

## *PILI Individual Lifestyle Program*

### Facilitator's Guide

#### Lesson 4: Healthy Eating, Eating Out, and Keeping Activity

Question/Topic	Script	Reminder/Activity	Page #
<b>Welcome!</b>	<p>Aloha and welcome back to the fourth lesson of the <i>PILI Lifestyle Program</i>.</p> <p>Let us begin with a review of last week's lesson.</p>	<ul style="list-style-type: none"> <li>○ Ask if participant would like to pray (pule) before starting.</li> </ul>	
<b>What did we talk about last time?</b>	<p>A healthy lifestyle involves <b>eating less fat</b> by ...</p> <ol style="list-style-type: none"> <li>1) Eating less of the bad fats, such saturated fats and trans fat (hydrogenated oil)</li> <li>2) Choosing lower fat foods, such as lean meats and skinless chicken</li> <li>3) Preparing foods at home in less fattening ways, such as broiling or baking instead of frying</li> <li>4) Finding hidden fats in the foods you eat, for example, by reading the food labels</li> </ol> <p>A healthy lifestyle also involves being more active on a regular basis, for example by...</p> <ol style="list-style-type: none"> <li>1) Working towards getting <b>2 ½ hours of physical activity in per week</b> (30minutes of activity on most days)</li> </ol> <p>Let us review the action plan you made last week.</p>	<ul style="list-style-type: none"> <li>○ <b>Review</b> the goals and main ideas from session 3.</li> <li>○ <b>Ensure</b> the participants are clear on the goals and these main ideas.</li> <li>○ <b>Ask</b> participants to pull out tracking information/action plan to review.</li> <li>○ <b>Ask</b> participants if they have questions or concerns about what was covered.</li> <li>○ Take no more than <b>10 minutes</b> to discuss how everyone thought they did.</li> </ul>	

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<p><b>What will we talk about today?</b></p>	<p>We will talk about ...</p> <ol style="list-style-type: none"> <li>1) <b>Eating healthy</b> using the <b>Plate Method</b></li> <li>2) <b>Overcoming challenges</b> you may have when eating out</li> <li>3) <b>Preventing boredom</b> in your activity plan</li> </ol>	<ul style="list-style-type: none"> <li>○ <b>Answer</b> participants' questions about this lesson's goals.</li> <li>○ <b>Write</b> these goals down on the flipchart/ board.</li> </ul>	
<p><b>Where can we begin eating right?</b></p>	<p>It is not always easy to eat right at work and home, but it doesn't have to be complicated!</p> <p>It all begins with remembering the "3 R's"</p> <p>The <b>3 R's</b> stand for eating...</p> <ul style="list-style-type: none"> <li>❖ At the <b>RIGHT TIME</b></li> <li>❖ The <b>RIGHT AMOUNT</b></li> <li>❖ The <b>RIGHT FOODS</b></li> </ul> <p>Let us start with learning about the first "R" ...the <b>RIGHT TIME</b>.</p>	<ul style="list-style-type: none"> <li>○ <b>Explain</b> the 3 "R's"</li> <li>○ <b>Write</b> the 3 "R's" down on the flipchart/ board.</li> </ul>	
<p><b>What is the "right" time to eat?</b></p>	<p>Eating at the <b>RIGHT TIME</b> means:</p> <ul style="list-style-type: none"> <li>❖ Eating <b>3 regularly spaced meals</b> per day</li> <li>❖ <b>Avoiding skipping</b> meals</li> <li>❖ Eating your meals at about the <b>same time</b> each day</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Explain</b> the first "R".</li> <li>○ <b>Answer</b> participants' questions about this topic.</li> <li>○ <b>Write</b> the three areas of the first "R" down on the</li> </ul>	

