometer to keep track of your physical activity.
- ▶ Some things that seem like they make our lives easier really make it more difficult to be active and healthy. You can break the habit of "doing things the easy way" by looking for ways to do them the "active lifestyle way."



Here's what you will learn about in this chapter:

- ▶ Sedentary behavior / RED activity levels
- ▶ Benefits of reducing RED activity
- ▶ How to keep track of RED activity
- ▶ Your goals for RED activity
- ▶ Tips to help you reduce RED activity



Sedentary behavior

Last week you learned about lifestyle activity. Lifestyle activity is a way to be active while doing everyday tasks. This week we will talk about the opposite of lifestyle activity: sedentary behavior. Sedentary behavior means sitting around or being inactive in your free time. The TLP program will help you decrease your sedentary behavior.

Some examples of sedentary behavior are watching TV, playing video games, playing games on the computer, or using the Internet for purposes other than schoolwork. Sedentary activities are called "RED



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal ____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day
- ⊙ Record the steps you take each day by using your pedometer
- ⊙ _____
- ⊙ _____
- ⊙ _____

Fill in the blank

Some examples of RED activity or sedentary behavior are _____ TV, _____ video games, or _____ the Internet for purposes other than school work.

What are some examples of RED activities that you do?

Circle all of the correct answers

Which of the following are sitting behaviors that are necessary and do not count as RED activities?

1. Playing video games
2. Using the Internet to research a paper
3. Watching TV after school
4. Using the Internet to chat with friends
5. Doing homework
6. Playing computer games
7. Sitting in class

activities” in the Activity Reference Guide. Some people spend five hours or more each day doing these things. This type of behavior is called RED activity to warn you that it is the type of behavior you want to stop doing, or at least cut down on the amount of time you spend being inactive.

To see how much time you spend being inactive, you may decide to record your RED activity in the Special Goals column in your Lifestyle Log. Of course, this is something you would want to talk about with your PAL next week.

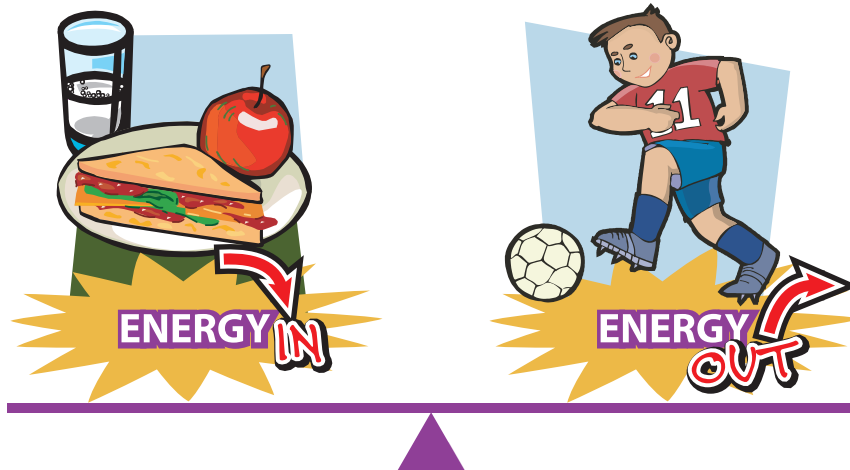
Sometimes sitting or being inactive is necessary. At school you need to sit and listen while you are in class. At home you may need to read or do homework for school. Sometimes you may even need to look on the Internet or watch a television program for a school assignment. Some families may gather for a family meal. All of these are good reasons for sitting. But you can choose to be more active during other times, especially during your free time.

You also need rest for your body to be healthy. Deciding how you rest or relax is up to you. While it is okay to watch TV or play computer/video games once in a while, trying to reduce this time will help you move closer to your goals!

Alicia liked to email her friends and spend time on the Internet. Every day when she got home from basketball, she would go upstairs to the computer. She would email her friends until dinner. As soon as dinner was over, she would be right back in front of the computer. Her dad pointed out that she was spending a lot of time being sedentary at the computer. She and her dad agreed that she would try to use the computer for just one hour every evening. By limiting her RED activity at the computer to one hour a day, she could spend the rest of her time in the evening being more active with her family.

Your Health Improves When You Reduce RED Activities

- ▶ Decreasing your RED activity will also give you more time to be physically active and help you meet your GREEN physical activity goals. If you are not watching TV after school, you can go to the park with your friends. You could take a walk with your parents. If you are not playing video games, you can play basketball. If you are not on the Internet, you will have time to swim.
- ▶ Decreasing your TV time may help you eat less. Sometimes RED activities cause you to eat more. Many people eat while they watch TV. People sometimes eat when watching TV even if they are not hungry because it is what they are used to doing. Many TV commercials advertise food and make you want to eat. Next time you are watching TV, see if you eat something.
- ▶ Decreasing your RED activities will help you lose weight. Remember how energy balance works? When you are inactive, your body is using very little energy. If you are sedentary, you are not burning many calories. The seesaw is tipped in the wrong direction. You need to tip the seesaw in your favor so that you can lose weight and take care of your diabetes.



Before Tyrone joined the soccer team, he would sometimes spend hours and hours being sedentary. When he got home from school, he usually watched soccer on TV and played a soccer game on his computer.

After talking about it with his PAL, he began recording his RED activities. He saw that he was spending so much time watching soccer that he was missing out on time to actually play soccer. He reduced his RED activity time by joining a neighborhood soccer team. Now he feels like one of the members of the teams he likes to watch on TV. He is closer to meeting his GREEN activity goal and is doing a GREEN activity that is a Fitness Booster!

Why is it important to reduce the time you spend doing RED activities?

Can you think of some personal reasons why you would like to be less sedentary?

Alicia told her PAL about the conversation she had with her Dad about spending too much time on the computer.

After keeping track of her behaviors for a week, she discovered that she averaged between 4 and 5 hours of RED activities each day.

She talked to her PAL, and they decided that being sedentary for 4½ hours a day was making it harder to lose weight and be healthy.

Alicia asked her PAL to help her come up with active things to do instead. They came up with a plan. Alicia began walking the dog more and going rollerblading with friends.

Alicia made a schedule with her parent and her PAL so she could be more active and less sedentary. Her goal was to have no more than 2 hours of RED activity a day. She used the Special Goals column in her Lifestyle Log to keep track. After two weeks of trying hard, she was making her goal. Her parents were very proud of her, and she feels good about herself.

Other Benefits of Reducing RED Activity

- ▶ You cannot spend much time talking or doing active things with your friends when you are sedentary. Think about what you do when you watch TV. You do not get to talk to your friends when you are busy watching shows on TV. Even though you may have friends over, your attention is on the TV instead of them. The same is true for video games. Your attention is on the game rather than your friends.
- ▶ You do not get much done when you watch a lot of TV or play video games. You cannot finish your homework or complete your chores, like mowing the grass or cleaning your room.
- ▶ Decreasing RED activities also gives you more time for other interests and activities. In the next chapter we will talk about spending more time on other interests that you have.

Keeping track of RED activity

During this program you have been keeping track of many things. Keeping track of your RED activity is not one of the behaviors you keep track of regularly. However, being more aware of how much time you are sedentary will help you be more physically active. You and your PAL may decide that it would be helpful for you to keep track of this RED activity for a while. If so, you can use the Special Goals column in your Lifestyle Log. Your PAL will tell you how to do this.

Goals for RED activity

Good things happen when you spend less free time sitting around. You have more time for physical activity. You can talk and hang out with your friends more. You may even eat less because you won't be snacking while watching TV.

The TLP suggests that you set a goal of less than 2 hours per day of RED activity. Do you know that some people have 5 hours or more of RED activity each day? On average, how many hours of RED activity do you think you had each day this week? ____ How many weeks do you think it will take to reach your goal of less than 2 hours per day? ____ With the help of your PAL, you can decrease your RED activity.

Tips for changing RED activity to GREEN activity

- ▶ **Think about how you usually spend your week.**
How much time do you usually spend watching TV or playing computer or video games? Do you have a pattern? Do you tend to be sedentary at the same time each day? Thinking ahead and figuring out which times you are more likely to be sedentary is an important first step to changing your behavior.
- ▶ **When making a schedule for TV, think about whether a show is new or if it is a repeat.**
Usually the TV schedule will tell you if it's a repeat. If it is a repeat, choose not to watch it so that you have time to watch new shows and still meet your goal.
- ▶ **Change an inactive moment to an active moment.**
Next week you will plan GREEN activities into your schedule. You will have more time for them because you decreased your RED activities.
- ▶ **Plan the times when you can be active.**
It is more difficult to spend time with your friends outside after dinner when it is dark. That is why people usually try to be active right after school. They save their RED activities like watching TV for later in the evening.

When would you like to be active? Talk to your parents about how to add physical activity to your day. Ask for their help when making a list of activities you can do. They might have some great ideas about nearby parks or other places where you can be active together!

Thinking ahead and figuring out which times you are more likely to be sedentary is an important first step to changing your behavior.

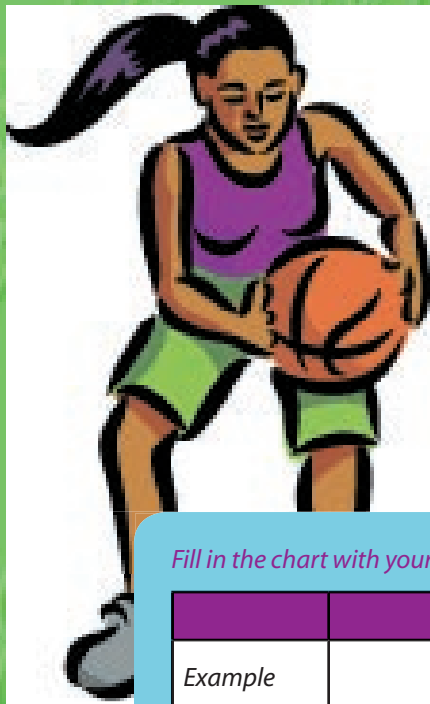
Fill in the blank:

_____ can help me set a RED activity goal.

Each _____ I achieve my RED activity goal, I will be helping myself be more active and healthier.

My ultimate goal is to have less than _____ hours of RED activity time each day.





- ▶ Look at the TV schedule at the beginning of each week, and plan out when you want to watch TV.

Then look at the chart below. Write down the name of the show and the day and the time the show is on. Next, think about the times you would like to play video games or use the computer. Write those times on the chart. Make sure that there are no more than 2 hours of these RED activities scheduled each day. Ask your parents to approve your schedule at your next family meeting. Stick to this schedule, and the rest of the time you can do other fun activities!

Fill in the chart with your plan for this week

Parent's initials _____

	Show/video game	Time
Example	Video game	4:00 - 5:00 pm
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Sedentary behavior, called RED activity in the TLP, is not very healthy.

Tyrone's sister really wanted him to play a computer game with her. She begged and begged. Tyrone wanted to play the game too. He told his sister that he would play the computer game with her if she would come for a walk with him first. His sister didn't want to go for a walk. Tyrone then told her that he was going for a walk by himself, and that maybe they would play the game later. Just as he was leaving the house, his sister ran out the door behind him. She decided to walk with him after all. Tyrone was glad to have her along on the walk.

What did Tyrone do that you admire?

What would make it difficult for you to do something like Tyrone did?

► **Stand up for yourself when you want to be active.**

Sometimes friends and family make it difficult to decrease RED activities because they like watching TV or playing video games too. If your friend wants to play Nintendo instead of being active outside, say, "It's such a nice day out. Let's play basketball now and then play video games when it's dark."

If your Mom wants to read a book when you want to go for a walk, you could say, "Mom, can you please read that book later when I do my homework? If we go now, we can walk while it is still light outside."

What have you learned from this chapter?

Many people spend too much time sitting around being inactive or "sedentary." Sedentary behavior, called RED activity in the TLP, is not very healthy. You learned that keeping track of your RED activity would help you be less sedentary. The TLP recommends that you reduce the time you spend being sedentary until you have less than 2 hours of RED activity each day. This will help you get more GREEN activity, lose weight, and take care of your diabetes.

You also learned some ways to decrease your RED activity. Using a chart to plan when you will do RED activities during the week will help you do fewer of them.

You could also keep track of your progress in the Special Goals column of your Lifestyle Log.

What are some ways that your family or friends have made it hard for you to be more active?

What are some things you can do in these situations to help yourself be more active?

Chapter 12:

Exploring Interests and Activities

Here's what you learned about in Chapter 11:

- ▶ Many people spend too much time sitting around being inactive. The TLP calls sitting around, sedentary behavior or "RED activity." RED activity is not healthy.
- ▶ You also learned how to decrease your RED activity. Your goal is to reduce the hours you spend being sedentary. The TLP recommends that you do less than 2 hours of RED activity each day. Planning in advance can help you decrease your RED activity.



Here's what you will learn about in this chapter:

- ▶ Your strengths and interests
- ▶ How to create a list of activities to do instead of watching TV and playing video or computer games
- ▶ Tips to help you manage your time so you can do the things you like



Too much TV Time?

In the last chapter you learned about the importance of decreasing your RED activity. By spending less time being inactive, you will have more time for all of the other activities you like or need to do each day. So, you may be thinking, "I am so used to watching TV and playing video games that I do not know what other activities I enjoy!"

It may seem a lot easier turning on the TV and playing computer or video games than trying to think of other things you can do to fill up your time. But in this chapter you will learn a lot about yourself, your interests, and ways to avoid RED activities.

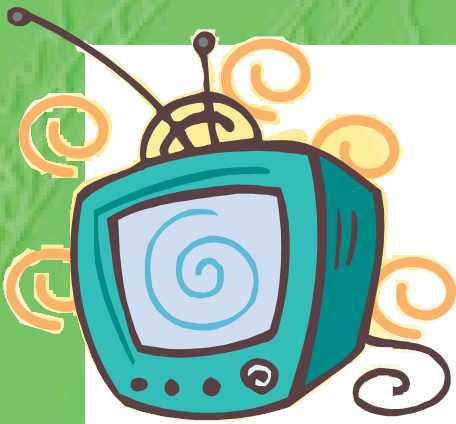
You learned last week that many sedentary people watch TV for as many as 5 hours every day. That is a lot of time spent watching TV! Think about all of the fun activities that you could do instead.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal ____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day

⊙ _____



If you took one hour of swimming lessons every day, you could become a good swimmer. If you practiced your musical instrument for one hour every day, you could become a master musician! If you practiced your karate for one hour every day, you could earn your black belt. Think about all of the special talents you could have if you spent your time doing these types of activities instead of watching TV!

Getting to know yourself

Sometimes finding things that you look forward to and enjoy doing is not easy. Watching TV and playing computer or video games are about all some people do to relax and have fun. This section will help you discover your strengths, talents, and interests. Learning and knowing about your own special qualities will help you think of activities and hobbies that appeal to you.

What does it mean to feel good about yourself? Feeling good about yourself means liking YOU and the way you look, act, and think. Nobody else looks, thinks, acts, or feels exactly the same way you do. All of these things make you special.

By pursuing your interests and focusing on your strengths, you will gain confidence, a sense of achievement, and become more active all at the same time!

Take a look at the activities you checked on the list. Some are things that you do alone. Others are things you could do with friends, family, or schoolmates. It is helpful to have some activities you can do on your own as well as with friends or family.

Plan your activities based upon your strengths and interests. For example, let's say you are a good listener and enjoy taking walks. Why not combine your strength (good listener) with your interest (walking)

Tyrone spent several hours after school every day watching TV and playing computer games. His PAL suggested that Tyrone come up with some other activities to try.

The next day at school, he was walking down the hall with his friend Michael. Michael pointed out a flyer on the wall, which said "Join the Stage Crew!" Michael said he was going to join because he liked working with the tools. He said Tyrone should join too. Tyrone thought it might be interesting. So Tyrone went to the meeting with Michael that night.

Tyrone liked being a part of a team working to put a show together. He also discovered that he was really good at working with tools, too!

Do you spend a lot of time watching TV or playing computer or video games? Here's a place to list your favorite TV shows and video games.

Now, take a look at your list. Is it long? If your list is long, it may mean that you are spending too much time being inactive.

YOUR SPECIAL QUALITIES

Check off the qualities that apply to you. Use the extra space to write in other qualities you think of.

1. What do you like most about yourself?

- Athletic
- Don't quit
- Good listener
- Good student
- Great sense of humor
- Hard worker
- Helpful to family and friends
- Kind to other people
- Make my friends laugh
- Responsible
- Smart

2. What do friends and family like most about you?

- Athletic
- Don't quit
- Good listener
- Good student
- Great sense of humor
- Hard worker
- Helpful to family and friends
- Kind to other people
- Make my friends laugh
- Responsible
- Smart

3. What do you do well?

- Act, dance, or sing
- Draw or paint
- Make friends
- Play a musical instrument
- Schoolwork
- Swim
- Take pictures
- Write

4. What do you enjoy doing in your free time?

- Bike riding
- Dancing
- Playing basketball
- Rollerblading
- Singing
- Swimming
- Taking walks
- Talking to friends and family
- Walking a pet

These lists will give you a picture of your positive characteristics and interests. It should help you feel good about yourself. Feeling good about yourself will make it easier for you to build healthy lifestyle habits. In turn, making healthy changes will help you feel good about yourself.

Activities You Enjoy

Can you make a list of activities to do both alone or with others? See how long you can make your list. That way, you will have activities to do during the time you usually watch TV or play video games. Try doing some of the activities on your list when you need something to do at times when you used to watch TV or play video games!

Look at the special qualities you listed to help remind you of your interests and strengths. Try to combine a few if you can. Don't be afraid to list activities you have never tried before but would like to do!

Activities to do alone:

Activities to do with family and/or friends:

by going on a walk with a friend or family member AND listening to them talk? Or, if you enjoy photography and walking your dog, why not bring a camera with you while walking your dog? You can take pictures of your dog along the way!

Alicia loves animals. She feels good when she is helping to take care of them. Now that she is spending less time on the computer, she is volunteering at the local animal shelter. She can walk there from her house. She goes a few afternoons a week. She takes good care of the animals. She has made friends with the staff. Alicia's work at the animal shelter makes the animals feel good. It helps the staff. Most importantly, it makes Alicia feel good about herself because she is being more active and doing something important.

Making time to do what you enjoy

Now that you have identified activities to do instead of watching TV or playing computer and video games, it is important to make the time to do them. Cutting down on your TV and computer time will give you more time to do activities that help you stay healthy. Here are some tips to help you do this. Try them and see which ones work for you.

► Plan, plan, plan!

It is helpful to plan your activities ahead of time. Set aside time each day to do an activity. Make an appointment in your calendar as a helpful reminder. Be specific about the time, the place, the transportation needed, and the people involved.

► Sign up for a class.

If you enjoy sports, look into joining a team. If you enjoy drawing, take an art class. This way you will have time set aside to do what you enjoy as well as make new friends.

► Keep your goals in mind.

It is important to make time to explore things you enjoy and give yourself permission to take good care of yourself.

► Have a TV turn-off day.

Choose what day you will not watch TV. Use your activity list to plan what to do with your free time. Try having 2 TV turn-off days the next week. Try having a contest with your friends to see who can watch less TV. You could also have a day when you don't play video games or use

the computer for fun. Look at your activity list and use your extra time to do something that you really need or want to do.

► Substitute a GREEN activity for a RED activity.

Choose a time when you usually watch TV, play video games or use the computer. When that time comes, try doing one of the things on your activities list instead.

Learning and knowing about your own special qualities will help you think of activities and hobbies that appeal to you.



The RED and GREEN Food Swap

You have been focusing on physical activity for several weeks, but as you know, healthy eating is still important. Take the list of RED foods that you made in Chapter 5 and see if you can identify 5 RED foods that you can get rid of. These should be RED foods that you do not need for healthy eating. For example, you could get rid of tortilla chips, muffins, chocolate chip cookies, whole milk, and soda. Talk things over with your parents. Write down the reason you could get rid of each food.

