



Lifestyle Coach Training Guide

Have Healthy Food You Enjoy

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Session Focus

Eating healthy food can be enjoyable and can help prevent or delay type 2 diabetes. This module teaches participants how to have healthy food that they enjoy.

Participant Learning Objectives

By the end of the session, participants will describe:

- ▶ How to take a healthy approach to eating
- ▶ How to make healthy choices
- ▶ How to have healthy food that they enjoy

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- “Cooking with Herbs, Spices, and Other Seasonings” video:**
https://healthyeating.nhlbi.nih.gov/video_herbs.aspx
- Projector with Internet access to watch video**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- Take a Healthy Approach to Eating Page 7 10 Min
- Make Healthy Choices Page 8 10 Min
- Have Healthy Food You Enjoy Page 10 18 Min
- Plan for Success Page 11 5 Min
- Summary and Closing Page 12 5 Min

Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about how to have healthy food that you enjoy.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I can answer any questions you may have.</p> <p>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: Can healthy food be delicious? Absolutely!</p> <p>Today, we will discuss how to have healthy food that you enjoy. We will talk about how to:</p> <ul style="list-style-type: none"> ■ Take a healthy approach to eating ■ Make healthy choices ■ Have healthy food that you enjoy <p>Finally, you will make a new action plan.</p>
	<p>Take a Healthy Approach to Eating (10 minutes)</p> <p>► SAY: People eat for a variety of reasons. Taking a healthy approach to eating can help you have healthy food that you enjoy. Let’s look at an example. Please turn to “Anthony’s Story” on page 3 of this module’s handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the story.</p> <p>💬 DISCUSS: How do you feel when you get very hungry?</p> <p>Do you ever make unhealthy choices when you get very hungry?</p> <p>Do you ever eat when you’re not hungry? Why?</p>

Notes to Coach	Take a Healthy Approach to Eating
	<p>▶ SAY: We've talked about eating when you're <u>very</u> hungry. We've also talked about eating when you're not hungry.</p> <p>▶ ASK: What's a <u>healthier</u> approach to eating?</p> <p>ANSWER: Eat only when you're hungry, but not <u>too</u> hungry.</p> <p>▶ SAY: Please look at "Eat the Right Amount" on page 4 of this module's handouts.</p> <p>↗ DO: Review handout. Discuss briefly.</p>
	<p>Make Healthy Choices (10 minutes)</p> <p>▶ SAY: Anthony's doctor tells him that he's at risk for type 2 diabetes.</p> <p>▶ ASK: What types of food should Anthony choose?</p> <p>ANSWER: Items that are:</p> <ul style="list-style-type: none"> ■ <u>Low</u> in calories, fat, and sugar ■ <u>High</u> in fiber and water ■ <u>High</u> in vitamins, minerals, and protein

Notes to Coach	Make Healthy Choices
<p>Fiber is a type of carbohydrate that passes through your body without being digested.</p>	<p>▶ ASK: And what types of food should Anthony <u>limit</u>?</p> <p>ANSWER: Items that are:</p> <ul style="list-style-type: none"> ■ <u>High</u> in calories, fat, and sugar ■ <u>Low</u> in fiber and water ■ <u>Low</u> in vitamins, minerals, and protein <p>▶ ASK: Why would you want to choose items that are high in fiber and water?</p> <p>ANSWER: They fill you up without adding calories.</p> <p>▶ SAY: In addition to being low in calories, fiber has another bonus: It takes longer to digest. So you feel full longer. Have you ever eaten a serving of French fries, and then felt hungry again an hour later? That’s because they’re low in fiber.</p> <p>Please look at “Healthy Choices to Prevent T2” on page 5 of this module’s handouts.</p> <p>↗ DO: Review handout. Discuss briefly. Explain why the choices in column 2 are healthier than the choices in column 1.</p> <p>💬 DISCUSS: Can you think of some other healthy choices to prevent type 2 diabetes?</p>

Notes to Coach	Have Healthy Food You Enjoy (18 minutes)
<p>To make his grandma’s recipe healthier, Anthony could:</p> <ul style="list-style-type: none"> ■ Use ground turkey instead of ground beef ■ Use whole grain lasagna noodles ■ Use skim or part-skim ricotta and mozzarella instead of full-fat ■ Replace half of the cheeses with non-starchy veggies like mushrooms, spinach, and red peppers ■ Replace half of the noodles with non-starchy veggies ■ Add extra herbs and spices 	<p>▶ SAY: Eating is one of life’s true pleasures. Food isn’t just something that fills your stomach. It’s also a feast for your senses.</p> <p>Anthony is worried that his new diet will take all the joy out of food for him. He loves to cook, but he doesn’t know much about healthy cooking. He imagines that he’ll be eating lots of raw spinach.</p> <p> DISCUSS: How important do you think it is to enjoy what you eat? Could you stick with a way of eating that you didn’t enjoy?</p> <p>▶ SAY: Please look at “Recipe Makeover” on page 7.</p> <p> DO: Review handout. Discuss briefly.</p> <p> DISCUSS: What are some other ways to make healthy choices enjoyable?</p> <p>▶ SAY: One of Anthony’s favorite dishes is lasagna—just the way his grandmother made it. Her recipe has ricotta and mozzarella cheese, ground beef, tomato sauce, and, of course, lasagna noodles.</p> <p> DISCUSS: What are some ways Anthony could make his grandmother’s lasagna recipe healthier—and still taste great?</p> <p>▶ SAY: That sounds pretty tasty to me!</p>

Notes to Coach	Have Healthy Food You Enjoy
<p>.....</p> <p>This activity is optional. If you'd prefer, give participants the link so they can watch the video at home.</p> <p>.....</p>	<p>.....</p> <p> ACTIVITY: Video</p> <p>▶ SAY: Let's see how one chef makes healthy food that tastes great.</p> <p>↗ DO: Show the 5-minute video: "Cooking with Herbs, Spices and Other Seasonings." Discuss briefly.</p> <p>.....</p>
	<p>Plan for Success (5 minutes)</p>
	<p>▶ SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about how to have healthy food that you enjoy.</p>

Notes to Coach	Plan for Success
	<p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ DO: Give participants a few minutes to make their action plan.</p>
	<p>Summary and Closing (5 minutes)</p>
	<p>▶ SAY: Please look at “Healthy Choices to Prevent T2” on page 6 of this module’s handouts. Between now and our next session, I’d like you to write your ideas for healthy choices on the blank chart.</p> <p>↗ DO: Answer questions as needed.</p> <p>▶ SAY: We worked together to make Anthony’s lasagna recipe healthier. Between now and our next session, I’d like you to do your own recipe makeover.</p>

Notes to Coach	Summary and Closing
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Healthy Choices to Prevent T2 ■ Recipe Makeover ■ Action Plan 	<p>Please choose one of your favorite recipes. Look for ways to make it healthier. You can use “Recipe Makeover” on page 7 for ideas. If you’d like, you can even cook it! And you’re welcome to share copies of your new recipe with the group.</p> <p>We have come to the end of our meeting. Today, we discussed having healthy food that you enjoy. We talked about how to:</p> <ul style="list-style-type: none"> ■ Take a healthy approach to eating ■ Make healthy choices ■ Have healthy food that you enjoy <p> DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>