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	<p>Eating at regular times is like making sure that your gas tank is properly filled. If you skip a refill or a meal, you might run out of gas or energy.</p> <p>On the other hand, sometimes people eat too much food only once or twice a day. This is like trying to overfill your gas tank ... it is more than can be handled at one time, and it doesn't get you any farther!</p> <p>That's why it is important to eat regular meals.</p> <p>What are the times that you eat each day?</p> <hr/> <p>We will come back to this later in the lesson. [briefly, have each participant share the times they currently eat]</p>	<p>flipchart/ board.</p> <ul style="list-style-type: none"> <li>○ Ask participants to share the times they currently eat and ask whether it is hard to eat 3 regular meals? What makes it hard?</li> <li>○ Briefly go over some solutions, if appropriate.</li> </ul>	
<p><b>What about eating the Right Amount?</b></p>	<p>Most often we eat more high fat foods ... such as red meats and starches (pastries) ... than we need to and eat less of the low fat foods ... such as fruits and vegetables.</p> <p>To help determine the <b>RIGHT AMOUNT</b> of food, we can use the <b>Plate Method</b>.</p>	<p>An activity to teach the plate method to the group can be to compare plates before and after using the method (have plate to actually write on in each compartment) Then compare the differences.</p>	

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<p><b>What is the Plate Method?</b></p>	<p>The Plate Method will help you eat the <b>RIGHT FOODS</b> in the <b>RIGHT AMOUNTS</b> by letting your plate be your guide.</p> <p>Let us see how the Plate Method works! Imagine that your 9 inch plate is divided into 3 parts.</p> <p>We'll start with vegetables.</p>	<p><b>Explain</b> the "Create-a-plate" by showing a 9-inch plate and demonstrating how to divide it up for the Create-a-Plate method.</p> <p><b>Hand out</b> laminated Plate.</p>	
<p><b>How should I divide up the plate?</b></p>	<p>Half of your plate should be foods from the vegetable group, such as <b>salad greens, broccoli, tomatoes, carrots</b>, etc.</p> <p>Good news! You can eat as much of these foods as you want.</p> <p>Remember, macaroni and potato salads are NOT vegetables. They are starches so they are counted in the grains food group instead of the vegetable group.</p> <p>Vegetables can be eaten alone or served in combination with other foods like <i>lū'au</i> leaves in chicken <i>laulau</i> and carrots in stew.</p> <p>Vegetables are naturally low in fat and you can fill your stomach with these tasty foods! Just be careful not to top them with too much butter, sour cream, cheese sauces, or salad dressings.</p> <p>Can you think of other vegetables you eat that might fit here?</p> <hr/>	<ul style="list-style-type: none"> <li>○ <b>Ask</b> participants to write vegetables they like on a post-it note and post at front of room.</li> <li>○ <b>Show</b> sample plate(s) with food or food models for demonstration.</li> </ul>	

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<p><b>What makes up the next part of my plate?</b></p>	<p>The next part of your plate should be made up of foods like <b>rice, noodles, and poi.</b></p> <p>Starchy vegetables such as <b>corn, sweet potatoes, taro (<i>kalo</i>), and legumes</b> also fit in this group as well as <b>bread, cereals, and crackers.</b></p> <p>This portion of the plate takes up a quarter (1/4) of your 9” round plate. It can be filled up to the edge of the plate, which is about 1/2 inch deep.</p> <p>These foods provide the main fuel for the body and have very little fat or cholesterol.</p> <p>What kinds of foods would you use for this portion of your plate?</p> <hr/> <hr/>	<ul style="list-style-type: none"> <li>○ <b>Emphasize</b> that starchy vegetables belong in this group. Describe/define legumes.</li> <li>○ <b>Discuss</b> barriers to eating this amount of rice/breads (too small?)</li> <li>○ <b>Show</b> food/food models for demonstration, especially rice.</li> </ul>	