RED foods we can get rid of	Reason for getting rid of this food

Now try to think of 5 GREEN foods that you can add to your home. These should be foods that are not on your list now. For example, if you have apples now, you could add bananas or non-fat milk. Write down when it would be a good time to eat each food.

GREEN foods we can add	When can I eat this food

Be sure that you put this food on your weekly shopping list.

Please review this information with your PAL.

Schedule Your Fun!

Make an activity schedule for the week. Try to plan at least one activity each day that is not a RED activity like TV, computer, or videogames. Make sure to be specific and write down the activity, the place, the transportation needed, and people who will be involved. Keep in mind your physical activity goals as well as your interests and strengths.

	Activity	Place	Time	Transportation	People Involved
Example	Swimming	YMCA	4:00-5:00pm	Need ride from Mom, Sally's mom will drive me home	Friends Sally and James
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What have you learned from this chapter?

Getting involved with activities that you enjoy will help you make healthy lifestyle changes. You have created a handy list of these activities to refer to when you are having trouble thinking of things to keep you busy and active. By cutting down your RED activities, you will have much more time to pursue activities that you enjoy doing.

Plan activities ahead of time by making a schedule and writing it on your calendar. Some activities you can do alone, and others you can do with friends and family.

Making healthy changes will help you feel good about yourself.



REVIEW

- When trying to find activities to do, it is important to ask yourself:
 - What do I like most about myself, and what do I enjoy doing?
 - Will the activity I want to do take up too much of my RED activity time?
 - Am I athletic enough to be interested in the activities I like?
 - Will my friends make fun of me for my interests?
- Ginger took up playing volleyball because she could really hit the ball over the net. By doing something she knows she is good at, Ginger is likely to _____.
 - Feel confident
 - Feel a sense of achievement
 - Do the activity again
 - All of the above
- Jasmine has discovered that she is a good listener. She wants to find a way to be active too. The next time that her friends want to talk to her, she can _____.
 - Listen to them instead of doing her physical activity
 - Ask them to walk with her while they talk and she listens
 - Tell them to talk to her after she finishes her physical activity
 - None of the above
- Which of the following statements are good tips to help you explore new interests?
 - Plan the activity ahead of time
 - Sign up for a class
 - Choose a time when you usually watch TV to do an activity instead
 - All of the above
- Kwame has found that he likes a number of activities. Which of the following will help him reach his GREEN activity goal?
 - Playing video games
 - Reading a book
 - Hiking
 - Playing games on his computer

Please write any questions you have for your PAL in the space below.

Answers:
1.A 2.D 3.B 4.D 5.C

Chapter 13:

Turn Problems Into Solutions

Here's what you learned about in Chapter 12:

- ▶ It is important to explore activities you enjoy doing. You created a handy list of activities to refer to when you are having trouble thinking of things to keep you busy and active.
- ▶ Cutting down on your RED activities will give you much more time to pursue other interests.
- ▶ Making a schedule for activities ahead of time and writing it down on your calendar will help you do these activities. Make sure you include activities that can be done by yourself as well as with friends and family members.



Here's what you will learn about in this chapter:

- ▶ How some habits are easier for you to change than others
- ▶ How challenges in the environment make it harder to eat healthy and to be physically active
- ▶ How other people make changes hard
- ▶ How to identify the areas that are giving you problems
- ▶ How to solve these problems so that you can keep making healthy choices



Some Changes Take Longer Than Others

You may have found that it was easier to make changes in your habits when you first started the **TODAY Lifestyle Program** than now. Sometimes there may be new changes you want to make so that you can reach your goals, but you just keep getting stuck in old habits. Or, maybe it's getting harder to keep doing the changes you've already made.

If so, that's pretty normal. People trying to make changes can often feel stuck or discouraged. This chapter will teach you how to turn these feelings around - and how to turn problems into solutions.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of _____ minutes each day
- ⊙ Eat more GREEN vegetables and fruits each day

⊙ _____

List two behavior changes that have been pretty easy for you to make:

1. _____

2. _____

List two goals you would like to reach that have been hard for you:

1. _____

2. _____

Share these lists with your family and your PAL

Have you had trouble finding GREEN or YELLOW foods when you are hungry and are out at the mall or somewhere else with friends or family? _____

If you have, write down what in the environment made it hard to find healthy foods when you were hungry:

If you have not had trouble finding GREEN or YELLOW foods when you are hungry, write down how you made healthy food choices in that environment:

Focus on How Far You Have Come

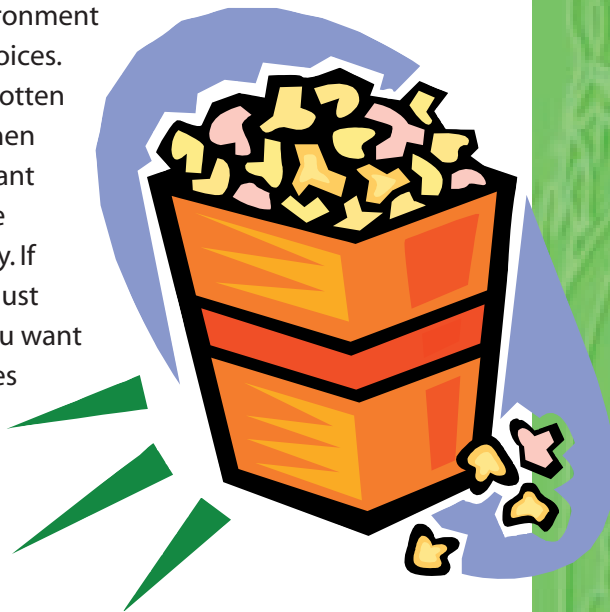
When you feel discouraged, the first thing you need to do is focus on what you have already done to make healthy choices. Choices that are coming easily for you now were hard at first, too. It's important to remember this when you are having a hard time working on new goals. You learned how to make those earlier changes, and you will learn to make these new ones as well.

Alicia has been feeling discouraged this past week. When she came in to see her PAL, she hadn't lost a pound. Her grandma had a birthday party, and Alicia had eaten more RED foods than she planned. She felt frustrated. Her PAL saw that she was upset. They looked at her Lifestyle Log together. Her PAL pointed out all of the times that Alicia had met her RED food goals. Her PAL also reminded Alicia that she was meeting her physical activity goal almost every week at the silver medal level. Alicia felt much better when she left. She decided she was going to start working towards her gold medal activity goal.

Challenges to eating healthy in the world around us

We call the world around us our environment. There are situations in everyone's environment that make it easier to make unhealthy choices than healthy ones. For example, it is much easier to buy RED foods at a store than GREEN and YELLOW foods. Next time you go to a store, notice how many RED foods are right at the check out counter.

Sometimes situations in the environment set you up to make unhealthy choices. For example, if you have always gotten a big tub of buttered popcorn when you go to the movies, you may want popcorn every time you go to the movies even if you are not hungry. If you eat at movies often enough, just going to the movies will make you want to eat. Going to the movies causes you to eat. It becomes a habit.



If situations like the ones listed on the right side of this page are making it hard for you to meet your RED foods goals, here are some helpful solutions:

1. The best thing to do in these situations is to stop eating. Make a promise to yourself to eat only when you are hungry. Eat only at the kitchen table at home. When you are out, eat only in areas meant for dining.

If you do this often enough, over time the link between the habit of eating and the place or activity will weaken. Soon, you won't want to eat in these situations. You will only want to eat because you are hungry at mealtimes.

2. Plan in advance. Many of the environments that make you want to eat don't have many healthy foods to choose from. Take some GREEN or YELLOW foods with you when you know you are going to be in a high-risk place like the mall. That way, you will have some of your own healthy foods with you if you decide to eat.

3. Make a RED food switch. Use GREEN and YELLOW foods instead of RED foods in recipes.

4. Watch the portion sizes of what you eat.

5. Limit the amount of time you spend in high-risk situations.

6. Do a GREEN activity instead.

Using the list above, write the number(s) of the helpful solutions that Tyrone or Alicia used to help them out in each of these situations:

A. Tyrone knew he was going to go to the pool after lunch. He has always gotten curly fries when he has gone to the pool in the past. Since he was trying to only eat when he was really hungry, Tyrone decided to eat a healthy meal before going to the pool. That way he wouldn't be hungry. He also decided to only take enough money to get into the pool. That way he couldn't buy any extra food. _____

B. Alicia was noticing that every time she sat down to watch TV she wanted to snack on something. She usually snacked on RED foods. First, she limited the number of RED foods she ate while watching TV. Then, she started snacking on GREEN foods instead of RED foods. _____

C. Alicia also realized that if she spent less time watching TV, there would be fewer times that she would be tempted to snack on RED foods. She started going for a bike ride after school rather than sitting right down to watch TV. _____

Below is a list of common situations in which you might find yourself eating even if you're not hungry! Do you find that you eat, or want to eat, when you:

- ___ Are offered something to eat
- ___ Come home from school or from being out
- ___ Go to someone else's home to visit or hang out
- ___ Go to the mall
- ___ Go to the movies
- ___ Go to the pool
- ___ Hear the ice cream truck going by
- ___ Pass the vending machines at school
- ___ Read or do homework
- ___ Ride in the car
- ___ See a food commercial on TV
- ___ See food in the refrigerator or pantry
- ___ Smell popcorn popping
- ___ Use the computer
- ___ Watch TV
- ___ Other: _____
- ___ Other: _____
- ___ Other: _____

Going to the movies can cause you to eat. It becomes a habit.

Have you tried the fruit and vegetable solution? How many fruits and vegetables do you usually have a day? _____

How could you eat one more fruit or vegetable each day?

When RED foods are around – use the fruit and vegetable solution!

If you are having trouble with your RED food goals, use the fruit and vegetable solution. Replace your usual RED foods or snacks with GREEN vegetables and fruits. Have lots of vegetables and fruits in your home. Take fruits and vegetables with you for snacks and meals away from home. Fruits and vegetables have lots of vitamins. Eating vegetables and fruits will help you meet your RED food goals and calorie goals. Eating at least five vegetables and fruits per day will help you to be healthy.

Fruits and vegetables are healthy, tasty, colorful, and fun. There are so many different kinds of fruits and vegetables. They can taste great by themselves, and they can also add flavor to other foods. Vegetables make great “toppings” on pasta, and they are tasty on sandwiches. Fruits can be a snack or part of a meal. Fruits and vegetables come in all different shapes, colors, and flavors.



Try it out and keep track!

After you meet with your PAL, you may decide to keep track of the number of fruits and vegetables you have each day. When you write down your food and drinks, see if you are eating a fruit or a vegetable. You can keep track of the fruits and vegetables you are eating by using the Special Goals column in your Lifestyle Log.

See if you can increase the number of fruits and vegetables you have each day. There are lots of times to do this – at breakfast, lunch, dinner, and during snacks. You could eat a fruit or vegetable at every snack and meal. Look back at the previous chapters to get some ideas.

If you are having trouble with your RED food goals, use the fruit and vegetable solution.

Challenges to getting GREEN activity in the world around us

The world around you can also make it harder for you to get the GREEN activity you need to be healthy and take care of your diabetes. We talked about some of this in Chapters 9, 10, and 11. Here we will look more closely at some common challenges to meeting your physical activity goals and some solutions you may want to try:

Challenge	Solution
No time	1. Plan in advance and do physical activity in 10-minute blocks.
Not wanting to sweat	2. Do moderate intensity physical activity, and/or make sure you have time to shower after physical activity.
No safe place to be active	3. Do indoor activities.
Bad weather	4. Do indoor activities, or plan activities for the next day.
Gets dark early	5. Do physical activity right after school.
Enjoy RED activities	6. Only do the activities you really like, put a limit on yourself for RED activity, or ask someone to remind you to get moving.

Other people sometimes make changes challenging

Sometimes other people and their behavior may make it harder for you to change. Usually people want to help and just don't know how. We talked in Chapter 5 about how sometimes parents, friends, or other family members use nagging or criticizing when they want you to change your lifestyle habits. This way of talking to you might make you feel mad or sad, and then you may decide not to do the behavior. Sometimes you decide not to make the change to "show" them how upset you are. Sometimes you don't make the change because you think they say those things because they don't believe in you. If they don't believe in you, why should you believe in yourself?

Look at this list of challenges to getting regular physical activity. Under each challenge write down the number of the solution that would help you meet that challenge. You can use solutions from the list on the left or come up with your own.

- A. It is raining outside on Tuesday and Wednesday.

- B. There is no recess this week because you are taking standardized tests in school.

- C. Your bike is broken or your ball, bat, or other equipment is lost all week.

- D. You are going away for the weekend to your relative's house.

- E. Your family car broke down.

- F. You just got a new video game.

Have you had any problems meeting your physical activity goals that are different from the ones above? Write them down here and share them with your family and your PAL so that you can all work together to find solutions.

Draw a line from the challenge to the solution you think would work best in each situation. Then write down challenges that you face. If you have a solution you have tried or would like to try, write that in, too. Don't worry if you haven't figured out a solution. You and your PAL can work on that one together.

Challenges

Solutions

Your friends see you drinking skim milk for lunch. They start hassling you for not getting soft drinks with them.

If someone wants you to do a RED activity, you can agree to do that activity with the person if he will keep you company doing your GREEN activity.

You are heading out the door to take a walk so that you can reach your GREEN physical activity goal. Your dad asks you to sit down and watch a game on TV with him.

If someone complains because she feels like she is missing out on all the "fun" because of you, point out that healthy lifestyle behaviors are good for everyone, not just people with diabetes. Explain how good healthy food can be and how fun physical activity is. Help them learn some new things about healthy living while you get busy living healthy.

Your parents just brought home groceries. They did a good job of buying mostly GREEN and YELLOW foods. Your sister throws a big fit about how there's never anything good to eat at home.

If a person is making you feel mad or sad by criticizing you, tell them how you feel. Then make a choice to go ahead and do the healthy thing. You know that you've let the person know how you feel. You don't need to prove something by not taking care of yourself.

Problem-Solving: A skill to use when you meet a challenge

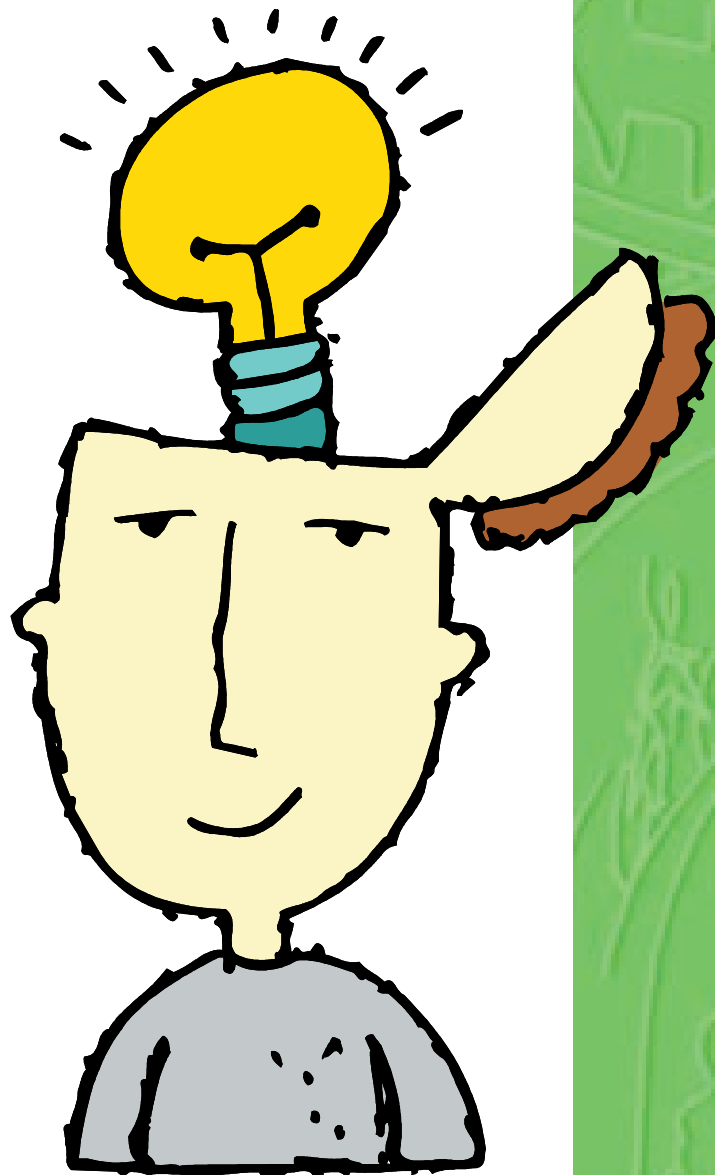
Have you been having problems meeting your goals that haven't been talked about in this chapter? Problems are as unique as the people who have them. That's why we are going to teach you a skill you can use to deal with any problem situation. This skill is called problem-solving.

There are six steps to solving any problem:

1. **Identify the problem.** Be as specific as you can about what is causing you trouble.
2. **Brainstorm solutions.** Think of as many ways as you can that this problem could be solved. Don't try to be practical in this step. You want quantity, not quality.
3. **Compare solutions.** Now you can start sorting out your solutions. Compare the benefits and difficulties of each one until you think you have found the best one to try.
4. **Develop a plan.** Select the best solution and use it to make a plan. Be as specific as you can.
5. **Put the plan to work.** Test your plan by trying it out.
6. **Evaluate how the plan worked.** Go over how things worked. Did your plan help solve your problem? If not, go back to step 3 and pick another solution to try or to step 2 and brainstorm again.

It takes practice

Just like any skill, the more you use this one, the better you will get at it. At first, you might want to write down all of these steps when you work on a problem and show your work to your PAL. Later you will be so good at doing the steps that you can do it in your head.



Tyrone was having problems at school with his friend Joshua. Tyrone and Joshua usually ate lunch together. Since Tyrone has been trying to make healthy lifestyle changes, it has been hard for him to eat with Joshua. Joshua always brings lunches full of RED foods. Joshua gives Tyrone a really hard time when Tyrone says, "No," to his offers of RED foods. Joshua sometimes even waves the RED foods in Tyrone's face, trying to tempt him. Tyrone was getting more and more upset by these lunches with Joshua. He usually ends up getting very angry and yelling at Joshua. He talked to his PAL about it. She helped him problem-solve. Here is what Tyrone and his PAL came up with:

► **Identify the problem**

Tyrone and his PAL identified the problem. Tyrone was in a situation where his friend was tempting him with RED foods.

► **Brainstorm solutions**

Some of the solutions Tyrone and his PAL came up with were:

- Ignore Joshua.
- Eat lunch somewhere else.
- Try to tell Joshua more about why he is not eating RED foods instead of yelling at him.

► **Compare solutions**

Tyrone and his PAL decided the solution that worked best for Tyrone would be to try to tell Joshua more about the program. Tyrone doesn't want to lose Joshua as a friend. He just wants him to stop tempting him. He also wants him to understand the changes Tyrone is working hard to make.

► **Develop a plan**

Tyrone planned to talk to Joshua the next time they ate lunch together. He wanted to do it before Joshua tried to tempt him again.

► **Put the plan to work**

Tyrone talked to Joshua the next time they had lunch. He explained why he was not eating RED foods, so that Joshua understood that losing weight would help Tyrone manage his diabetes.

► **Evaluate how the plan worked**

The plan worked really well. Joshua was interested in the changes Tyrone was making, and even apologized for trying to tempt him. Joshua explained that before he just didn't understand. He was so glad Tyrone had explained it to him.

What have you learned from this chapter?

It's natural to have problems when you are trying to meet important goals. But instead of getting discouraged, you can think about how far you've come. You can use what you learned earlier in the program to help you with the challenges you're facing.

You have thought about solutions you can use to solve problems in the environment or problems that other people may cause.

You have also learned a problem-solving approach that you can use for any type of problem. Your PAL can help you practice this skill so that you can continue to make healthy choices.

Instead of getting discouraged, you can think about how far you've come.

REVIEW

1. When you feel discouraged, the first thing you need to do is _____.
 - A. Give up
 - B. Criticize yourself
 - C. Not think about it
 - D. Focus on what you have already done to make healthy choices
2. Going to the movies, hearing an ice cream truck, or going to someone else's home to visit _____.
 - A. Are common situations in which you might find yourself eating even if you're not hungry
 - B. Are common situations in which you might find yourself eating only if you are hungry
 - C. Are situations where eating is out of your control
 - D. None of the above
3. To help you meet your RED food goal, you should _____.
 - A. Eat only when you are hungry
 - B. Eat at the kitchen table at home
 - C. Eat only in areas meant for dining when you are out
 - D. All of the above
4. When would you use the fruit and vegetable solution?
 - A. When you are having trouble meeting your RED food goals
 - B. When you want to improve your health
 - C. When you want to meet your calorie goals
 - D. All of the above
5. Pablo found that he eats a lot of RED foods when he is at the mall. He came up with several ideas about how to help himself limit his RED foods. Pablo has developed a plan to take GREEN foods with him to the mall. Next Pablo should _____.
 - A. Come up with more solutions
 - B. Put his plan into action
 - C. Evaluate how his plan worked
 - D. Do more research

Please write any questions you have for your PAL in the space below.

Answers:
1.D 2.A 3.D 4.D 5.B

Chapter 14:

Special Events – Parties & Holidays

Here's what you learned about in Chapter 13:

- ▶ It's natural to have problems meeting your goals. Instead of getting discouraged, you can think about how far you've come. You can use what you've learned earlier in the program to help you with the challenges you're facing now.
- ▶ You have thought about some things you can try to deal with problems in the environment or problems that other people may cause.
- ▶ You have also learned a problem-solving approach that you can use for any type of problem. Your PAL can help you practice this skill so that you can continue to make healthy choices.



Here's what you will learn about in this chapter:

- ▶ How special events can be challenging
- ▶ Planning ahead for parties and holidays
- ▶ Tips to help you solve problems at parties



Special Events

Special events are a part of everyone's life. They can be things like a birthday or an anniversary party as well as a holiday you celebrate with your family. The **TLP** wants you to be able to go to parties and enjoy holidays like everyone else. To help you meet your goals when you have a special event, you will use two tools: planning ahead and problem-solving.

Both problem-solving and planning ahead can help you make healthy food and activity choices. Planning ahead will make it easier for you to do your new behaviors. Why? You are more likely to follow your plan if you decide what you will do ahead of time. Problem-solving will help you find the best way to eat healthy and be physically active. This chapter



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of _____ minutes each day
- ⊙ _____

Both problem-solving and planning ahead can help you make healthy food and activity choices.

Fill in the blank:

and

will help you with special events like holidays and parties.

What parties are coming up in your schedule?

has some tips about planning in advance and solving problems at special events.

Parties

Parties are a time for people to get together and have a good time. Parties may take place because of a birthday, after a prom or dance, or to celebrate an anniversary. Many times the food served at parties is high in fat and calories.

Try to keep in mind that parties are not just a time to eat. Parties are meant to be a time of celebration, games, fun, dancing, friendship, and family. Food is just one part of the event.

If you plan ahead, you can make good food choices, meet your calorie and RED food goals, and still have fun.

Plan before the party starts

It is easier to eat healthy foods when you plan your own party or special event. You can serve foods that are special and still healthy to eat.

You may find it more difficult to make wise food choices when you go to a special event at someone else's house. But don't worry! Here are some tips to help you meet your food goals and have a fun time wherever the party is.

- ▶ *Plan ahead how many RED foods you will eat.*
Include them in your meal plan for that day. It is OK to have some RED foods at the party, but try to stay within your daily RED food goal.
- ▶ *Eat a healthy snack before you go to the party.*
The snack could be any GREEN or YELLOW food from the five food groups. Then you will not be as hungry when you go to the party. It will be easier for you to make healthy choices and keep portions small when eating high-fat or sugary foods at the party.
- ▶ *Take healthy foods with you to the party.*
If you are going to a party, offer to bring a healthy food dish to the party. Ask your parent to help you plan some healthy foods to take to the party. Make your favorite food dish using GREEN and YELLOW foods. You could bring your own fruit and vegetable tray or a healthy sandwich tray. Then, you would know that you have at least some healthy foods to eat!





- ▶ *Ask the host to provide healthy foods at the party.*
If you are going to someone else’s party, ask the host to provide some healthy foods. Tell the host that you are trying to eat healthier by eating more fruits and vegetables and fewer “junk” foods. Most people will be happy to help you.
- ▶ *Focus your party around an activity instead of food!*
Have a swimming or rollerblading party in the summer, or a pumpkin carving party in the fall. You can also have a dance party. There are lots of activities you can do at parties that are more fun than standing around a table full of food.
- ▶ *Serve food dishes that are made with foods from the five food groups.*
Cut up some fresh fruits and vegetables for people to grab. Put out a deli tray so people can make their own sandwich. Serve unsweetened iced tea instead of soda.
- ▶ *Ask your friends to bring a healthy food dish to your party.*
This is a great way to show your friends that healthy foods can taste great and still make good party food too!
- ▶ *Don’t forget that your PAL is a great person to help you plan in advance for parties.*
Together you may come up with some additional ideas and plans to eat healthy foods at a party and have lots of FUN!

Problem-solving at parties

Sometimes the best planning in advance does not prepare you for all situations you might face at a party. You may need to think quickly so that you can meet all your goals for that day. Sometimes situations arise at a party that you were not expecting, like only cheeseburgers and chips are being served for dinner, or cake being the only dessert. Parties can be hard because there is usually lots of food around, and many events involve sitting. Using problem-solving can help you to work out those troubles so that you have a healthy party even if you did not plan for everything.

Here are some tips to help you deal with some difficult situations at parties and special events.

- ▶ *Don’t stand by the RED foods.*
You might find it hard to avoid eating foods that you can see, smell, and touch. If you feel tempted to eat a lot of the RED foods in front of you, walk away. Go talk to your friends or move closer to the music. Special events are a fun time for people to get together and enjoy each other’s company.

Alicia had a hard time eating healthy at her grandmother’s birthday party. Her grandmother tried really hard to get GREEN and YELLOW foods for Alicia to eat, but there were also lots of RED foods. Some of Alicia’s favorite foods were there, and most of them were RED. Alicia hadn’t eaten a healthy meal before coming to the party. So she ended up eating more RED foods than she had planned.

What are some suggestions you could give Alicia to help her meet her RED food goal next time she is at a party?

Make a list of healthy foods that would be good to eat at a party.

Pick the correct answer

During holidays, people usually eat ____.

- a) more healthy
- b) more RED foods
- c) less RED foods
- d) more apples

Make a list of the holidays you celebrate.

► *Fill up on the healthy foods rather than RED foods.*

Many special events will have a fruit and vegetable tray. By choosing healthier foods like these, you will be able to enjoy the party without worrying about gaining weight or missing out on the points you can earn for meeting your calorie and RED food goals! However, keep in mind that adding dip or dressing to fruits and vegetables makes them RED foods.

► *Eat in moderation.*

That means not eating too much of any one thing. When a lot of food is served at a party, it is easy to overeat. Remember to pick healthy foods, eat slowly, and eat only when you are hungry.

Holidays

Holidays take place many times throughout the year. There are lots of different holidays. Many people celebrate the same holidays but in unique ways. One theme is common throughout many holidays: food. During the holidays, it is common for people who typically eat very healthy to eat more RED foods. However, the TLP wants you to have fun during the holidays while keeping up the changes you have made.

Planning for the Holidays

Holidays are like parties. They are times when people get together to celebrate an occasion. Many times food is the focus, just like at parties. Lots of times you can use the same plans for the holidays as you use for parties. Use the same tips from the parties section in this chapter when planning for holidays and for problem-solving during holidays.

Some families celebrate the holidays with a special meal. You and your family could change a traditional holiday meal into a healthier meal by replacing RED foods in family recipes with healthier GREEN and YELLOW foods. You learned to do this in Chapter 6. You can talk with your family members about how to continue holiday traditions and use healthy foods in the process.

Another thing to keep in mind is that around holidays people are often very busy. A party is usually just an afternoon or an evening. A holiday could last several days and usually takes a lot of preparation. Since everyone is busier around holidays, it is

The TLP wants you to have fun during the holidays while keeping up the changes you have made.

Christmas time was important in Tyrone’s family. Every year, the whole family met up at Tyrone’s aunt’s house to share gifts, talk, sing carols, and have a big dinner. Tyrone always looked forward to Christmas at his aunt’s.

This year, he was worried about the dinner because there would be lots of RED foods served. Tyrone talked to his PAL about how to meet his goals and still have fun at Christmas.

His PAL suggested that he ask his aunt if it would be OK for him to bring some GREEN and YELLOW foods to the celebration. That way, Tyrone and his parents could be sure there were healthy foods that he liked to eat.

Tyrone liked this idea, and when he asked his aunt, she did too! He and his parents brought some GREEN and YELLOW foods that would be good for everyone in the family.

important not only to plan what you eat, like you do for parties, but also to plan GREEN activity.

Being physically active is a good way to help you relax and feel better about yourself if you feel anxious or stressed during the holidays. Plan time during the holiday to go out for a walk or to play some basketball. You could even start a new tradition of doing some active events at a holiday. Holidays are also a good time to be active with family and friends that you do not see very often.

Try to take the focus off food and put it back on the holiday. Plan events to remind people why they are gathering. Some people think that holidays are all about the food. Holidays are a time to celebrate with friends and family!



What have you learned from this chapter?

Special events often focus on food. In order to continue achieving a healthy lifestyle, you must plan in advance for parties, holidays, and special events that involve food. You may also need to do some problem-solving for challenges you did not foresee. Talking with your PAL about problems that you think may come up at the events will also help.

What are some ways that you could be more active around the holidays?

REVIEW

1. Victor does not want to gain weight during the holidays. ____ will help Victor with special events like holidays and parties.
 - A. Planning ahead and problem-solving
 - B. Avoiding and escaping
 - C. Planning ahead and escaping
 - D. Avoiding and problem-solving

2. Problem-solving will help you ____ during holidays
 - A. Find the best way to eat healthy and increase your activity
 - B. Not be uncomfortable talking to people
 - C. Find the best way to avoid special events
 - D. None of the above

3. You are more likely to follow a plan if you ____.
 - A. Eat lots of RED foods before you go to the special event
 - B. Spend time deciding what you will do ahead of time
 - C. Do not go to any special events
 - D. Play it by ear

4. During holidays, people generally eat ____
 - A. More healthy
 - B. More YELLOW foods
 - C. Less RED foods
 - D. More RED foods

5. Jose has a lot of worries during the holidays. ____ is a healthy way for Jose to feel better and deal with stress during the holidays.
 - A. Eating
 - B. Avoiding people
 - C. Doing GREEN activity
 - D. All of the above

Please write any questions you have for your PAL in the space below.

Answers:
1.A 2.A 3.B 4.D 5.C

Chapter 15:

Dining Out at Restaurants

Here's what you learned about in Chapter 14:

- ▶ Special events like parties and holidays often focus on food. Planning ahead and being prepared to deal with problems will help you continue your healthy lifestyle changes at parties, holidays, and special events. Talking with your PAL about problems that you think may come up at the events will also help.



Here's what you will learn about in this chapter:

- ▶ Planning in advance for dining out
- ▶ Tips for dining out
- ▶ How low-fat milk products help you to be healthy



Plan in advance for dining out

Although it is preferable to eat meals cooked at home, sometimes dining out is a special treat. Dining out does not mean that you cannot eat healthy. You can plan in advance for problems you may meet when dining out just as you do for holidays and parties. Here's how.

- ▶ *See if the restaurant provides meals for healthy eating.*

Call the restaurant and ask if they have any low-fat selections or if they can prepare foods with less or no fat. You may be surprised! Explain that you need to eat healthy to take care of your diabetes. More and more restaurants are providing healthy alternatives to meals high in fat and calories.

- ▶ *Try to get the menu from the restaurant ahead of time.*

You can look over the menu at home and decide what looks good and healthy. If the meal has some RED foods, you can prepare by eating fewer RED foods earlier in the day before going to the restaurant. One



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or _____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of _____ minutes each day
- ⊙ Try to have GREEN and YELLOW milk products at home and while dining out
- ⊙ _____

Dining out does not mean that you cannot eat healthy.

way to do this is to go to the restaurant and ask for the menu. Many restaurants have menus available to take home. An even faster way, if you have access to the Internet, is to go to a restaurant's website and look at the menu. Not all restaurants have websites, but many do.

► *Have a few glasses of water before your meal.*

This will fill you up and make it easier not to eat as much.

► *Be careful about appetizers.*

Restaurants sometimes give you bread and butter or chips and salsa before your meal. Be sure to either plan to have this, or know that you will not have any. If you decide to not have any, ask the waiter to take it back if the people you are with agree. If it stays on the table, try to be far away from the bread and chips to avoid temptation!

► *Be careful about dessert.*

It is more likely for people to eat dessert while out at dinner than at home. If you want to have dessert, plan ahead. Some restaurants may offer fresh fruit for dessert. If not, ask your party to not have dessert so that you are not tempted.



Tips to deal with problems while dining out

Sometimes planning in advance does not account for all difficulties that could arise while at a restaurant. Here are some tips to help you solve some problems that might come up:

► *Watch out for what's on top!*

- Order your salad with the salad dressing **on the side**. You can then decide how much dressing to put on your salad. Be careful not to add too much dressing, because it adds a lot of fat. A salad loaded with salad dressing has more fat than a hamburger! You can cut down on fat by choosing a low-fat or low-calorie

Tyrone's family usually goes out to eat at his favorite restaurant for his birthday. Tyrone still wants to go to his favorite restaurant for his birthday. He also wants to keep up his new healthy eating habits. He and his mom called the restaurant, and they got a copy of the menu. Tyrone and his parents used the menu to plan a healthy meal with GREEN and YELLOW foods that Tyrone would like to eat.

dressing. You can even try to eat your salad without any dressing. Salads taste great on their own!

- ▶ Ask the waiter to leave the cheese out. Sometimes restaurants put cheese in their salads. Just like salad dressing, cheese adds extra fat.
- ▶ Order your vegetables without any butter, sauces, cheese or sour cream. Plain veggies have a great flavor. Healthy food toppings on your vegetables also taste good. Try salsa or yogurt on your baked potato.
- ▶ Order your meat without any gravy or special sauces. Tartar sauce and other cream sauces are often put on meat to add flavor. But meat has a delicious flavor by itself. It is juicy tender. It does not need added flavor from fat.
- ▶ Order your tacos, tostadas, and other Mexican foods without sour cream and guacamole. Or ask that they be served side so that you can use only a small amount.

▶ *Check out the cooking styles.*

The way that food is cooked can make a difference in the amount of fat and calories in the meal. Foods that are steamed, baked, or grilled tend to be more healthy and lower in fat. Foods that are fried, cooked in oil or butter, or deep-fried tend to be less healthy and have more fat.

▶ *Order what you really want.*

Be firm but polite when ordering. Be sure that the waiter or waitress understands all of your requests. If your food comes out and it is not the way that you ordered, ask for it to be changed. For example, if you ordered your salad dressing on the side and it comes on the salad, tell the waitperson to take it back and bring what you ordered. If needed, explain why it is important to you.

▶ *Pay attention to portion sizes.*

- ▶ Watch the amount of food you eat at restaurants. The portion sizes served at a restaurant are often much larger than the portions suggested by TLP Eating Plan. Eat small amounts of RED foods.
- ▶ Learn what a healthy portion looks like. You can weigh and measure your food at home, but not at a restaurant. At these times you will have to guess how much to eat. Here are some tips to help you as you learn what a portion looks like:





▶ 3 ounces of meat is about the size of a deck of cards or bar of soap



▶ 1 ounce of cheese is about the size of 4 stacked dice



▶ 1 medium apple or peach is about the size of a tennis ball



▶ 1 cup of fruit is about the size of a baseball



▶ 1/2 of a medium bagel is about the size of a hockey puck



▶ 1 medium potato is about the size of a computer mouse

- ▶ 3 ounces of meat is about the size of a deck of cards
- ▶ 1 ounce of cheese is about the size of 4 stacked dice
- ▶ 1 medium apple or peach is about the size of a tennis ball
- ▶ 1 cup of fruit is about the size of a baseball
- ▶ 1/2 of a medium bagel is about the size of a hockey puck
- ▶ 1 medium potato is about the size of a computer mouse

▶ *Take control of portion sizes.*

Ask for a take-out container **at the beginning** of the meal to help you control the amount you eat. Decide what is a healthy portion for your meal. Put the rest of the food in the take-out container and set it aside **before** you begin eating. This helps with the temptation to eat all of the food sitting in front of you. Then you can take home the extra food and not eat more than you really want.

Dining out at fast food restaurants

Fast food restaurants are everywhere. You can probably name 5 right away! These restaurants are sometimes quick, although going and coming take time. They always have the same foods on their menus, so people can plan in advance what they will eat.

But many of these foods (like hamburgers, French fries, and tacos) have lots of sugar and fat. Shakes, soft drinks, and many desserts have a lot of calories. They are usually prepared with fats, such as butter, mayonnaise, salad dressing, sour cream, or special sauces.

Draw a line to match the serving to the appropriate picture.

1 medium apple



1 ounce of cheese



1/2 of a medium bagel



3 ounces of meat



Making smart food choices at fast food restaurants will help you stay within your daily food goals. Here are some tips to help you select fast-food items with less fat and calories.

- ▶ Be careful of your portion sizes. "Value" and "super-size" items can mean huge portions full of a lot of calories. Order small or junior sizes.
- ▶ Avoid French fries and other deep-fried foods.
- ▶ Order your sandwiches without dressing, mayonnaise, or special sauces.

How many calories and grams of fat do you think are in the following meal from a fast food restaurant? Take your best guess!

Fast food Meal A		
	Calories	Total fat
Large hamburger		
French Fries (6 oz. order)		
Regular soda (32 fl oz.)		
Total		

How close do you think that your guesses are to the actual amount of calories and fat in this fast food meal? Compare your answers to the real amount below.

Fast food Meal A		
	Calories	Fat Grams
Large hamburger	600	33g
French Fries (6 oz. Order)	520	25g
Regular soda (32 fl oz.)	310	0g
Total	1430	58g

Now, look at a meal from a fast food restaurant that is a healthier alternative to the meal from the example above.

Fast food Meal B		
	Calories	Fat Grams
Chicken sandwich (without mayonnaise)	300	4.5g
Side salad (with 2 oz. low-fat balsamic-vinaigrette dressing)	60	3g
Low-fat milk (1 carton)	100	2.5g
Total	460	10g

Why is meal B healthier than meal A?

Alicia and her family like to go out for lunch on Sunday afternoons. They eat at a restaurant that serves mostly burgers and sandwiches. Alicia always used to get a fried chicken sandwich. This Sunday Alicia decided she would get her same favorite sandwich, except she asked for the chicken to be grilled instead fried. It tasted good, and Alicia was glad she made the switch to a healthier food!

- ▶ Order salads as a healthy alternative to burgers and fries. But remember to load up on vegetables and beans, not on cheese and dressing.
- ▶ Select grilled, broiled, or baked meat instead of fried. Try skinless chicken breasts instead of burgers or battered foods.

Your PAL can help you plan fast-food meals that are lower in calories and fat than many of the unhealthy items on the menu. Try using these tips to eat fewer RED foods in your restaurant meals. If a restaurant does not have healthy food choices, fill out the suggestion cards. Request that the restaurant includes more healthy food dishes in the future.

Getting the nutrition you need—at home and away

It isn't always easy to get all the vitamins and nutrition you need, at home or at restaurants. You will need to make smart food choices. The TLP Eating Plan helps you reduce your calories and limit RED foods. You have been replacing unhealthy RED foods with GREEN and YELLOW foods. You have been using fruits and vegetables to help with this. We will focus on another one of the Diabetes Food Guide Pyramid groups now – the Milk group. Having low-fat dairy products can help you get the nutrition you need. It can also help you meet your goals and improve your health.

Low-fat milk products keep you healthy

You may already be using GREEN and YELLOW low-fat dairy products. If so, that is great!