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<p><b>What makes up the final part of my plate?</b></p>	<p>The final part of the plate should be the protein group and can be made up of foods such as lean meats, seafood, and tofu.</p> <p>This last portion takes up the last quarter (1/4) of your 9” round plate.</p> <p>Here are some examples of proteins ...</p> <p style="text-align: center;"><i><b>Ahi</b></i> <i><b>Salmon</b></i> <i><b>Eggs</b></i> <i><b>Cheese</b></i> <i><b>Chicken</b></i> <i><b>Opakapaka</b></i> <i><b>Red meat</b></i> <i><b>Shrimp</b></i> <i><b>Poke</b></i> <i><b>Tofu</b></i></p> <p>Meats are a rich source of protein, but for a healthy diet usually all you need is <b>6 ounces from the meat group EACH DAY!</b></p> <p>What kinds of foods would you use for this portion of your plate?</p> <hr/>	<ul style="list-style-type: none"> <li>○ <b>Discuss</b> barriers to the portion sizes of meat (too small?).</li> <li>○ <b>Show</b> food/food models for demonstration and a deck of cards.</li> </ul>	

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<p><b>Can I add more to my meal?</b></p>	<p>Yes, you can add one serving of fruits on the side.</p> <p>Fruits include <b>bananas, mangos, papayas, apples, watermelon, cantaloupe, and strawberries</b> to name a few.</p> <p>Fruits are “nature’s candy” and can provide a <u>sweet</u> and <u>healthy</u> treat. Just beware of how much you eat at one time.</p> <p>What fruits would you enjoy adding to your meals?</p> <hr/>	<ul style="list-style-type: none"> <li>○ <b>Ask</b> participants to write down fruits they enjoy on a post-it note and post.</li> <li>○ <b>Discuss</b> barriers to eating fruits with each meal. Note that actual fruit is usually a better choice than fruit juice because of its concentrated calories &amp; sugar content.</li> </ul> <p><b>Use</b> food/food models for demonstration.</p>	
<p><b>Can I add any more to my meal?</b></p>	<p>Yes, you can add a dairy product to your meal, such as <b>milk or yogurt</b>.</p> <p>Dairy products are a good source of calcium. You can avoid the fatty parts of dairy products by adding fat-free (skim) or low-fat (1%) milk or yogurt.</p> <p>If you are <b>lactose intolerant</b>, one alternative is to try <b>lactose-free milk</b>. This is available either as Lactaid milk in the dairy section of the supermarket, or as Lactaid droplets, which can be added to regular milk.</p>	<ul style="list-style-type: none"> <li>○ <b>Ask</b> participants to write down fruits they enjoy on a post-it note and post.</li> <li>○ <b>Discuss</b> barriers to adding dairy to meals.</li> <li>○ <b>Use</b> food/food models for demonstration.</li> </ul>	

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<p><b>Are there foods that I can eat as much as I want?</b></p>	<p>The Plate Method helps you to decide the <b>RIGHT FOODS</b> in the <b>RIGHT AMOUNTS</b>.</p> <p>Remember, the <b>RIGHT AMOUNT</b> means avoiding piling your plate up as high as it can go!</p> <p>But for some foods, the <b>RIGHT AMOUNT</b> is as much as you choose to eat! These are called <b>FREE FOODS</b>.</p> <p><b>FREE FOODS</b> are foods that contain fewer than 20 calories per serving.</p> <p>Let us look at the Free Foods handout in your toolbox for examples.</p>	<ul style="list-style-type: none"> <li>○ <b>Review</b> Free Foods handout.</li> <li>○ <b>Discuss</b> how these foods can be used to satisfy hunger and add flavor at meals and snacks.</li> <li>○ <b>Ask</b> participants to go on a “scavenger hunt” for the next session and look for examples of the foods, and the store they can be purchased from.</li> </ul>	
<p><b>How can I use the “3 R’s” when eating out?</b></p>	<p>When you eat out, such as at a restaurant or family gathering, you can follow the “3 R’s”.</p> <p>Here are a few tricks for making healthier choices when eating out ...</p> <ul style="list-style-type: none"> <li>❖ Words like jumbo, giant, supersize, or deluxe usually mean added fat and calories. <b>Order a regular or mini size</b> plate instead.</li> <li>❖ <b>Choose grilled or broiled foods</b> instead of fried or breaded foods.</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Review</b> this section carefully and review the “Eating Out” handout.</li> </ul>	