But if you are like many people, you may not have enough servings from the Milk group each day. Did you know that most young people don't get enough calcium? Calcium helps your bones grow strong and keeps your body healthy. It also may help people lose weight or maintain a healthy weight. Calcium comes in dairy products like milk, as well as in other foods. Make sure you get enough!

Your PAL can help you plan fast food meals that are lower in calories and fat than many of the unhealthy items on the menu.



After you meet with your PAL, you might decide to keep track of the number of low-fat milk products you have each day. If so, you can use the Special Goals column in your Lifestyle Log. When you write down your food and drinks, see if you have a GREEN or YELLOW food from the Milk group.

You may decide you want to increase the number of low-fat milk products you have each day. You can choose low-fat milk products by ordering skim milk when you eat at a restaurant or eating a fat-free yogurt at home. Try to have at least 2 GREEN or YELLOW milk products each day.

After you meet with your PAL, you might decide to keep track of the number of low-fat milk products you have each day.

What have you learned from this chapter?

Many meals offered at restaurants have lots of added calories and fat. It is important to plan in advance before you go to a restaurant and be ready to solve problems that come up when you are there.

There are many ways to order your meals so that they are lower in fat. This allows you to go out to eat, have fun, and stay within your food goals for the day!

Having low-fat milk products daily will give you the nutrition you need and help you meet your calorie and RED food goals.

REVIEW

1. Carlos has plans to eat at a new restaurant tomorrow. Carlos can plan ahead for dining out by _____.
 - A. Planning what he will order
 - B. Not eating RED foods before he goes out
 - C. Getting the menu ahead of time
 - D. All of the above

2. Many restaurants bring out appetizers. You can prepare for this by _____.
 - A. Planning in advance not to have any
 - B. Requesting that the server does not bring out appetizers
 - C. Not eating RED foods during the day so you can have some of the appetizer at dinner
 - D. All of the above

3. Which is the healthiest option for dessert?
 - A. Fresh fruit
 - B. Cheesecake
 - C. Cookies
 - D. Apple pie

4. Tina loves Mexican food. What is her best option?
 - A. Tacos with sour cream
 - B. Nachos with cheese
 - C. Chicken fajitas with no guacamole or sour cream
 - D. Fried enchiladas

5. If the server brings out something you did not ask for, you should _____.
 - A. Yell at them to get it right
 - B. Send the food back and explain why it is important to you that they get the order right
 - C. Ask to speak to their boss
 - D. None of the above

Please write any questions you have for your PAL in the space below.

Answers:
1.D 2.D 3.A 4.C 5.B

Chapter 16:

More Physical Activity Helps You Be Healthier

Here's what you learned about in Chapter 15:

- ▶ You learned that restaurants are usually convenient, fun, and quick places to eat. But many meals offered at restaurants have lots of added calories and fat. It is important to plan ahead before you go to the restaurant as well as to solve problems that come up once you are there.
- ▶ There are many ways to order your meals so that they are lower in fat. This allows you to go out to eat, have fun, and stay within your food goals for the day.



Here's what you will learn about in this chapter:

- ▶ Benefits of trying different activities
- ▶ How to increase your level of physical activity by doing Fitness Boosters
- ▶ How to increase your level of physical activity by increasing the amount of time you are active
- ▶ How to plan your physical activities
- ▶ How to make a contract for support from family and friends so you can be more active



Intensify Physical Activity

In Chapter 9 you were introduced to physical activity, called "GREEN activity" in the TLP. You began to keep track of your GREEN activity level and to make changes to be more physically active. Congratulations on the work you have done so far! You have worked hard and should be seeing some of the benefits of your work.

In this chapter you will learn more about physical activity. You will read about how to stay on track, and you will get tips to help you meet your activity goal. Remember that the silver medal goal is 200 minutes of physical activity per week, and the gold medal goal is 300 minutes.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal ____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day
- ⊙ Make a plan to be more physically active
- ⊙ _____

Think about how far you've come in increasing the time you are physically active.

How many minutes of GREEN activity did you do last week?

How close were you to the silver medal level? Subtract the total number of minutes of GREEN activity you did last week from 200. _____

Have you reached the silver medal level? _____

How close were you to the gold medal? Subtract the total number of minutes of GREEN activity you did last week from 300. _____

Have you reached the gold medal level? _____

When you get bored with one activity, what are...

► Some new activities you could try?

► Some places you could do these activities?

► Some people you could try these activities with?

► Some new ways to do these activities?

Remember that it only takes 30 minutes of physical activity every day to reach your silver medal goal. If you are not there yet, don't get discouraged. We know you are trying really hard.

More physical activity

Now that you are being physically active, you may want to try a lot of different activities to keep from getting bored. There are many different kinds of activities to do. Some activities are things you can do by yourself like walking or shooting baskets. There are also things you can do with other people like playing catch, tennis, or basketball. Or, they can be activities you can do with your parents and family, like taking a family hiking trip.

In Chapter 9, you learned how physical activity could make your heart, muscles, and lungs stronger. Almost any exercise you do will strengthen your heart and lungs, but there are other muscles in your body that require special attention. It is important to do many different kinds of physical activities so that each part of your body becomes strong.

Take a look at some of the muscles and other parts of your body that you may like to improve with different activities:

► Build your arm muscles.

Strong arms can carry books, climb jungle gyms, and hang from tree branches. Playing volleyball, throwing a baseball, and lifting weights are activities that can strengthen your arm muscles.



Now that you are being physically active, you may want to try a lot of different activities to keep from getting bored.

When you do more physical activities, your body rewards you by becoming even healthier.

► **Build your stomach muscles.**

A strong stomach helps you to stand straight and tall. Strong stomach muscles help you sit up when you are lying in bed. Strong stomach muscles also help you avoid over-using the muscles in your back. That way, you don't hurt your back. Calisthenics, bicycling, and twisting a Hula Hoop are activities that can strengthen your stomach muscles. Calisthenics are vigorous exercises you can do without equipment.

► **Build your leg muscles.**

Strong legs help you walk and run when you are playing with friends. Jogging, jumping rope, playing soccer, and skateboarding are all great activities for strengthening your legs.

► **Build your back muscles.**

A strong back is important for your posture, just like your stomach is. Activities like stretching, bending, tumbling, and gymnastics will help you build a strong back.

Now that you have begun to do regular physical activity, the next step is to increase your physical activity goal. When you do more physical activities, your body rewards you by becoming even healthier. Let's look at how doing more physical activities can get you more health benefits.

Being more active will help you reach your goals

The only way to reach your physical activity goal is to increase the amount of time you spend doing physical activities. If you walk 10 minutes every day before school, you may want to try walking 20 minutes. If you have already reached the silver medal of 200 minutes of physical activity a week, keep going until you reach your gold medal goal of 300 minutes of physical activity a week! If you have not yet reached the silver medal goal, adding just a few extra minutes to what you are already doing will help you reach your goal. Your PAL will help you set your weekly goals.

Beside each activity, write what muscles you think a person is using when doing the activity. There may be more than one muscle.

Activity	Muscles working
Jumping rope	
Cross-country skiing	
Throwing a Frisbee	
Dancing	

Can you think of physical activities that will work different parts of your body? Give it a try.

To build my arm muscles I can _____.

To build my stomach muscles I can _____.

To build my leg muscles I can _____.

To build my back muscles I can _____.

What intensity are the activities on the list? Add some activities you enjoy and could do. Are any of them Fitness Boosters? Use your ARG to check.

Activity	Level of intensity
Dancing	
Jogging	
Mowing the lawn	
Playing basketball	
Playing hockey	

Write down the activities you did last week. How can you increase the amount of time you did those activities?

Last week I _____
_____.

I can increase the amount of time I do this by _____.

Last week I _____
_____.

I can increase the amount of time I do this by _____.

Last week I _____
_____.

I can increase the amount of time I do this by _____.

Use Fitness Boosters to Get Fit!

Remember in Chapter 9 you learned that GREEN activities have a MET value of 3 or higher and that some GREEN activities are called Fitness Boosters?

Fitness Boosters have a MET value of 6 or higher. These GREEN activities are called Fitness Boosters because they work your body harder than other GREEN activities and doing them will help you increase your fitness.

Fitness Boosters like jogging, playing basketball or hockey, and swimming laps burn more calories per minute than do moderate intensity activities. They may make you breathe hard and sweat. But they also help you lose weight and get fit.

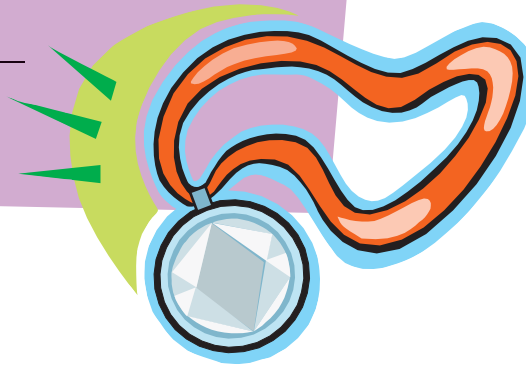
You have been doing GREEN activities for some time now. Are you ready to do more to get fit? If so, you might consider doing some Fitness Boosters when you do your GREEN activity. You may not be ready to do Fitness Boosters every day, but you might be ready to include some every week.

GREEN Activities (MET level: 3 or higher)		GREEN Fitness Booster Activities (MET level: 6 or higher)	
Aerobics (low impact)	Shooting baskets	Basketball	Jogging/ Running
Bicycling (leisurely)	Softball	Cross-country skiing	Jumping rope
Brisk walking	Volleyball (non-competitive)	Football	Roller blading
Dancing	Weight Lifting (light to moderate)	Hiking	Soccer
Golf		Hockey	Swimming (laps)
Gymnastics		Ice-skating	Tennis (singles)

Fitness Boosters burn more calories per minute than do moderate intensity activities.

Tyrone has been doing really well with his physical activity goals. He has reached his silver medal goal most weeks. He wants to go for the gold medal goal. He is worried that he won't be able to do it. It was hard for him to get his silver medal goal, and he's not sure what he can add to his physical activity schedule.

What suggestions do you have for Tyrone?



Make an activity plan

Sometimes fitting physical activity into your daily life can be tough. But planning ahead will help you meet your activity goal.

Try making a list of activities that you want to do for the next week. This will make it easier for you to remember what activities you are doing each day and will help you fill out your Lifestyle Log.

Make sure that the list is realistic. Don't put down snowboarding if it never snows where you live. Put down some activities you can do at different times of the year, depending on the weather in your area. Make sure the list has plenty of activities that you can do without too much trouble. Don't forget about activities you could do at school.

Remember to put down things that you enjoy. Physical activity should be fun! Talk with your PAL and your parents about your list. Did you include any Fitness Boosters?

Take the list of activities you want to do for the week and put it on the refrigerator, on your desk, in your binder, or wherever you will see it. This will help you remember the activities you plan to do each day. It will also help give you ideas of other favorite activities you can do if your planned activity gets cancelled. Be sure to change your activities each week to make it more interesting and fun!

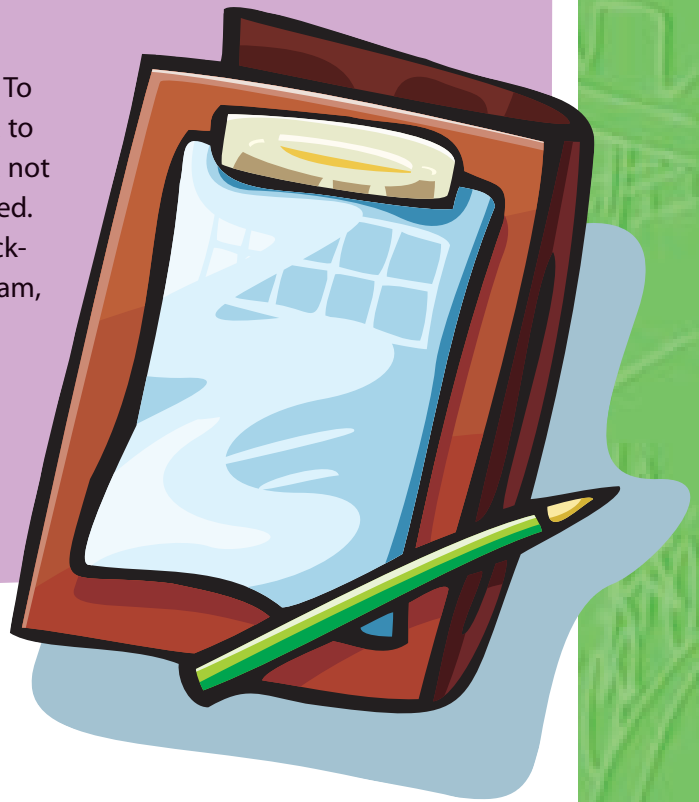
The physical activities I would like to do next week are:

Here is plan that Alicia made to make sure she got plenty of GREEN activity. Her goal for this week was to get at least 200 minutes of activity. Alicia planned out her activity so she would get at least 30 minutes on most days of the week and 60 minutes on a Saturday. Look at the plan below to see how Alicia would meet her activity goal!

ACTIVITY PLAN

- Day 1: Walk to and from school with friends (30 minutes).
- Day 2: Shoot baskets after dinner (30 minutes).
- Day 3: Go for a bike ride with my brother and friends (30 minutes).
- Day 4: Take my dog for a walk after school for 10 minutes, and go for a walk with my parents after dinner for 20 minutes (30 minutes total).
- Day 5: Roller blade instead of playing on the computer (30 minutes).
- Day 6: Basketball practice (60 minutes).

Alicia's plan was full of fun activities that she liked to do. To get the amount of activity in her original plan, Alicia had to make a change when something happened that she did not expect: on Saturday her basketball practice was cancelled. But, instead of not being active that day, Alicia had a back-up plan. Since she could not play basketball with the team, she called up a friend and went to shoot baskets for 60 minutes. That way, Alicia was still able to be active on Saturday and make her activity goal!



Make an Activity Schedule

Fill in the schedule with at least 30 minutes of GREEN activity each day. Be sure to say what activity you will do, with whom, where, and for how long. For example, you could write down on Sunday at 3pm, "Walk with my sister at the park for 1 hour."

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Make a contract with your TLP Team for physical activity

Signing contracts with your family makes them part of your personal TLP support team. This helps you know you have support. It also lets you know exactly what your family members plan to do to help you meet your goals. Think about how your family can help you meet your physical activity goals.

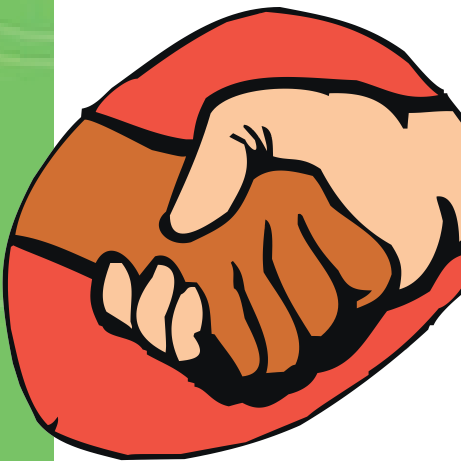
Here's a form you can use to make contracts for family members and friends to help you meet your goals for physical activity.

I, _____, promise to make healthy lifestyle changes to improve my health:

Signed _____

I, _____, promise to help you live a healthy lifestyle, and I will:

Signed _____



Tyrone lives in the same neighborhood as his cousin. They were really close, and they saw each other almost every day. Usually, they watched TV together or played video games. Tyrone talked with his cousin about some of the healthy lifestyle changes he was making. His cousin agreed to help him increase his physical activity. Tyrone also offered to help his cousin in return. They made a contract for support. After talking about it, Tyrone wrote:

I, Tyrone, promise to make healthy lifestyle changes to improve my health. I am trying my best to get more physical activity. You can help me by going with me to the park and playing basketball with me for an hour, 3 days a week. If you help me in this way, I agree to help you fix your bike.

His cousin wrote:

I, Marcus, promise to help you live a healthy lifestyle, and I will agree to go with you to the park to play basketball for an hour, 3 days a week. If I do this activity, I understand that you will help me fix my bike.

Tyrone and his cousin both signed the contract.

What have you learned from this chapter?

Doing different GREEN activities will keep you from getting bored and will exercise different muscles in your body. It is important to exercise different muscles so that your whole body can be strong.

Now that you have begun to do GREEN activities, the next step is to increase the physical activity you do. You can do this by spending more time doing physical activities or by increasing how hard your body works while doing the activities. The more intense GREEN activities are called Fitness Boosters because they help you become fit.

Sometimes, it is tough to fit physical activity into your daily life, especially if you don't plan for it. A weekly schedule will help you keep track of the things you want to do and when you want to do them.

Getting support from your family and making contracts for physical activity can help you meet your goals.

Chapter 17:

Family Teamwork

Here's what you learned about in Chapter 16:

- ▶ Being more physically active will help you lose weight and be healthier.
- ▶ A good way to do this is by spending more time doing an activity you enjoy. Or, you may do different physical activities to keep you from getting bored. Doing this will work different muscles in your body. It is important to work different muscles so that your whole body can be strong.
- ▶ Sometimes, it is hard to fit physical activity into your daily life. A weekly schedule will help you keep track of the things you want to do and when you want to do them. It will also make it more likely that you will actually do these things. Support from family and friends can help you meet your activity goals.
- ▶ Now that you have begun to do GREEN activities, the next step is increasing the level of intensity of your physical activities. You can do this by spending more time doing the activities you enjoy, or by increasing how hard your body works while doing activities. You can work your body harder by doing Fitness Boosters.



Here's what you will learn about in this chapter:

- ▶ Improving family meetings
- ▶ Family teamwork
- ▶ How your family can help you meet your healthy eating and activity goals



Family meetings

Why is your family meeting important?

You have been having family meetings with your parents since the beginning of the program. This meeting is the special time each day that you and your parents set aside to talk about the important changes you are making. During this time you are able to solve any problems you



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal ____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day
- ⊙ Talk about healthy eating and physical activity goals with your family

- ⊙ _____
- _____
- _____

Fill in the blanks

When do you usually have your family meetings?

How long do your family meetings last?

Who usually meets with you?

may have in meeting your goals as well as to celebrate the successes you are having. Meeting every day helps you and your parents work as a team to meet your goals and take care of your diabetes. This is a wonderful chance for you and your parents to spend time together.

What's going well in your family meetings?

Now that you have been meeting with your parents for awhile, let's stop and think about what has been going well in these meetings.

Remember the tips listed in Chapter 1 about how to have a good family meeting? Below is a copy of that list. Check off the behaviors that you are doing on this list of tips. Circle the behaviors you could do to improve your family meetings.

- Meet in a quiet place without a TV or radio.
- Meet at the same time and in the same place every day. (After dinner is often best.)
- Keep the meeting short, usually 5-10 minutes, unless you are doing a special activity like planning meal menus or making a shopping list.
- Have your Lifestyle Log and other activities finished before you meet.
- Bring all of your materials to the meeting.
- Ask your parents any questions you might have.
- Ask your parents to sign or initial your Lifestyle Log after they have looked it over with you.
- Bring up any problems you are having in meeting your goals.
- Make plans for any special activities, like shopping for healthy foods or getting physical activity.
- Share any feelings that are bothering you.
- Write down any questions that your parents cannot answer so you can bring them to your PAL.
- Thank your parents for meeting with you, for helping you, and for being so encouraging.

What do you like about your family meetings?

Everyone can benefit from making the healthy changes we recommend in this program.

Tyrone and his mom have been meeting every night at 7:30 p.m. for several months now. At first, it was hard to find time. But now, they have made it a point to meet at the same time each night. They don't let anything interrupt this time they have together.

Tyrone and his mom usually meet for 10 or 15 minutes to review his day and his progress towards his goals. Tyrone comes to his meetings with his Lifestyle Log completed so that his mom can review it with him. They meet in Tyrone's room so that there are no distractions. This has worked well for them, and Tyrone looks forward to his nightly meetings with his mother.

What could be even better?