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	<ul style="list-style-type: none"> <li>❖ Limit the use of sauces and mayonnaise. <b>Try mustard, catsup, lettuce, tomato, onion, or pickles</b> for added flavor instead.</li> <li>❖ Breakfast items such as sandwiches with meats or sandwiches served on a croissant are loaded with fat. Try a <b>low fat muffin or pancakes with light syrup</b> instead.</li> <li>❖ Portions at restaurants have grown a lot! Ask a friend to <b>share an entree</b> or side dish with you, or <b>save part of your meal</b> for later.</li> </ul> <p>Let's look at the "Eating Out" handout for more ideas.</p>		
<p><b>How can I choose healthier meals from a menu?</b></p>	<p>Changing habits takes time and practice.</p> <p>Let us look at some menus and talk about ways to make healthier selections.</p>	<ul style="list-style-type: none"> <li>○ <b>Draw</b> plate on the flipchart and review how it could be used when eating out.</li> <li>○ <b>Ask</b> participants to get in groups of 3 or 4 and hand out menus from local restaurants.</li> <li>○ <b>Discuss</b> choices that can be made to create healthier meals.</li> </ul>	

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<p><b>What about social gathering and parties?</b></p>	<p>You can use the “3 R’s” and Plate Method to deal with meals at social gatherings.</p> <p>Many of us have large extended families and friends in Hawai‘i. This usually means our <b>weekends are full of social events</b> such as baby lū‘au, graduation parties, church pot- luck gatherings, family reunions, and more.</p> <p><b>Eating healthy can be challenging</b> with all these gatherings. Typically, we do not have control over what is served at these gatherings, but <b>we do have control over what we choose to eat and how much.</b></p> <p>Let us practice using the Plate Method at a typical “Social Gathering”.</p>	<ul style="list-style-type: none"> <li>○ <b>Ask</b> participants to pull out handout on social gatherings to review.</li> <li>○ <b>Review</b> suggestions for eating healthier at these events.</li> <li>○ <b>Ask</b> participants to discuss barriers/ challenges they have faced or anticipate. [Facilitator should ask participant about differences in going to gathering vs. hosting gathering – what can participants do in these two different situations?]</li> <li>○ <b>Take</b> about 5 minutes for this activity.</li> </ul>	
<p><b>What about physical activity?</b></p>	<p>We talked a lot about eating, but let us not forget physical activity.</p> <p><b>Eating healthy</b> whether at home or out is important, but we must also think about <b>continuing our activity plan.</b></p> <p>Doing the same activity all the time can become boring.</p> <p>Here are some ways to prevent boredom...</p>	<ul style="list-style-type: none"> <li>○ <b>Review</b> these suggestions carefully.</li> <li>○ <b>Ask</b> participant to take a minute to write down on post-its one way they can jump start their activity plan.</li> <li>○ <b>Collect</b> post-its and go over responses.</li> </ul>	