Since you have been meeting for some time now you may have discovered that there are some things that aren't working so well for you. Let's take a minute to think about those things. It's OK to think about how you can improve your family meetings. You learn as you go—what may have worked in the beginning may not be working now or maybe you have thought of some things that would make your family meetings even better.

Family Teamwork

You learned previously that you are not alone in making healthy lifestyle changes. Your family members, friends, and your PAL are all part of your TLP support team helping you make the changes that are important to you. In this chapter we are going to talk about one part of your TLP Team—your family. Your family can help you, but they can also help themselves at the same time.

What are some things that would make your family meetings better?

Write down any changes you would like to see in your family meetings:

1.

2.

3.

Talk with your parent and discuss your ideas for improving the family meetings. Talk with your PAL about how it went at your next visit.

Think about the members of your family who live in your house with you. Write down their names below. Think about ways that these family members can help you make healthy lifestyle changes as you read and work through this chapter.

Family Member	Help I Could Get



There are lots of ways for your family to help you reach your healthy eating goals.

The TLP is for everyone in the family, not just you because you have diabetes. Many people divide their family members into those who need to lose weight and those who don't, or those who have diabetes and those who do not. But everyone can benefit from making the healthy lifestyle changes you are trying to make.

How can your family help you with healthy eating?

As members of your TLP team, your family plays a very important role in helping you to eat healthy.

There are lots of ways for your family to help you reach your healthy eating goals. By asking for their help and getting them involved in being a part of your TLP support team, you are creating a wonderful

system of support for yourself. You will also want to remember that making these changes will not only benefit your health, but the health of everyone around you who chooses to participate.

Here are some ideas about ways your family can help you with your healthy eating. Check off the things that they are doing. Circle the ones that they could do or that you would like them to do more of to help you reach your goals. Add your own ideas at the end. Share these ideas with your family.

- Remember to praise you.
- Remind you about your RED food goal.
- Do not bring RED foods into the house. (Don't buy them!)
- Post a sign on refrigerator reminding you of your RED food goal.
- Plan healthy meals using GREEN and YELLOW foods.
- Serve healthy meals with fruits and vegetables.
- Help you plan healthy GREEN and YELLOW snacks.
- Don't take you to fast food restaurants.
- Talk to other parents about foods that are healthy for you.
- Keep fresh fruit and veggies within easy reach.
- Don't offer you RED foods like sweets, cookies, pastries, or other baked goods.
- Don't make food the focus of your time together.
- Don't reward you with food.
- Ask for your help in planning the grocery list each week so that there are plenty of GREEN and YELLOW foods in the house for everyone to enjoy.
- Pack healthy lunches for you with GREEN and YELLOW foods.

How can your family help you get the GREEN activity you need?

This chapter is about ways to get your family actively involved as members of your TLP Team. A team is a group of people working together to reach a goal like winning a soccer game or completing a project. Your family can be a team working together to help you be healthy and take care of your diabetes.

Now let's think about ways your family support team can help you get the GREEN activity that you need.

Families can have a lot of fun doing physical activities together. You can all take a walk in the park after dinner, ride bikes around your neighborhood on weekends, play soccer together in the yard,

or go for a hike. Doing activities with your family members will help keep them healthy too—it's also a lot of fun to do things together.

Not only can your family participate in activities with you, they can help you get ready for or take you to the activity. Family members can drive you to karate class or help you fix your bike. They can also help you plan activities instead of watching TV, playing video games, or using the computer. There are lots of ways for your family to help you achieve your physical activity goals or actually participate in the physical activity with you. Remember—it will help them be healthy too!



Write down the ways your family has been helping you reach your physical activity goals.

Family Member	How This Family Teammate Helps Me Reach My Physical Activity Goals
Mom	walks with me after school

Alicia's parents are both very busy with their jobs. Often they are very tired when they come home. In the past, they didn't do any physical activity.

Now that Alicia is trying to make healthy lifestyle changes, they are working hard to help her make these changes. Her parents have started to take a walk after dinner. It was short at first, but now they are walking a little more each day. She often joins them on their walk. This is great for Alicia, and great for her parents.

Make a list of physical activities you would like to do as a family or with family members. Share this list with your PAL and talk about it with your family.

Physical Activity I'd Like To Do	Family Members I Could Do This With

Create a chart of ways your family can help you with your physical activity. Don't be afraid to ask for their help—remember, you are working together as a team. Teams work together to achieve goals.

Family Member's Name	Activity I Need Help With	How This Family Member Can Help
Joey (my brother)	Fixing my bike	Help me put a new chain on

We're all in this together

It is important to remember that you are not alone. Your family can be a team. You and your family can make team goals for healthy eating and physical activity. Talk with your parent and family about these goals. For example, your family may decide that it is important to spend less time being inactive. Your goal as a family may be something like this: "We agree to watch TV less than 2 hours per day at home."

Or, your family may want to stop having so many RED foods like soda and potato chips. Your goal as a family could be: "We agree not to bring soda and potato chips into the house so that we all cut down on RED foods."

You have been keeping track of your own eating and physical activity. See what goals your family can make, and keep track of your family's success.

Everyone can benefit from eating healthy and getting physical activity. Your PAL is there to help you and your family make changes. Don't be afraid to ask your PAL or members of your family for help. It takes a lot of courage and hard work to make healthy lifestyle changes and to do what is necessary to take care of your diabetes. Just remember, there is a team of people behind you ready to help and cheer for you along the way!

What have you learned from this chapter?

Family meetings are an important part of the TLP because they can give you a lot of support for making healthy lifestyle changes. Be sure to talk to your parents about what can make your family meetings even better.

Because it's sometimes tough to do it alone, it's important to have a team of people supporting you as you work to make healthy lifestyle changes. You have identified some ways for your family to help you reach your eating and physical activity goals. Now is the time to ask them for a little more help. Remember—they all want to see you succeed!



There are lots of ways for your family to help you achieve your physical activity goals or actually participate in the physical activity with you.

Chapter 18:

Using Social Support

Here's what you learned about in Chapter 17:

- ▶ Family meetings are an important part of the program because you can receive a lot of support from your parents at the meeting. You thought about what could make your family meetings even better.
- ▶ You learned a lot about family teamwork. It's important to have a team of people supporting you as you work to make healthy lifestyle changes. You also thought about ways your family could help you make healthy lifestyle changes.



Here's what you will learn about in this chapter:

- ▶ What social support is
- ▶ How support can help
- ▶ Types of support
- ▶ How to ask for support



What is social support?

Social support is help you get from the people around you. This support helps you meet your goals. When it comes to taking care of diabetes, you can use all the help you can get. Your PAL has helped you during this program. Last week you learned about family teamwork. This week you will learn how other people can also be part of your TLP support team, helping you make the changes that are important to you.

Social support is help you get from the people around you. This support helps you meet your goals.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal ____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day
- ⊙ Talk about healthy eating and physical activity goals with your friends

- ⊙ _____
- _____
- _____

Circle the sentence that is TRUE.

- A. Social support is anything a person does to help you meet your goals.
- B. Social support is unhelpful behavior that stops a person from meeting personal goals.

Think about the friends with whom you spend a lot of time. Write down the names of these friends. These friends can be valuable members of your TLP support team.

Friends who can be members of my TLP Team are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Check off the behaviors that are supportive of your new healthy lifestyle.

- Asking me to go to a fast food restaurant
- Eating donuts in front of me
- Making a salad for me
- Offering me a candy bar
- Offering me an orange
- Packing an extra apple in their lunch for me
- Reminding me that eating healthy is good for me
- Taking me to a health food store

How can your friends support you?

Your friends can support your healthy eating habits. There are many ways to do this. They can offer you healthy foods at lunch or eat healthy foods with you. They can avoid eating RED foods when you are with them. If you are a frequent visitor at their homes, they can also ask their parents to keep healthy foods that you like to eat in the house. They can suggest eating at restaurants that have healthy food choices instead of fast food places that usually don't have healthy options. Or they can just remind you how the changes you are making are benefiting your health.

Your friends may already be doing supportive things to help you be healthy and manage your diabetes. Can you think of any ways they are trying to help?

Your friends can also support you in being physically active. They can join a sports team with you or invite you to do physical activities with them. They can remind you how healthy the physical activities are for you.

Your friends may also offer you "motivational support." Motivational support inspires you to keep going. Remember when you read about praise in Chapter 5? If your friends tell you that you are really looking good, they are giving you praise **and** showing you that they support your efforts. Friends might also encourage you by telling you to keep up the good work.



Your friends can also support you in being physically active.

Here are some ways that friends can support you in making lifestyle changes and reaching your goals. Can you think of other ways? Add them to the list.

Support for Healthy Eating	Support for Physical Activity	Motivational Support
<i>Help me plan healthy snacks</i>	<i>Jump rope with me</i>	<i>Encourage me</i>
<i>Don't bring junk food around me</i>	<i>Encourage me to jog</i>	<i>Praise me for doing the right thing</i>
<i>Don't ask me to go to fast food restaurants</i>	<i>Go for walks with me</i>	<i>Encourage other friends to support me</i>
<i>Encourage other friends to eat healthy too</i>	<i>Go swimming with me</i>	<i>Join me in making healthy lifestyle changes</i>

Think of the friends whose names you wrote earlier. Do your friends know about diabetes? Do they know what you are trying to do to manage your diabetes? Think about what they can do to help you meet your goals.

Ways My Friends Can Help	Friends Who Can Help
<i>Remind me to not get ice cream after school</i>	<i>Jose</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Here are some high-risk situations. Think about how your friends can support you.

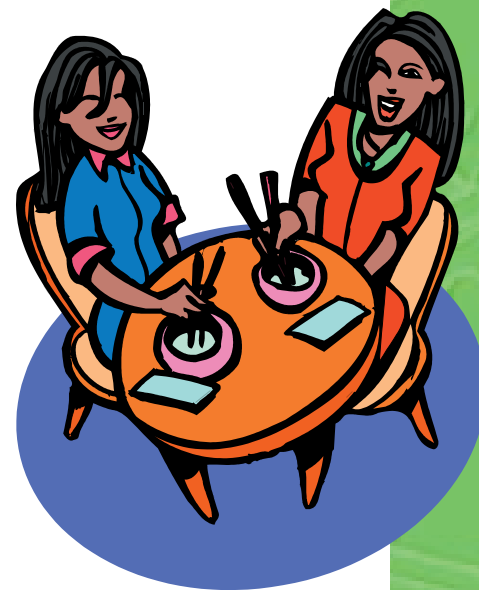
▶ You are invited to a birthday party. You have a small piece of birthday cake, but say no to ice cream and other RED foods. Some of the kids keep asking you why you aren't eating what they are eating. List some ways your friends could support you in this situation.

▶ You are at a holiday party at your friend's house. There are all types of foods. Some you have never eaten. How can your friend help you pick healthy foods to eat?

▶ You have decided that you want to start playing soccer, but you would have to give up some of your free time. It might be easier just to sit at home. List some ways your friends can support you playing soccer.

Support from Friends When Facing High-Risk Situations

Support from friends is especially important during times when you may really want to eat unhealthy foods or be inactive. Times when you are really tempted are called high-risk situations. Having someone to remind you of your goals during high-risk times can really help you stay on track. It's helpful for someone to say that it's OK for you not to eat unhealthy foods and praise you for not doing it.



Asking for help

Probably the toughest thing about social support is that it often does not just happen on its own, at least not at first. Usually you have to ask for support.

You may be surprised at the positive and supportive reactions that friends can give you after you have made only one or two requests for help. Many people who have asked for support from friends discovered that their friends wanted to increase physical activity themselves and were happy to join them in being more active.

When it comes to asking for help, the first thing you need to do is **decide what kind of help you want**. Different people want different kinds of help. Some people like to walk alone but prefer bicycling with other people. So it wouldn't make sense for those people to ask their friends to walk with them. That is why it is important for you to figure out what you want before asking for help.

Second, you need to **decide whom to ask for help**. You can get a good idea of whom to ask by looking at the list of friends on your TLP Team. These are the friends you think will most likely help you reach your goal. Next, you need to figure out who can really help you. For example, if you want someone to go bike riding with you, you should ask someone who has a bike or can borrow one. Or if you want

Having someone to remind you of your goal during high-risk times may really help you stay on track.

someone to remind you to eat a healthy breakfast, you should pick someone you are likely to see in the morning.

Lastly, you need to **decide how to ask for help**. It is sometimes hard to know where to begin when you want to ask for help. Here are some things to keep in mind when asking for help.

When it comes to asking for help, the first thing you need to do is figure out what kind of help you want and need.

- ▶ Pick a good time to ask for help. You may want to wait until the person is not busy so that they can devote their time to listening to what you have to say.
- ▶ Tell the person that you appreciate what they have already done to help you. Use examples so it is really clear. For example: "I really appreciate you going swimming with me."
- ▶ Be honest and clear about what you want them to do.
- ▶ Explain how the person's actions will help you.
- ▶ Thank the person for helping you.

What have you learned from this chapter?

Social support is help you get from the people around you. Your friends can help you by encouraging your healthy eating habits, helping you stay physically active, and supporting you when you take care of your diabetes. This support can be very helpful during high-risk situations when you are especially tempted to eat RED foods or do RED activities. Asking for support is a good way to get the kind of help you want.

Tyrone was having trouble because he was running late to soccer practice after school. He didn't like being late because he missed the warm-up practice. He knew he would be on time for the warm-ups at practice if he could get a ride. He asked one of his friends on the soccer team if he could ride with him from school to practice. His friend said that he would be happy to give him a ride. Tyrone was glad he found a way to make it to soccer and meet his physical activity goals.

Chapter 19:

Teasing and What to Do About It

Here's what you learned about in Chapter 18:

- ▶ Social support is help other people give you to help you meet your goals. Your friends can support you by supporting your healthy eating habits, helping you stay physically active, and encouraging you to take care of your diabetes.
- ▶ Social support can be really helpful during high-risk situations when you are especially tempted to eat RED foods or be inactive. Asking for support in a very specific way is a good way to make sure you get the kind of support you need from family and friends.



Here's what you will learn about in this chapter:

- ▶ What teasing is
- ▶ Why some people tease
- ▶ What not to do if you are being teased
- ▶ What you can do to stop being teased
- ▶ How to use problem-solving for even more ways to stop teasing



Sometimes people aren't supportive of healthy lifestyle habits

In Chapters 17 and 18 you learned about how important it is to have help and support from others, such as friends and family members. It makes it easier for you to make healthy food and activity choices when you have other people helping and praising you.

But sometimes people—even friends and family members—can make it hard for you to do the healthy behaviors that are important for losing weight and taking care of your diabetes. How can they make it hard for you? They can tease you while you are trying to lose weight.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ___ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of ___ minutes each day
- ⊙ _____
- ⊙ _____
- ⊙ _____

Have you been teased before? If so, write a little about that time:

Who teased you?

Where were you when this happened?

What was said or done to you?

How did it make you feel?

How did you react? What did you do or say?

Is anyone teasing you now?

If yes, write down who is teasing you.

What are you being teased about?

How are you trying to handle being teased?

How is your plan working?

Talk about this situation with your parent and your PAL.

What is teasing and why does it happen?

Teasing is when someone laughs at you or says mean things to you about the way you look or act.

Why do people get teased? People get teased for all sorts of reasons--their clothes, hair, shoes, glasses, braces, or weight. They get teased for acting a certain way. They also get teased for not being good at sports, art, or music—or for being good at these things. They even get teased for working hard at school.

Teasing is really a form of bullying. People tease other people because they want them to react. Teasers (people who tease) think it is funny to see other people get angry, upset, or embarrassed. Teasers also like the attention they get from the other people.

How teasing makes you feel – and what you can do about it

Teasing makes you feel very bad inside. You may feel angry, hurt, sad, or embarrassed. You may have several of these feelings at once.

Since bullies want to see you get upset, how you show or don't show your feelings about being teased is important. If you react by getting upset or angry, you will probably be teased again. The first response of many people when they are teased is to tease back or call the teaser names. They want the teaser to feel as bad as they do. This usually doesn't work because it shows the teaser how upset they are. It may also make the bully angry and want to hurt you more.

There are better ways than this to deal with teasing. You don't want to be aggressive, but you also don't want to be too passive. Here are some good ways to deal with teasing.



Remember, getting upset is what the teaser wants you to do.

Stay calm and try not to react when you are teased

The first thing you need to do if you are teased is to try to stay calm by not crying, getting upset, or becoming angry. Getting upset is what the teaser wants you to do. Don't let the bully know that the teasing bothers you, even if it does. The teaser is picking on you because he thinks it is fun to see you respond by crying, getting upset, and calling the teaser names or fighting back by hitting. By staying calm, you are taking some of the fun out of teasing for the bully.

Don't sink to the teaser's level by teasing back, arguing, or calling the teaser names. That will make the teaser angry enough to keep saying things to you.

Remember that while the teasing can be hurtful, not giving the teaser what he wants—not showing that you are upset—will help stop the teasing.

Talk to your friends when you have been teased

Of course, you may have been angry, hurt, sad, or embarrassed. You may have had several of these feelings at once. Sharing your feelings with supportive people like your friends and parents can help you stay calm when you are dealing with the teaser.

Make a plan to handle the next time you will be teased

If it is the same person who teases you time after time, make a plan about what you will do the next time it happens. Here are some ideas that you can try. Try them and see what works well for you. Once you start doing one of these plans, stick with it while you are around the teaser.

► Ignore the teaser.

Walk away from the teaser as soon as the teasing starts. Do not look at the teaser and do not say anything to the teaser. Just walk away.

Why does this work? Because the teaser likes getting you angry and upset. It is not fun for the teaser if you do not answer. It is important to remember that the teaser might continue to tease you for a while because he is used to getting you upset or angry. But, hang in there. If you do not respond to the teasing, the bully will get tired of it and quit.

Circle the correct answer:

You shouldn't talk to anyone about how being teased makes you feel.

TRUE

FALSE

Don't let the teaser know that the teasing bothers you, even if it does.



It is important to make a plan about what you will do the next time you are teased.

► **Hang out with your friends.**

Ask a friend or friends to help you by being there for you. It is easier to deal with teasing when you have a friend to count on for help and support. Why? First, teasers are less likely to pick on you if you are with a group of friends. Second, if you are picked on, it is easier to handle if there are friends there with you who can support you.

Tell your friends not to tease, argue, or call the teaser names. They are there to give you help and support. Be sure to praise your friends for helping you. This will make them want to help you more.

► **Take away the fun of teasing.**

Show the teaser that you are not bothered by her teasing by answering with a short, snappy, and clever comeback. Your answers should not be nasty. You want to show the teaser that you are not taking the teasing seriously. What can you say that lets the teaser know that you are not bothered by what she says?

Here are some comebacks that you can use:

- "So what?"
- "That's so old."
- "And your point is...?"
- "Gee, I never heard that one before."
- "Can't you think of anything else to say?"

If you don't like these comebacks, try coming up with some of your own. It is important that you feel okay with the comeback that you are going to use the next time that you are teased. Otherwise, you won't use it.

By answering the teaser this way, you are showing the teaser that the teasing is not getting you upset or angry and that you are not taking the teasing seriously. You are not letting the teaser know that the teasing bothers you, even if it does.

The best way to deal with teasing is to try to stay calm and not show that you are bothered.



Practice your own comebacks

Describe some times you were teased:

Write down some short, snappy comebacks you could use in the future:

Practice Comebacks

Once you decide that you are going to use snappy comebacks, you need to prepare. Plan what kind of things you are going to say to the teaser. Then practice saying your comebacks.

Who should you practice with? Ask your family and friends if you can practice saying your answer to them. The more you practice, the more confident you will feel.

Keep these helpful tips in mind when you practice using comebacks

1. Stay calm.
2. Look the teaser in the eye.
3. Keep your answer short and simple.
4. Don't be nasty or call the teaser names.

When you use snappy comebacks, you are being clever and letting the teaser know that you are not bothered by what she is saying.

Reward yourself for dealing with teasing in new ways

It feels bad to be teased. You should feel good about yourself when you don't give in and you deal with teasing in a new way. Praise yourself for not showing that you are upset or angry when being teased.

Some ways to praise yourself after dealing with teasing are to say to yourself: "Way to go. Great work. Good for me!"

You could tell a supportive family member or friend about how you handled the teasing so that they have a chance to praise you, too. Probably one of the best rewards for dealing with teasing differently is that you will be teased less often. That—and knowing that you stood up for yourself—will make you feel great!

What if none of these plans help?

If teasing continues or something serious is bothering you, talk to your parent. Together, you and your parent can try using the steps of problem-solving. Remember, the steps of problem-solving that you learned about in Chapter 13?

1. Identify the problem
2. Brainstorm solutions
3. Compare solutions
4. Develop a plan
5. Put the plan to work
6. Evaluate how the plan worked

Using your problem-solving skills will help you come up with a plan that will work for your situation.

Tyrone was having problems at school with some of the older boys teasing him in gym class.

Tyrone talked to his PAL about the teasers. They came up with two plans.

Tyrone was feeling more confident the next day when he walked into the gym. The older boys came in and started teasing him. Tyrone decided he would try ignoring the boys. They got louder. Tyrone got more upset, but he was careful not to show it.

Tyrone decided to try his backup plan. He walked over to his friends by the opposite wall and started talking to them.

At first this didn't seem to work because the older boys followed him. But Tyrone and his friends kept talking and ignoring the bullies.

Eventually, the older kids walked away.

Tyrone did really well. Sometimes there can be more than one way to deal with a teaser. Can you use the problem-solving techniques and think of another plan Tyrone could try?

What have you learned from this chapter?

Teasing is very common. Teasers are bullies who want to feel important. They are mainly interested in getting a reaction from the person they tease.

The best way to deal with teasing is to try to stay calm and not show that you are bothered.

Although showing your feelings to a teaser is not helpful, talking about these feelings with friends, family, or your PAL can help a lot.

Like so many lifestyle changes, changing the way you respond to teasing involves planning and practicing how you want to handle a teaser differently.

Some good ways to deal with teasing are to ignore the teaser, hang out with your friends, and say things that take the fun out of teasing.

You can also use problem solving to help you come up with even more plans. This way teasing won't get you off track!

Chapter 20:

Learning to Eat When You Are Hungry—and Not When You're Not

Here's what you learned about in Chapter 19:

- ▶ People get teased for all sorts of reasons.
- ▶ People who tease are bullies. They are mainly interested in getting a reaction from the person they tease. They think it is funny to see other people get angry, upset, or embarrassed. They think that this makes them important.
- ▶ The most important thing to keep in mind when being teased is to stay calm and not show that you are bothered. Although showing your feelings to a teaser is not helpful, talking about these feelings with friends, family, and your PAL can help you deal with your feelings. Some good ways to deal with teasing are to ignore the teaser, hang out with your friends, and say things that take the fun out of teasing.



Here's what you will learn about in this chapter:

- ▶ The difference between feeling hungry, satisfied, and full
- ▶ How to recognize when to stop eating
- ▶ Why people eat too much
- ▶ Ways to prevent overeating



Recognize when you are hungry

Your body is pretty amazing because it will let you know when it is time to eat. When you are hungry, your body will send you signals that are called hunger cues. Hunger cues are things like your stomach growling, feeling a little weak, or feeling light-headed.

All of these are signals that it's time to eat. However, if you are just a little hungry, eating an apple or some yogurt can satisfy your hunger.

The more your body needs food, the stronger the cues it sends to your brain. You feel weaker. Your stomach aches more. When you are really hungry, you need to eat more.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ___ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of ___ minutes each day

⊙ _____

Can you think of the last time you received a hunger cue? Describe the situation, the cue, and what you did next.



The trouble is, many of us eat when we are not hungry. Or we start eating when we are hungry and continue eating long after we are no longer hungry.

It is important to remember that different people have different feelings when they are hungry. When you check the level of your blood sugar, you might get a signal that you need to eat something if your blood sugar is too low.

Recognize when to stop eating

In the same way that your body tells you that you are hungry, your body lets you know when you should stop eating. It sends a signal to your brain that you no longer feel hungry. The stomachache has gone away because you have eaten enough to satisfy your body's hunger. You are no longer feeling weak and do not need more food.

But it takes about 20 minutes for the signal to reach your brain. If you eat too fast, you are likely to overeat because your body has not had time to let your brain know that you have eaten. The trick is to eat slowly so that you do not eat too much before your brain gets the message to stop eating.

Eat to satisfy your hunger, not till you're full

Many of us have developed unhealthy eating habits. These habits make it hard to know when we have satisfied our hunger. To start recognizing when we have satisfied our hunger, we need to change some of our eating habits.

There are many different reasons why people eat, even when they are not hungry.

For example, many of us eat until we are “full.” For many people, “full” seems to mean eating until they cannot eat any more. Eating until you’re “full” means eating more than you need to satisfy your body’s hunger. It means eating until your stomach feels stretched and uncomfortable. To eat healthy, you need to stop eating when you have “satisfied” your body’s hunger, and that’s way before you feel “full.”

Sometimes you may think you are receiving hunger cues, even when you are not hungry. For example, popcorn is associated with the movies, which makes you always want popcorn when you watch the big screen. Even if you are not hungry, the smell of the popcorn tricks you into thinking that you are! This is an example of getting a food cue from your environment to eat when you are not hungry.

There are many different reasons why people eat, even when they are not hungry. Food is often paired with happy times or celebrations. People sometimes eat when they are upset or bored. People eat out of habit when watching TV. You will learn more about these reasons later in this chapter. We will also talk about how to cope with these things. It is important that you eat when you are hungry. It is also important that you don’t eat more than you need to satisfy your body’s hunger. Eating too much does not help you lose weight and take care of your diabetes.

Tyrone’s mom is a great cook. She always wants to make sure everyone in the family gets plenty to eat. When Tyrone leaves the dinner table, he often feels very full. He eats a lot of his Mom’s good cooking. Now that Tyrone is working on making healthy lifestyle changes, he has realized that he often eats more than he needs to eat. He keeps track and realizes that he is more likely to overeat at dinner.

Tyrone asked his mom if she could serve him smaller portions to help him eat fewer calories. He also asked her to leave the leftovers in the kitchen so he would not be tempted to ask for a second helping. He even asked his mother to make him wait 20 minutes before serving him a second helping if he asked. He asked her to make the second helping smaller, so that it was half the size of the first serving. Tyrone’s mother said she would be happy to do those things. She was proud of Tyrone for working to make healthier choices.

Choose the correct answer

A food cue from the environment can cause you to:

- A) Eat when you are not hungry
- B) Eat only enough to satisfy your hunger
- C) Eat without friends

Eating when you are not hungry does not:

- A) Help you lose weight
- B) Help take care of your diabetes
- C) Both A and B

It is important that you eat when you are hungry. It is also important that you don’t eat more than you need to satisfy your body’s hunger.

Let's review: Why Some People Eat Too Much

Sometimes people eat too much and ignore the real signals their bodies send them. There are many different reasons why people eat even when they are not hungry. Here are 10 reasons why people eat too much. Check off the examples that apply to you.

You don't recognize the cues from your body.

If you always eat until you are full rather than stopping when you are satisfied, it becomes tough for your body to tell you that you have satisfied its hunger. You rely on the feeling of fullness to tell you to stop eating rather than the signal that you have satisfied your body's need for food.

You eat too quickly.

It takes about twenty minutes for the signal that you are satisfied to get from your stomach to your brain. If you eat too much too quickly, you will not give your body enough time to get the signal. This may cause you to overeat.

You eat when you are upset.

Sometimes people eat when they are upset. When they do, they tend to overeat. When you learn to identify your emotions correctly, you can deal with them in a healthy way. You can also tell that you are not hungry and that food isn't what you need right now.

Your friends cause you to eat more.

Some groups of friends do activities that focus on food. For example, friends may meet at fast food restaurants a few times a week after school.

Have you noticed that you eat less (smaller portions) and yet feel less hungry now than before you started the program? Give an example of when you ate less than before but felt satisfied.

People sometimes eat when they are upset or bored.



Being at a fast food restaurant makes it easy to eat high-calorie, high-fat RED foods.

❑ You enjoy eating.

Eating can be fun. We often eat with our friends and family. As we are eating our favorite foods and talking to people, we might not notice all the food we are eating. If you know which times you tend to overeat, you can work at eating less at those times.

❑ You are used to larger portion sizes.

Many restaurants serve larger portion sizes than your body needs. Before “super-sized” portions, people ate much less and seemed to do just fine. Now people expect to eat “super-sized” portions of everything and don’t realize they are overeating.

❑ You eat a lot of calories to feel full.

Many people do not stop eating until they feel full, rather than stopping when they have satisfied their body’s hunger. You can eat a lot of calories from RED foods before you feel satisfied. If you eat healthy foods, like GREEN fruits and vegetables, you do not have to eat as many calories to feel satisfied. How does this happen? There are usually a lot fewer calories in healthy foods than in most RED foods, and the fruits and vegetables fill you up faster. The calories in half a candy bar would be the same as eating three pieces of fruit! Fruits and vegetables are great choices that make you feel full for fewer calories.

❑ You’ve made snacking a habit.

People eat and drink a lot of extra calories in snacks. Most of the time eating snacks is a habit. This means you may not be eating when you are hungry. It is important to know why you want a snack. Ask yourself, “Am I eating because I am hungry? Am I eating because my body needs energy now? Or am I eating because it’s a habit to snack in the afternoon or while I watch television?”

Knowing why you are eating can help cut down the number of snacks you have. Try to snack only when you are hungry and see what happens!

❑ You are not careful about your choices.

People often eat and drink foods that are convenient rather than what’s best for them. Popular drinks like soda and sweetened fruit juice have a lot of calories and take the place of healthier drinks, like low-fat milk. You can drink a lot of soda and take in a lot of calories, but not get full!

If you find yourself snacking out of boredom or habit, find something else to do.

Can you think of times when you eat too much?



❑ *Your environment encourages you to eat more.*

Some environments can make you eat more than you need. If a home has a lot of RED foods, it is easy to snack on them. You will eat more if those foods are everywhere in the house. But if there are only healthy foods in the house, you can eat only healthy snacks and save a lot of calories! Places like restaurants and parties may also cause you to eat more than your body needs.

❑ *You are a member of the “Clean Plate Club.”*

Have you ever been told to “finish what is on your plate?” People tell you to do this because they do not want you to waste food. If you have to finish what’s on your plate, even if you are full, this adds extra calories to your diet. It also makes it hard for your body to tell you when to stop.

Let’s review: How to avoid overeating

Overeating causes the energy balance seesaw to tip in the wrong direction. You eat more calories than you burn up and gain weight. Your body gets used to the extra food and expects you to eat that much again. Here are some tips on how to avoid overeating so that you can continue to lose weight and take care of your diabetes.

❑ *Keep it out of sight, so it’s out of mind.*

Sometimes the environment makes it too easy to overeat. If RED foods are not in your home, you will not be able to eat them.

Many families eat “family style,” where all of the food that has been prepared for the meal is set in the middle of the table. This makes it more difficult to control the portion size and number of servings you eat. If you eat in the dining room, leave the food in the kitchen. If you eat in the kitchen, leave the food in a part of the room that cannot be easily seen or reached from the table. If you keep extra food out of sight, it’s not there to tempt you.

❑ *Prepare just the right amount.*

Another way to help control portions at meals is to prepare just enough food for that meal. That way, there will be enough food to have an appropriate serving size, but there won’t be unnecessary leftovers. Not having leftovers will help you avoid the temptation to overeat during the meal. If there is extra food, it is helpful to immediately put it away or store it in the freezer for another time. However, even leftovers that are stored away might end up being a tempting late-night snack. Planning ahead for how much food will be required for your meal will help control your portion sizes and prevent unnecessary extra servings and leftovers.

Alicia used to spend a lot of time sending email to her friends. She would often eat a snack while she was on the computer. She would sometimes eat the whole bag of chips while sitting there. She found that she ate more of her snack than she had planned because she wasn’t paying attention to her eating. She decided to stop taking the bag of chips with her when she is on the computer. Now, she concentrates on her friends and their messages on the computer. Since she also spends less time on the computer, it is easier for her to avoid snacking out of habit.

❑ *Make some rules for yourself!*

A rule that eating can only be done in the kitchen or dining room makes it harder to overeat. It will keep you from eating in front of the television.

Eating in front of the TV is especially risky. People tend to pay attention to the show they're watching rather than what or how much they are eating, or if they are full. Also, commercials for food make people want to eat even more. This creates an association between watching TV and wanting to eat. Pretty soon, just watching TV makes you want to eat even if you are not hungry.

❑ *Listen to your body.*

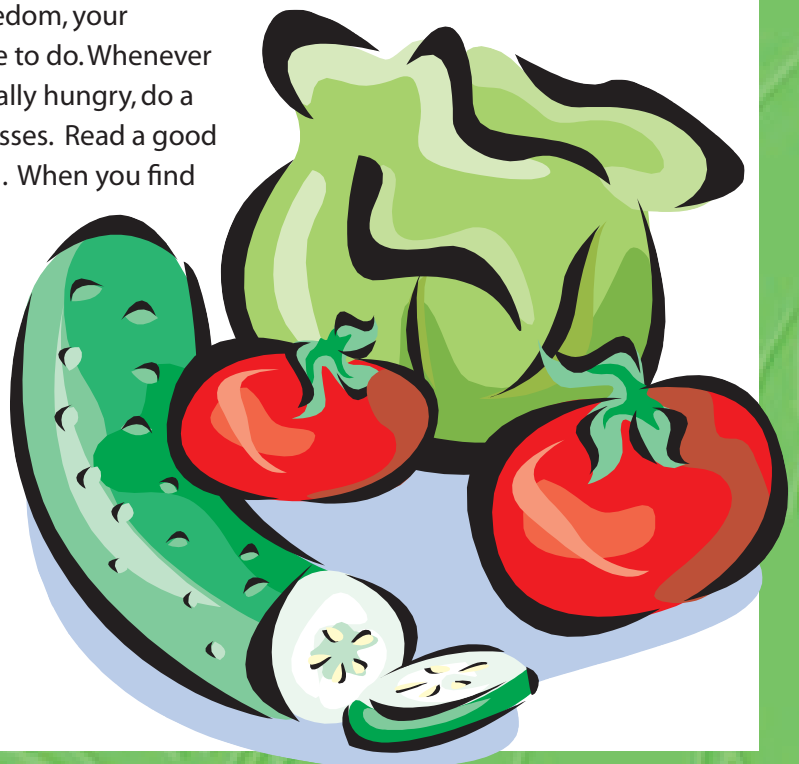
Your body will let you know that you are satisfied, but you need to learn to be alert for these signals. If you are used to eating until you are full, it will take some time before you recognize the satisfied signal. While you are re-teaching your body to recognize when you have satisfied your hunger, it is important to measure portions carefully. Remember that it takes time for the signal to go from your stomach to your brain, so eat slowly.

❑ *Eat more YELLOW and GREEN foods.*

Since YELLOW and GREEN foods have fewer calories than RED foods, it makes sense to eat these more frequently. Eating more YELLOW and GREEN foods will help if you happen to overeat because you will not eat as many calories. RED foods don't fill you up as fast, but they sure do have a lot of fat and calories.

❑ *Do something active instead of eating.*

If you find yourself snacking because of boredom, your emotions, or your habits, find something else to do. Whenever you feel like you want a snack but are not really hungry, do a more productive activity until the feeling passes. Read a good book, walk in the park, or work in the garden. When you find yourself wrapped up in some other activity, that urge to snack will pass. The enjoyment or feeling of accomplishment you get will be better than any satisfaction you could get from food.



Getting to know your habits will help you stop before you eat when you are not hungry. You can help yourself by creating a list of activities you could do instead of eating. Look at the activity list you created a few weeks ago to help you!

What are you feeling or thinking when you eat when you are not hungry?

What is it you really want when you eat and you're not hungry?

What are some things you might like to do instead of eating when you are not hungry?

What To Do Instead of Eating When You Are Not Hungry

Add your ideas to this list.

Read a book	Go for a walk
Listen to music	Go running
Organize family pictures	Work on a craft project
Talk on the phone	Write a letter
Play a sport with other kids	Go for a bike ride
Play a game with your family	Sweep a floor

It may be helpful to post this list of ways to avoid overeating on your refrigerator or somewhere in the kitchen where you can see it. The next time you want to eat when you are not hungry, you will see the list when you go into the kitchen. This will remind you to do something instead of eating.

If you find yourself tempted to eat because you are bored, upset, or in a place that you always eat, try looking at your list to find something else to do. This will help you avoid eating when you are not hungry, cut down your RED foods, stay in your calorie range, and make healthier food choices.

Avoid overeating so that you can continue to lose weight and take care of your diabetes.

What have you learned from this chapter?

It is very important to recognize when you are hungry, when you have satisfied your hunger, and when you are full. Your body sends you signals or cues about this—but you need to train yourself to recognize these cues and to respond. Eating slowly is important so that you do not eat too much before your brain gets the message to stop eating because you have satisfied your body's hunger. It takes about 20 minutes for this message to reach your brain.

People tend to overeat for a variety of reasons such as:

- ▶ Eating too quickly
- ▶ Snacking due to habit, boredom, or environmental cues
- ▶ Eating a lot of calories until feeling full rather than satisfied

There are many ways to avoid overeating. Some examples are: listening to your hunger cues, increasing your YELLOW and GREEN food intake, eating slowly, and avoiding eating due to boredom or other emotions.

Chapter 21:

Managing Emotions the Healthy Way

Here's what you learned about in Chapter 20:

- ▶ Learning to recognize when you are hungry, when you are satisfied, and when you are full will help you avoid overeating. You receive this information from your body as well as from cues from your environment.
- ▶ People overeat for a variety of reasons. Sometimes they eat until they feel really full, and by then they have eaten a lot of calories. They may snack due to habit, boredom, situational cues, or food cues in their environment. They may also eat too quickly. It takes about 20 minutes for your brain to get the signal from your body that you have satisfied your hunger.
- ▶ Some ways to avoid overeating are: listening to your hunger cues, increasing your YELLOW and GREEN food intake, and avoiding any eating due to boredom or emotional reasons. Eating slowly will also keep you from eating too much.



Here's what you will learn about in this chapter:

- ▶ What emotions are
- ▶ Why emotions make some people want to eat
- ▶ Healthy lifestyle ways to deal with emotions



Keep hunger and emotions separate

Emotions can cause physical sensations like an empty feeling in your stomach, light-headedness, or feeling weak or shaky. Sometimes it can be confusing to figure out whether that empty feeling in your stomach is hunger, worry, or stress.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ___ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of ___ minutes each day

⊙ _____

Can you name an emotion or a feeling that you might have if you just learned about a pop quiz? Write it down here:

You probably wrote down a word such as "scared," or "anxious," or "worried."

What are the three parts of an emotion or feeling?

1. _____
2. _____
3. _____

For example, when you walk into class and the teacher announces a pop quiz, your hands begin to get a little sweaty. You feel like the bottom has dropped out from your stomach. You think to yourself, "I haven't studied enough. I'm going to fail. This is awful!"

Afterwards, the empty feeling continues. When you go to lunch, you don't know whether you are still feeling upset about the quiz or whether you are hungry. So you eat.

As you can see from this example - and from your own life - emotions can be powerful. There are actually three parts of an emotion or feeling. Emotions include **sensations** you have in your body, like sweaty hands or an empty feeling in your stomach. Emotions also include **thoughts** in your head like "This is awful!" Another part of an emotion is the **label** you use - like sad, angry, or worried - to describe these body sensations and thoughts.

Last week you learned that hunger is your body's internal cue for eating. You may have physical sensations like an empty feeling in your stomach, light-headedness, or shakiness when you are hungry.

But physical sensations like this may also be caused by emotions. Sometimes it can be confusing to figure out whether that empty feeling in your stomach is hunger or worry!

If you don't learn to tell the difference between hunger and other internal physical sensations caused by emotions, you may develop an unhealthy habit of eating to make the feeling go away whenever you feel something inside—whether it's hunger or not.