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	<ol style="list-style-type: none"> <li>1. <b>Do something new.</b> <i>Sign up for a ballroom dancing class</i></li> <li>2. <b>Do the same activity in a different place.</b> <i>Take a hike or walk on the beach</i></li> <li>3. <b>Be active as a way of being social.</b> <i>Plan a weekly walk with family or friends</i></li> <li>4. <b>Make being active fun.</b> <i>Plan games at your next family gathering (like cricket or volleyball)</i></li> <li>5. <b>Challenge yourself.</b> <i>If you always take a flat route when walking find a hill or two to add to your course.</i></li> </ol> <p>Can you think of one way you can jump start your activity plan?</p> <hr/>		
<p><b>Have you thought about aerobic activities?</b></p>	<p>One way to challenge yourself is to focus on improving your “<b>aerobic fitness</b>”.</p> <p><b>Aerobic fitness</b> refers to <b>how well your heart can pump oxygen</b> through your blood to your muscles (like those in your arms and legs).</p> <p>Your heart is a muscle too. If you exercise your heart, it will become stronger over time (just like any other muscle in your body).</p> <p>As your heart becomes stronger, you will notice that it is easier for you to do things like walk up stairs and carry groceries.</p>	○	

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<p><b>What does FITT stand for?</b></p>	<p>Not all activities will <b>strengthen your heart muscle</b> – only those that <b>follow the F.I.T.T. plan.</b></p> <p>F.I.T.T. stands for...</p> <ul style="list-style-type: none"> <li>❖ <b>Frequency</b> (<i>how often you are active</i>),</li> <li>❖ <b>Intensity</b> (<i>how hard you are working</i>),</li> <li>❖ <b>Time</b> (<i>how long you are active</i>), and</li> <li>❖ <b>Type of Activity</b> (<i>those that challenge your heart and get your heart rate up – the activity should use large muscle groups, like your legs and last 10 minutes or longer</i>)</li> </ul> <p>Look for ways to incorporate F.I.T.T. into your physical activity plan.</p>	<p><b>Ask</b> participants to pull out handout which goes over taking your heart rate and intensity level.</p> <p><b>Help</b> pts. calculate their target heart rate and make sure they understand how to measure it during activity.</p> <p><b>Allow</b> participants about 5 minutes to think about what they are already doing and how they can make changes to increase their fitness levels.</p>	

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<p><b>What is my action plan for the “3 R’s”?</b></p>	<p>What changes in my eating will I make?</p> <p>What times are right for me to eat?</p> <p>Breakfast: _____</p> <p>Lunch: _____</p> <p>Dinner: _____</p> <p>Snack Times: _____</p> <p>_____</p> <p>What are the right foods for me to eat?</p> <p>Vegetable group: _____</p> <p>Starch group: _____</p> <p>Protein group: _____</p> <p>Fruit/dairy groups: _____</p> <p>What is the right amount for me to eat? Using the Plate Method select foods you would eat at a mealtime.</p> <p>You can use the “Designing Healthy Meals” handout in your toolbox to plan more of your meals using the Plate Method.</p>	<ul style="list-style-type: none"> <li>○ <b>Allow</b> participants about 5 minutes to fill in their action plan for the next two weeks.</li> <li>○ Have them list this in their <i>passport to health</i>.</li> </ul>	

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<p><b>What have we covered today?</b></p>	<p>We learned that healthy eating involves the “3 R’s” ...</p> <ol style="list-style-type: none"> <li>1) Eating at the <b>RIGHT TIME</b></li> <li>2) Eating the <b>RIGHT AMOUNT</b></li> <li>3) Eating the <b>RIGHT FOODS</b></li> </ol> <p>We learned how to follow the “3 R’s” by using the <b>Plate Method</b> and that the “3 R’s” can be used for eating out and social gatherings.</p> <p>We also learned to ways to prevent boredom in our physical activities by using <b>the F.I.T.T. plan</b> to strengthen your heart muscle.</p>		
<p><b>What will be covered next time?</b></p>	<p>We will now move to meeting every two weeks. So, the next time we meet will be on:</p> <hr/> <p>(Date and time of lesson 5 meeting)</p> <p>In the meantime, continue to work on your action plans for eating healthier and being more active.</p> <p>The next time we meet we will discuss how to ...</p> <ol style="list-style-type: none"> <li>1) <b>Balance what you eat with your activity.</b></li> <li>2) <b>Plan meals on a budget</b></li> </ol> <p>You won’t want to miss it!</p>		