When you use food to cope with emotions, you end up eating more calories than you need and may gain weight. You certainly won't lose weight like you want.

There's another problem with using food to deal with emotions. Eating to deal with emotions makes it harder for you to deal with the emotions themselves and the things in your life that are causing them.

When you learn to identify your emotions correctly, you can deal with them in a healthy way. You can also tell that you are not hungry and that food isn't what you need right now.



Learn to feel good without eating

People sometimes know they are not hungry but eat too much anyway just to feel good. Chewing, tasting, swallowing, and smelling food can be relaxing to your body. This kind of eating - eating when you don't feel good, eating just to make yourself feel good—is sometimes called “comfort eating.” The food you eat like this is called “comfort food.”

Some emotions can also make you uncomfortable. Since eating feels good, it is easy to eat to help you relax when you feel emotional. This kind of eating can become an unhealthy habit.

Sometimes other people may offer you food to help you with your feelings, especially family and friends who do not want to see you anxious, sad, or discouraged. When comfort food gets linked in your mind to people who care about you, it's easy to get into the habit of eating when you are upset because it reminds you of these caring people.

List some emotions that make you feel uncomfortable or bad:

Eating for comfort can become an unhealthy habit.

When Tyrone came home from school after dealing with the older boys in gym class, he was really sad and angry. He slammed the door hard as he came into the house. He sat down in the kitchen and put his head on the table. His Mom heard him come in, and she could tell he was upset and angry. She knew that Tyrone loved ice cream. She decided to offer to take him for ice cream in order to cheer him up.

Is offering Tyrone ice cream a healthy choice to help him feel better?

Why or why not?

What else could Tyrone's Mom do to help him feel better?

Circle the correct answer:

People sometimes use food to help deal with good and bad feelings.

TRUE

FALSE

When you learn to identify your emotions correctly, you can deal with them in a healthy way.

Of course, eating to feel good just doesn't work. Because you overeat, you can't meet your calorie goals. Because you use comfort food to deal with feelings, the feelings and the things that caused the feelings in the first place really are not dealt with at all. In fact, the feelings may even get worse.

Find ways to reward yourself without using food

Sometimes food will be used to celebrate or reward. Teachers sometimes use food to reward a class for good behavior. Group leaders might treat everyone to a meal at a fast food restaurant after working hard on a volunteer project. Parents may use food to thank you for helping out at home.

Using food as a reward or to celebrate a victory makes it hard for you to meet your calorie goals. And when food gets linked in our minds to good feelings, it is easy to get into the habit of eating to celebrate when you do something well or feel happy or proud.

There are two problems with using food to cope with emotions. First, you end up eating more calories than you need and may gain weight. Eating food to cope with emotions certainly makes it harder for you to reach your calorie goals. Second, in the long run, upsetting emotions are not really helped by eating. Responding to your emotions in healthy ways will help you get to know yourself better and take better care of yourself.

Learn to identify your emotions

It is important to take some time to start learning the difference between your body's hunger cues and your emotions.

When you learn to identify your emotions correctly, you can deal with them in a healthy way. You can also tell



Alicia just ate a healthy lunch. She is walking to class, and a boy she really likes smiles at her. She gets a shaky feeling inside. Her face feels all sweaty, and she thinks, "I can't believe he smiled at me! He must have been looking at someone else. Why would I even think he could be interested in me?" By the time she gets to class, she has a weird feeling in the pit of her stomach. Her hands keep shaking, and she feels close to tears. All she can think about is how hungry she is and how good a candy bar would taste right now!

Do you think Alicia is really hungry?

Why or why not?

Look at the list of feeling words below. Circle what you think Alicia might be feeling.

Angry	Sad	Nervous	Happy	Calm	Excited
Embarrassed	Lonely	Insecure	Confused	Stupid	

Could Alicia be feeling more than one thing at the same time?

when you are not hungry and that food isn't what you need right now. Then you can begin to think about what might really help you with that emotion.

Learn ways to relax without using food

One reason eating seems to help with emotions is that it can relax you. It's hard to be upset and relaxed at the same time. The good news is that you can learn to relax without using food. This is especially good news because relaxing can help to affect your blood sugar level.

Ask your PAL for some ways that you could try to relax when you are tense.

Next time you need to relax, try this instead of food:

1. Take 3 deep breaths. Take your time filling up your lungs with air and letting the air out.
2. Imagine one of your favorite quiet spots.
3. Tell yourself you are having a feeling, label your feeling, and remind yourself that it will pass.



Tyrone's class was having a party to celebrate the end of winter term. In the past, these parties had lots of RED foods. Usually, everyone just stands around eating and chatting.

Tyrone knew that all the RED foods were not healthy for anyone. He decided to suggest a different kind of party. Since it was winter and the weather was cold, Tyrone suggested that they make paper snow-flakes to decorate their classroom and play games at the party. The teacher brought art supplies, the students played games, and the class has a great party that didn't center around food!

4. Take the time to notice one thing you can hear, one thing you can see, and one thing you can touch right this moment.
5. Take 3 more deep breaths.
6. Return your attention to what you were doing, or do something physically active instead.

The good news is that you can learn to relax, and you don't need food to do it.

Turn to your friends when you need support

The next time someone suggests food to help you feel better, tell your friend that what you really need is support, not food. Then make suggestions about how your friend could give support. Ask your friend to listen to you talk about your feelings or problems you are having. Ask for a pep talk. Ask for a hug. Or ask your friend to keep you company while doing an activity together. Be sure and thank your friend for helping you out.

When good things happen to you, tell someone. Take some time to enjoy the good feelings that you have. You should take time to feel good when you have done something well or when you have finished something hard. Suggest non-food ways for groups to celebrate success.

Alicia kept a good food record on the same day that the boy smiled at her. By looking at her Lifestyle Log, she was able to talk with her PAL about the day. She told her that she ate a candy bar right after lunch. Her PAL helped her see that since she had just eaten a healthy lunch, she probably wasn't hungry. Instead, she was probably reacting to her emotions by eating.

The next day Alicia got a bad grade in class. She started to have that same feeling in the pit of her stomach, and she felt like crying. She thought about eating, but then she reminded herself to think more about her emotions. She decided that she wasn't hungry, but she was feeling scared about failing the class.

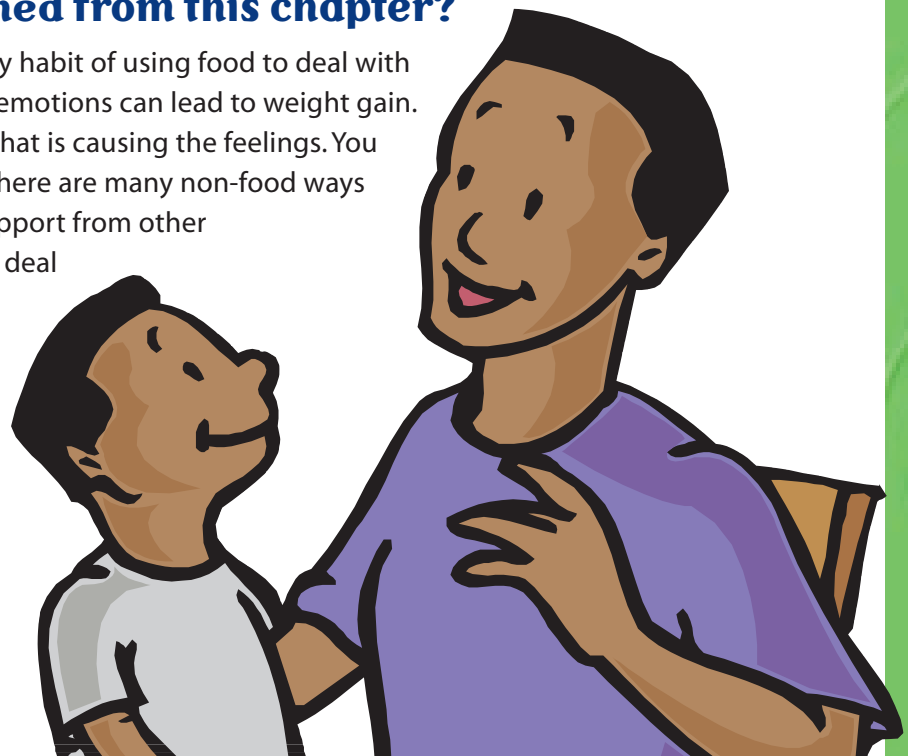
Alicia realized that eating wouldn't help her with these feelings. So, she talked to her friend on the way to her next class about how she was feeling. Her friend encouraged Alicia to talk with her teacher about her grade. Then her friend helped Alicia feel better by saying she would help her study. They started talking about the movie they were going to see, and Alicia realized that she wasn't feeling so scared any more.

What did Alicia learn?

How will this help Alicia?

What have you learned from this chapter?

It is easy to get into the unhealthy habit of using food to deal with feelings. Using food to deal with emotions can lead to weight gain. It certainly doesn't help you fix what is causing the feelings. You learned to label your emotions. There are many non-food ways to deal with feelings. Getting support from other people is one of the best ways to deal with feelings.



Chapter 22:

Keeping Old, Unhealthy Habits Away

Here's what you learned about in Chapter 21:

- ▶ Emotions can be very powerful. Many people fall into the unhealthy habit of using food to deal with feelings. Eating doesn't help fix what is causing the feelings. Eating to deal with emotions can cause you to gain weight.
- ▶ There are many non-food ways to deal with emotions. It is important to label your emotions and talk about them. Getting support from other people is one good way to deal with strong feelings.



Here's what you will learn about in this chapter:

- ▶ What a lapse is
- ▶ What a relapse is
- ▶ How to know when you are relapsing
- ▶ Tips to control relapsing



Slip-ups don't have to lead to failure—or to a relapse

Sometimes, when you have a goal you are trying to reach, you may slip into old, unhealthy habits. A small slip or setback is called a **lapse**. For example, you might eat more RED foods than you should at breakfast. Or, you might not be active for a week. Everyone can slip up from time to time. When things go wrong, the important thing is to believe things will get better and to keep trying.

One slip in your habits does not mean you should stop trying. No one is perfect. Get started doing your healthy behaviors as soon as possible. If you slip-up at breakfast, try to have a healthy lunch. Don't just give up on having a healthy day.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ___ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of ___ minutes each day

⊙ _____

In the morning, Alicia was very upset with herself. There had been doughnuts at school. Instead of saying “No, thank you,” or only eating a small amount of this RED food, she ate two doughnuts. She was feeling very guilty, and she felt she had gone back to her old, unhealthy ways of eating.

Then, she remembered that one lapse does not mean that she should stop trying. At noon, Alicia ate the healthy lunch she had packed. She decided that she would try extra hard not to eat too many more RED foods that week so she could still meet her goal.

Fill in the blanks with the correct words.

A _____ is when you have one setback or slip. When you have many setbacks and go back to old, unhealthy habits, it is called a _____ .

Even though you may feel really great about the changes you are making to stay healthy, going back to old habits may be tempting. You may be tempted to relapse. A relapse is more serious than a lapse. A

relapse is having a series of slip-ups. It means you have gone back to doing many of your old unhealthy habits again. You do not want to relapse. It means you are not doing the healthy behaviors you learned.

You may find that some of your old habits start to sneak back into your lifestyle. If you find that you are doing some of your old habits, **Stop and Think!** Remind yourself how great it feels to eat healthy foods and be physically active.

Here are some signs that suggest you may be starting to relapse:

- ▶ Being less active
- ▶ Being more sedentary
- ▶ Clothes getting tighter
- ▶ Eating few GREEN and YELLOW foods
- ▶ Eating larger portions
- ▶ Eating more helpings
- ▶ Eating more RED foods
- ▶ Gaining weight
- ▶ Not weighing
- ▶ Not having daily meetings
- ▶ Not recording
- ▶ Not talking about healthy behaviors
- ▶ Not keeping your weight graph



If you find that you are doing some of your old habits, **Stop and Think!** Remind yourself how great it feels to eat healthy foods and be physically active.

Overcoming Mistakes

Everyone makes mistakes, and everyone gets discouraged sometimes. How you cope with slip-ups is what’s most important. When you face a problem do you ...

- ▶ Automatically think it’s your fault?
- ▶ Think that once you have a problem it will always be there?
- ▶ Try to get as much information about the problem or go to an expert for some advice?

Some people are optimists. They see problems as:

- ▶ Situations to solve (solvable)
- ▶ Situations that won't stay the same way forever (temporary)
- ▶ Situations that are limited to one part of life (specific)

Some people are pessimists. They see problems as:

- ▶ Situations impossible to solve (overwhelming)
- ▶ Situations that will never change (forever)
- ▶ Situations that spread to all parts of life (personal)

Some people mix the optimist and pessimist ways of coping. Depending on the problem, they can cope either way.

Improve your coping style

Whenever you are working on something for life, problems and unplanned things happen. Pessimists can have a hard time staying motivated to make lifelong healthy changes. Why? Because thinking that bad things will continue to happen makes it a lot harder to try to do the right things.

Being optimistic when things go wrong helps you stay motivated. You can learn to see problems the optimistic way as specific, temporary setbacks with solutions. Here are some ideas to try:

Learn more:

When it comes to healthy lifestyle choices, the more you learn, the better. For example, each time you meet with your PAL or your CDE, you have a chance to ask questions about eating, activity, and diabetes. The more questions you ask, the more you learn and the more problems can be solved. Your PAL and CDE have had the chance to talk with a lot of people who have been trying to change their old, unhealthy habits for new, healthier ones. Your PAL and CDE have had the chance to see what problems are out there and how they have been solved.

Chances are that many other people have faced the problems you are experiencing. You can learn what they did that helped and what they did that didn't work. You could try some of their solutions and see if they work for you.

Support groups, websites, the library, newsletters, or other people at your clinic can also help you learn more.

Ask your PAL for a list of resources that can help you learn more about making healthy choices for life.

Lapses can happen to anyone. How you cope with lapses and think about problems is unique.

Write down which type of coping style you use:

Describe a recent difficulty and how you coped with it to explain why you chose the coping style that you did:



Next time you feel discouraged, check in with yourself. What kind of thoughts are you having? Chances are you are having negative or pessimistic thoughts. Practice the opposite way of thinking. How does that make you feel?

Challenge your negative thoughts:

What you say to yourself when you face a problem is important. Your thoughts go a long way towards helping you have an optimistic coping style. For example, what might you say to yourself if you didn't reach your weight goal one week?

- ▶ "This is awful. I'll never lose any more weight!"
- ▶ "Since I didn't meet my weight loss goal this week, there's no point to having family meetings either. Everything's a mess."
- ▶ "I'm such a failure; nothing I do ever works."

These are pessimistic thoughts. This negative thinking makes it hard to solve problems and hard to keep trying. Say a few of these negative thoughts and see how they make you feel.

Next, try out the following positive or optimistic thoughts. How does this make you feel?

- ▶ "This is disappointing. For some reason I didn't lose weight this week. My PAL and I can work together to figure this out."
- ▶ "Sometimes weight loss isn't perfect. I can keep working hard to make the changes that have helped before: recording my foods, eating more vegetables, and getting more physical activity while I try to figure out what's getting in the way of losing weight."
- ▶ "Although I haven't been perfect, I know I have been working hard. I can't figure out why I didn't reach my goal this week. This is a problem to talk over with my PAL and my family. Maybe there's something to try that we haven't thought of yet."

Optimistic thoughts can help you stay motivated to keep trying to deal with a problem until you solve it.

Tips for staying on track

Whether you are trying to lose weight or keep off the weight you lost, it is important to keep up your healthy habits. Remember that this is not a diet, but a lifestyle change that you are making. Your weight will come back if you do not continue to eat healthy and be physically active. How do you

do this? By practicing what you have learned. Remember that you can take control of your own habits.



Here are some tips in case some of your old habits start sneaking back.

- ▶ **Take action right away** if you find yourself slipping into old unhealthy habits. You'll have to keep the old habits under control if you want to hold on to your healthy weight and healthy lifestyle!
- ▶ **Eat the Diabetes Food Guide Pyramid Way.** Look at what you are eating. Are you making good food choices? Use the Diabetes Food Guide Pyramid to eat healthy. Choose foods from the five diabetes food groups: Starch, Vegetables, Fruits, Meat, and Milk.
- ▶ **Meet the fruit and vegetable challenge.** Try to eat at least two servings of fruits and three servings of vegetables each day. Fruits and vegetables are good for your body. They are low in calories, fat, and sugar. To meet the fruit and vegetable challenge, eat fruits and vegetables at each meal.
- ▶ **Follow the TLP Eating Plan.** Choose GREEN and YELLOW foods. Eat RED foods only once in a while. They have a lot of calories, fat, and sugar. When choosing food, **Stop and Think** before you eat. Ask yourself, "Is this food good for my body?" If the answer to this question is "No," find another food to eat.
- ▶ **Add a low-fat milk product to each meal.** Think of a GREEN or YELLOW milk product that you can add to each meal. Swapping a RED food for a low-fat milk product will cut down on calories.
- ▶ **Keep track of your RED foods.** Make sure you record every time you eat a RED food. Writing down the RED foods will show you what you are eating and will help you understand where you can make changes. Remember RED foods are high in calories, fat, and/or sugar and do not give you many nutrients.
- ▶ **Do a RED food search.** Look through your kitchen to see how many RED foods you find. If you find a lot of RED foods, talk to your Mom and Dad. Tell them that it is hard not to eat RED foods when they are in the house. Ask them not to buy RED foods, especially RED snack foods. Try going with your Mom or Dad to the grocery store.

You can learn to see problems the optimistic way as specific, temporary setbacks with solutions.



The important thing to remember when you have a lapse is to restart your healthy behaviors as soon as possible.

- ▶ **Choose healthy GREEN and YELLOW foods** instead of RED foods. Swap YELLOW and GREEN foods for RED foods in favorite recipes.
- ▶ **Measure your portion sizes.** Make sure you are eating the right amount of foods. How much you eat is as important as what you eat. Keep portion sizes in mind when planning your meals.
- ▶ **Do an activity instead of eating out of boredom, strong feelings, or habit.** Whenever you are about to eat even though you are not really hungry, do an activity until the feeling passes. Read, call a friend, go for a walk, or do a hobby. When you do, the urge to eat will pass.
- ▶ **Keep track of your physical activity.** Make sure that you are getting lots of physical activity. Check the list of things you like to do. Make sure your weekly schedule of activities is up to date. Get friends and family involved.
- ▶ **Have family meetings.** Set a regular time to meet with your family. At these meetings you can talk about any problems or concerns. Having family meetings reassures you that you are not doing this alone. Having support will help you keep on track.
- ▶ **Plan ahead for high-risk occasions.** Before a party or holiday, plan what you will eat and how much of each food you will eat. It may be difficult to stay away from sweet potato pie altogether, but if you plan to have one thin slice, you won't be as tempted to eat more.

Try using some of these tips if you find yourself slipping back into unhealthy habits. What other chapters have ideas that can help you stay motivated when you get discouraged? Having healthy habits will help you take care of your diabetes for your whole life!

Tyrone has been doing very well lately, but he is worried about being able to keep up the changes he has made. He has to work very hard at meeting his goals, and sometimes he gets fed up. Today is one of those fed up days. Tyrone just doesn't want to have his family meeting. He wants to watch TV instead.

Tyrone meets with his PAL. He tells her how he is feeling. She reminds him that having a family meeting is really a great way to deal with feeling fed up. He can talk to his parents about how he is feeling. They can help him come up with ways to find new activities and foods he likes. This will help him continue to make healthy lifestyle changes.

Mark or highlight the behaviors you think you need to focus on to stay on track. When you are done, tape this sheet somewhere you will see it daily, like the back of your bedroom door.

Keep track of your RED foods	Follow the TLP Eating Plan	Have family meetings	Keep track of your GREEN activity
Eat more GREEN foods	Measure your portion sizes	Eat fewer RED foods	Add a low-fat milk product to each meal
Plan ahead for celebrations	Weigh yourself	Eat the Diabetes Food Guide Pyramid Way	Eat more fruits and vegetables

Look through old magazines and newspapers. Cut out pictures of healthy foods and people doing physical activities that you enjoy. Paste or tape the pictures to a large poster and hang somewhere to remind you of your goals.



What have you learned from this chapter?

A lapse is a minor slip-up. A relapse happens when you have a series of slip-ups and are doing many of your old behaviors. The important thing to remember when you have a slip-up is to restart your healthy behaviors as soon as possible.

Approaching slip-ups with an optimistic attitude can help you stay motivated to continue to take good care of your health.

If you relapse, it is best to go over all the things you have learned so far to help you get back on track. Eating according to the Diabetes Food Guide Pyramid and the TLP Eating Plan are good ways to remember how to eat healthy. Recording what you eat and the activities you do will also help you get back on track. Remember, if you find yourself relapsing, **Stop and Think** before making a choice.

Try to see
problems as
specific, temporary,
and solvable.

Chapter 23:

Positive Results

Here's what you learned about in Chapter 22:

- ▶ A lapse is a minor slip-up. A relapse happens when you have more than one slip-up and are doing many of your old behaviors. The important thing to remember when you have a slip-up is to restart your healthy behaviors as soon as possible.
- ▶ Approaching setbacks with an optimistic attitude can help you stay motivated.
- ▶ If you do relapse, it is best to go over all the things you have learned so far to help you get back on track. Eating according to the Diabetes Food Guide Pyramid and the TLP Eating Plan are good ways to remember how to eat healthy. Recording what you eat and the activities you do will also help you get back on track. Remember, if you find yourself relapsing, **Stop and Think** before making a choice.



Here's what you will learn about in this chapter:

- ▶ Review of progress
- ▶ Tips for beating discouragement
- ▶ Ways to praise yourself
- ▶ Positive results from changing your lifestyle



Review of Progress

Hopefully, this program has helped you make lifestyle changes to lose weight, take care of your diabetes, and most importantly, feel good about yourself!



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ___ calories per day
- ⊙ Meet your goal of ___ RED foods each day
- ⊙ Meet your GREEN activity goal of ___ minutes each day

⊙ _____

If you do not know the answers, your PAL can help fill in the blanks.

Your weight at the start of the program:

Your current weight:

How much weight you've lost:

Weight Loss

The weight you have lost helps you manage your diabetes. Weight loss is one of the major goals of this program. By controlling your weight and eating habits at a younger age, you are less likely to have health problems as an adult. Let's look at how much weight you have lost.



Congratulations on making great efforts to change your weight! You should be proud of yourself for staying committed to the program and working hard. It is important to continue graphing your weight and using the skills you have learned throughout the program to help take care of your diabetes.

Goals for Healthy Lifestyle Behaviors

Each week your PAL set some goals for you. You have focused on several behaviors in order to successfully change your lifestyle and lose weight:

- ▶ Eating fewer calories
- ▶ Eating fewer RED foods
- ▶ Increasing your GREEN activity while decreasing your RED activity

Achieving your goals takes a lot of hard work and doesn't always happen right away. Often times, small steps are needed to move you in the right direction. Focusing on small goals instead of one large goal helps break down the challenge into smaller tasks that seem more realistic to achieve.

Sometimes it may feel like the small steps are not bringing you close to your goals. However, with patience and hard work, they will add up and you will eventually reach your destination.

It is helpful to reflect back on your journey to see how far you have come to meet your goals. During times that you may feel discouraged or unsuccessful, thinking about your progress can be a good reminder of your success and motivate you to keep trying hard. You can do this by comparing your eating and activity habits when you began the TLP with the goals that you achieved most recently. You will probably see a big difference.

Setting small goals for yourself instead of one large goal helps break down the challenge into smaller tasks that seem more realistic to achieve.

Use your Lifestyle Log to help you figure out your progress! Write down the calories, RED foods, minutes of GREEN activity per day, and your weight from the first week you began to keep track of these lifestyle activities. Then write down your weight and the goals you are working on now. Finally, subtract and write down the difference. This is a great way to measure your progress.

	When You First Began Keeping Track	Now	What's The Difference?
Calories Eaten/Day	Calories	Calories	Calories
RED Foods Eaten/Day	RED Foods	RED Foods	RED Foods
GREEN Activity/Day	Minutes	Minutes	Minutes
Your Weight	Pounds	Pounds	Pounds

Choosing healthy habits is for life

In this program, you have learned to make a lot of changes in your habits. Choosing healthy habits is something you can do for the rest of your life. It will help you to be healthy and strong.

Changing unhealthy habits that you have been doing for years is not easy. It takes a lot of extra work and patience to learn and practice healthy behaviors. You have faced many challenges while trying to meet your goals.

Boredom or discouragement with choosing healthy habits happens to a lot of people. Sometimes people get so bored or discouraged they just give up on making healthy choices. This is called "burnout." Anyone who is making changes that are to last a long time runs the risk of burning out. There are ways to keep this from happening, and there are ways to get through it if it has already happened.

Changing unhealthy habits you have been doing for years is not easy.

What were some of the hardest challenges you faced while trying to achieve your eating and physical activity goals?

Sometimes people think they will only need to use these new habits for a little while. They can get tired of making healthy choices everyday. Sometimes they get bored with making the same choices day after day. Has this happened to you? Write down a healthy habit that you are tired of doing:

Sometimes people get discouraged because they have been making a lot of healthy choices but they can't seem to lose weight, feel more fit, or keep their blood sugar level in the normal range. When a person is discouraged it is hard to want to keep making healthy choices.

Has this happened to you? Write down something about making healthy choices that has gotten you discouraged:

When you make all the right choices and things still go wrong

Everyone tells you that if you maintain a healthy weight, eat healthy meals, take your medicine, and increase your physical activity you should expect to feel better and keep your blood sugar at a more normal level. You may have even had the experience of seeing that these changes do help you feel better and take care of your diabetes better.

Sometimes, though, you can be doing everything right and things just aren't working: your blood sugar levels are high, your weight doesn't budge, or you still can't make try-outs for your favorite team or activity.

These times can be very discouraging. Try to keep in mind that everyone who tries to make healthy choices for life faces times like these. You are doing everything right but seem to be getting nowhere. The important thing is keep trying because things will improve.

Are any of the challenges or difficulties you wrote down problems you are still trying to beat? If so, be sure to speak with your PAL about them. It may be helpful to use some of the problem-solving skills you have learned throughout the program. It may also be useful to think back and remember skills you have already used to beat other challenges successfully.

Sometimes people get so bored or discouraged they just give up on making healthy choices. This is called "burnout."

Tyrone was very frustrated. He had been doing great with making his healthy lifestyle changes. He was getting closer to his silver medal activity goal. He had been losing about a pound every week.

But in the last few weeks, his weight has stayed the same. He doesn't understand why this is happening. He has still been doing the same lifestyle activities. He has not been eating too many RED foods. He tells his PAL that it isn't fair, that he thinks he's just going to give up.

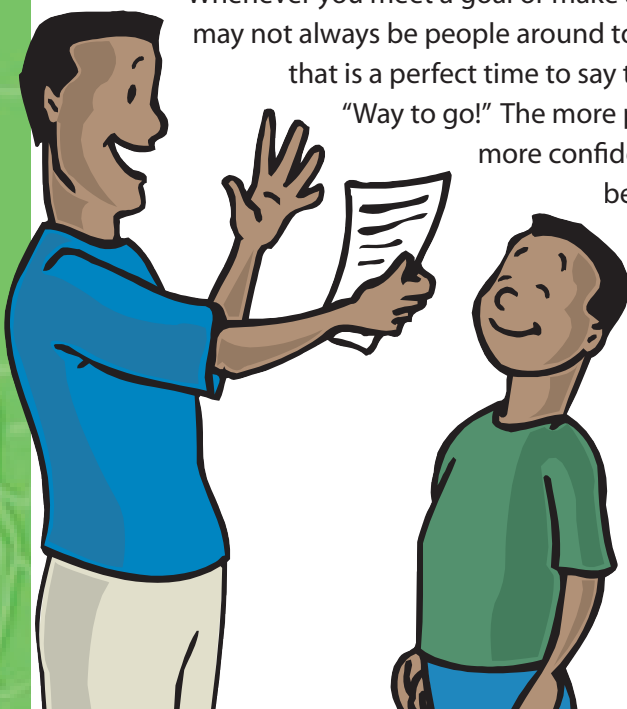
His PAL tells him that what he is going through is very frustrating. She reassures him that this happens sometimes when people are working hard to make lifestyle changes. She tells Tyrone to hang in there. She also tells him that if he keeps up the good work, he will start seeing results again.

Praise Yourself!

One way to stay motivated is to praise yourself for your hard work. When you look at how much your behaviors have changed, it is really impressive. You can be really proud of yourself!

When you receive praise for the efforts you are making, does it encourage you to keep working hard toward your goals? Giving praise and accepting praise are ways to feel good about yourself and the people around you. Sometimes, it is a lot easier to accept praise and compliments from other people, and to provide praise to friends and family, than it is to praise yourself. Still, it is important to praise yourself. Praising yourself is a way of giving yourself well-earned encouragement.

Whenever you meet a goal or make a healthy decision, there may not always be people around to praise your efforts. So, that is a perfect time to say to yourself, "Great job!" or "Way to go!" The more praise you give yourself, the more confident and motivated you will be to continue maintaining a healthy lifestyle.



Write down a challenge related to eating that you overcame earlier in the program.

What skills did you use to help solve the problem?

Write down a challenge related to physical activity that you overcame earlier in the program.

What skills did you use to help solve the problem?

One way to stay motivated is to praise yourself for your hard work.

Tyrone has made a lot of good changes, and he is happy with the hard work he has done. Sometimes, the older boys at school still try to tease him, but Tyrone knows he has done a great job and has worked hard. He follows his plan to avoid the teasers, and he tells himself, "Good job!"

Another way to stay motivated is to focus on the positive results from all of your hard work.



You have put a lot of effort into changing your lifestyle habits. Practice praising yourself.

For example:

I am proud of myself for taking swim lessons instead of watching TV.

I have done a good job keeping track of my behaviors in my Lifestyle Log.

Make a list of behaviors that you are proud of yourself for doing:

What are some of the changes that you enjoyed making?

What are some of the changes that were really easy?

Positive results

Another way to stay motivated is to focus on the positive results from all of your hard work. In Chapter 1, you identified some reasons you wanted to lose weight and participate in the TLP. At the time, it may have felt as though changing the way you were used to living would be too difficult. But, you learned that by working hard toward your goals each day and reaching out to other people, it is possible!

On the list below are some positive results that others in the TLP have achieved. Check off the positive results you have achieved since you started the TLP. Then write down other results you have achieved that are not on the list.

Health

- Feel healthy
- Lower blood sugar levels
- Lost weight
- Able to concentrate better

Sports/Ability

- More energy
- Enjoy activity more
- Better at sports
- Able to do things I couldn't before

Appearance

- Look better
- Stronger
- Fit into my clothes

Relationships

- Have more time to spend with friends
- Have met friends through new activities
- Able to ask for help
- Receive positive praise from friends and/or family
- Teased less often

Emotional

- More confident in myself
- Happier
- More positive
- Able to recognize difference between hunger and other emotions

Other

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



Keep this list nearby. When you are having a hard day or difficulty achieving your goals, look at this list to remind yourself that all of your hard work pays off!

Moving on to the second phase of the program

As we mentioned earlier, next week is the last week in this phase of treatment. The next session will be focused on making this go smoothly. Even though you are moving on to the next phase of the TLP, we want to remind you to keep up the good work. As you can see from the activities in this chapter, you have made a lot of wonderful changes that will allow you to lead a very healthy life. These changes will help you keep the weight off and take care of your diabetes. Losing weight will also help keep your heart healthy.

What have you learned from this chapter?

You have looked at the positive changes you have made so far. You have reviewed behaviors that you enjoyed making. You also thought about things that are hard when making lifestyle changes. It is easy to get discouraged when you are working so hard to make changes. You can use problem-solving skills to beat challenges like you have in the past. Praising yourself and focusing on positive results helps you stay motivated.

Alicia told her PAL about how proud she was of herself. There was a big party for some of her classmates' birthdays. She knew there would be lots of RED foods there. She also remembered how hard it had been for her to not eat the RED foods at her grandmother's party.

She decided that this time she would make a plan about how she could avoid eating the RED foods. She asked her mom to help her make a very special meal, using GREEN and YELLOW foods that she could take to the party. That way, when Alicia got to the party, she wasn't so tempted by the RED foods. She also had a great time hanging out with her friends at the party.

Chapter 24:

Moving On to Maintain Your Health

Here's what you learned about in Chapter 23:

- ▶ You looked at the positive changes you have made in the program so far. You reviewed changes that you enjoyed making. You also thought about some behaviors that were difficult to make and some that were easier to make.
- ▶ It is easy to get discouraged sometimes. You can use problem-solving skills to beat challenges like you have in the past. Praising yourself and focusing on positive results helps you stay motivated. You can also help yourself by using skills that you have learned.



Here's what you will learn about in this chapter:

- ▶ How choosing healthy habits is for life
- ▶ Ways to keep healthy habit choices fun and interesting
- ▶ What to expect in the next phase of treatment



Congratulations! By now you have been meeting with your PAL to discuss ways to make healthy choices for at least six months. You have worked hard and learned a lot. This chapter will give you some ideas that will help you stay motivated. The ideas will help you keep up the good work and maintain healthy behaviors during the next part of the program.

Adding variety to your healthy habits routine

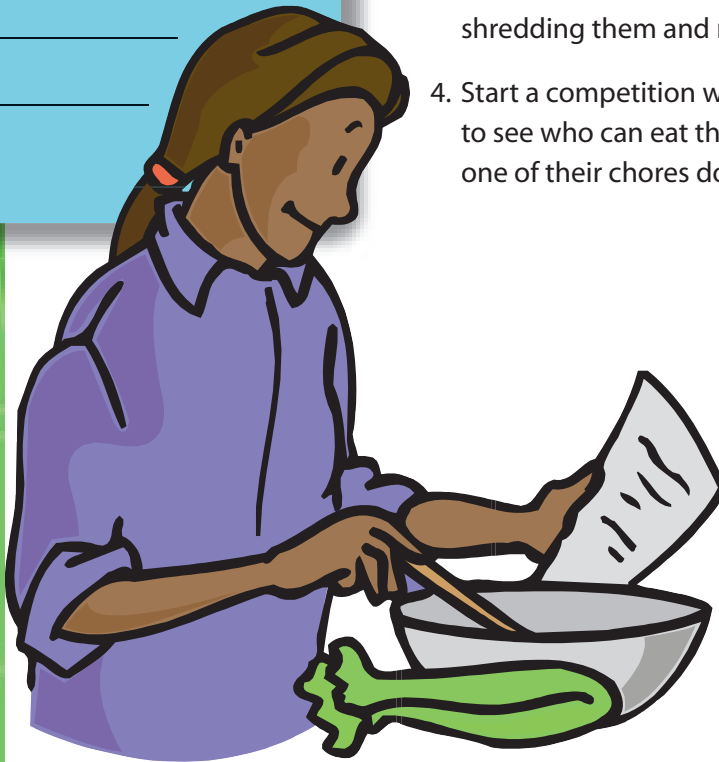
When you first started meeting with your PAL, you may have found all the changes you were making kind of exciting or interesting. However, once you get used to making a change, it can get stale or boring. When you notice yourself getting bored with a healthy choice, it may be time to add a little variety to keep yourself interested.



Things to do before your next meeting with your PAL:

- ⊙ Read and complete this chapter
- ⊙ Have a family meeting every day
- ⊙ Meet your weight goal _____
- ⊙ Complete your Lifestyle Log each day
- ⊙ Meet your calorie goal of 1200-1500 or ____ calories per day
- ⊙ Meet your goal of ____ RED foods each day
- ⊙ Meet your GREEN activity goal of ____ minutes each day
- ⊙ _____

Write in as many of your own ideas for eating more GREEN and YELLOW foods as you can. Ask your family and PAL for help.



Here are some ways to spice up your healthy choices. See if you can add some of your own ideas.

Increasing GREEN and YELLOW foods

1. Go to a grocery store that is not of your ethnic background and try a fruit or vegetable you've never heard of before. Try to have one meal a month with your family using a recipe from a different culture.
2. Look at healthy cookbooks at the library or recipes on the Internet. Find some recipes you would like to try. Ask your family to prepare them, or cook a surprise meal for them.
3. Fix a familiar food in a new way. If you always have carrot sticks, try shredding them and mixing them with chopped apple instead.
4. Start a competition with a family member (like your brother or sister) to see who can eat the fewest RED foods in a week. The winner gets one of their chores done by the loser.

Alicia has been having trouble meeting her RED food goal for the last few weeks. At first, the GREEN and YELLOW foods were new and interesting. She hadn't tasted a lot of these GREEN and YELLOW foods before. Now that she has been in the program for a while, she is starting to get used to the GREEN and YELLOW foods. She misses some of the RED foods.

She told her PAL about this. Together they came up with some new recipes for GREEN and YELLOW foods that sounded exciting to Alicia. She couldn't wait to go home and help her mom make one of the new recipes for dinner!

When you notice yourself getting bored with a healthy choice, it may be time to add a little variety to keep yourself interested.

Increasing physical activity

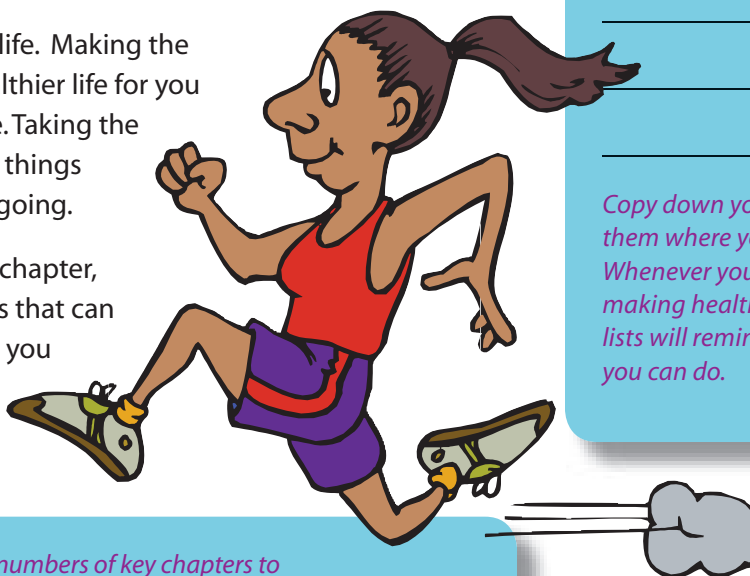
1. Participate in a “fun run/walk” in your area.
2. Sign-up for a class in a sport or activity you’ve never tried before such as fencing, karate, dance, etc.
3. Try walking sideways or backwards or skipping when you take your daily walk. This works best on a track so that you can make sure you won’t trip over anyone or anything.
4. Have everyone in your family wear pedometers. At the end of the week see who has the most steps. The winner gets to choose a family activity.

Choosing healthy habits is for life.

Changing lifestyle habits is a marathon, not a sprint

Choosing healthy habits is for life. Making the changes that can lead to a healthier life for you and your family takes patience. Taking the time to “spice things up” when things get boring can help you keep going.

In addition to the ideas in this chapter, below are some other chapters that can help you stay motivated when you get discouraged.



Write in as many of your own ideas for being more physically active as you can. Ask your family and PAL for help.

Copy down your lists and post them where you will see them. Whenever you feel bored with making healthy choices, your lists will remind you of things you can do.

Write down the titles and page numbers of key chapters to remind yourself where you can find materials that can be especially helpful to you:

Chapter 13 : _____ pages _____

Chapter 17 : _____ pages _____

Chapter 22 : _____ pages _____

Chapter 23 : _____ pages _____

Chapter _____ : _____ pages _____

Chapter _____ : _____ pages _____

Although change can be nice, it can make you a little bit nervous too.

