

FOODS HIGH IN

Protein



Grams of Protein in a Palm Sized Portion



steak or pork
25-30g



chicken breast
30g



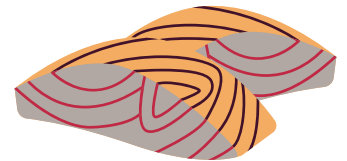
Beans
8g



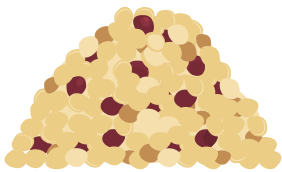
tuna in water
25g



chickpeas
15g



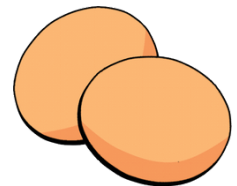
salmon
22-25g



cooked quinoa
8g



yogurt
5g



2 eggs
12g



*2 TBSP peanut butter
8g



almonds
6g



lentils cooked
6g

Enjoy Eating Healthy

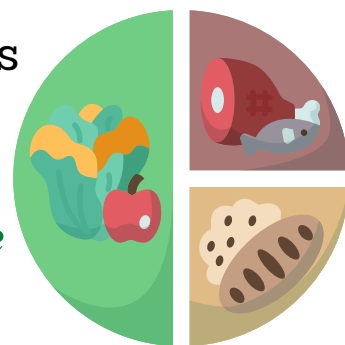
FOOD IS FUEL NUTRITIOUS MEALS WILL HELP YOU FEEL YOUR BEST

Eating healthy can feel difficult, but it doesn't have to!
You can enjoy the foods you love with some simple
modifications such as smaller portion sizes!

Having a kitchen scale can help make sure you're fueling
your body with enough nutrients!

Examples of easy modifications:

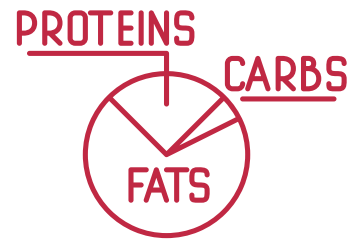
- Filling 1/2 your plate with veggies of choice
- Choosing whole wheat and whole grain carbohydrates
- Eat protein source and veggies first
- Swap fried foods for grilled or roasted versions
- Reduce consumption of sugary beverages such as fruit juice and soda
 - Try water, flavored seltzers, and smoothies
- Follow the MyPlate food portioning



*Our actions and decisions today will shape
the way we will be living in the future.*



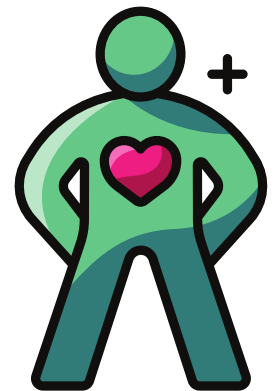
WHAT IS PROTEIN?



A MACRONUTRIENT

Protein is 1 of 3 macronutrients. **Macronutrients** are the nutrients your body needs in large amounts. The 3 **macronutrients** are **proteins, carbs and fats**. They are the main nutritional components of food necessary to remain healthy and support bodily function. Macronutrients make up the calories in the foods we eat.

PROTEIN IS THE BUILDING BLOCK FOR:



- Muscle
- Healthy hair, skin, and nails
- Helps keep blood sugar levels stable
- Makes you feel strong, energized, and less hungry!

FOUND IN

- Legumes and nuts
- Red meat
- Poultry and Seafood
- Dairy and eggs



HOW MUCH PROTEIN DO WE NEED?



At minimum, 0.8 grams of protein per kilograms of body weight. To lose weight while promoting building muscle, protein intake should be around **1 gram/kg of body weight**, but this varies by person-to-person.

Your Custom Protein Goal!

Name: _____

Daily Protein Goal: _____ grams

Ideas to Increase Protein in Your Diet & Meet Your Daily Goal!

- Incorporating 1 tbsp of nut butter into meals or snacks, sides of 1-2 eggs, opting for quinoa, adding beans etc
- If you have a hard time incorporating protein rich foods, protein supplements and shakes are available



Spanish Rice with Choice of Chicken or Beans

Serves: 5

15 minutes prep, 30 minutes cook time

Per Serving:

- Calories: 428
- Fat: 8 g
- Protein: 35 g (chicken) / 8 g (beans)



Ingredients:

1 onion, chopped

1 bell pepper, chopped (fresh or frozen)

2 teaspoons vegetable oil

1 can tomato sauce

4 cups cooked rice

1 teaspoon parsley

2 cloves of garlic, chopped

Choice of 2 cups canned black beans or 2 cooked boneless, skinless chicken breast

Steps:

1. Heat vegetable oil in a large skillet on medium heat until simmering.
2. Add chopped onion and bell pepper to the skillet and cook for about five minutes or until soft. Then add garlic and cook for about one minute until you can smell the garlic in the air.
3. Add tomato sauce and parsley and choice of protein to the skillet (cooked chicken or black beans), cook through while continuously stirring for five minutes.
4. Gently add cooked rice and cook for about five more minutes or until most of the liquid has gone away.
5. Enjoy every bite!



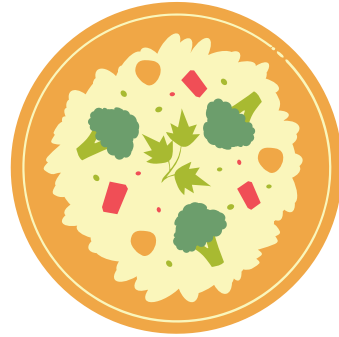
Vegetable Fried Rice

Serves: 3

10 minutes prep, 10 minutes cook time

Per Serving:

- Calories: 190
- Fat: 5 g
- Protein: 7 g



Ingredients:

2 cups cooked brown rice

2 medium garlic cloves finely chopped

1/4" ginger peeled and finely chopped

2 springs of green onion (scallions)

1 1/2 tbsp soy sauce

1 tsp sesame oil

1 tsp vegetable oil (avocado or olive oil)

2 cups of frozen fresh veggies of choice (ex. carrots, peas, broccoli)

3 eggs

Steps:

1. In a large skillet or wok, heat vegetable oil on medium heat. Add chopped garlic, ginger and the white portion of scallions (save the green part for the end). Cook it for 1-2 minutes.
2. Add your veggies and stir fry them for a few minutes. Add cold rice and mix well with vegetables. Push aside the rice and vegetables mixture and add in the eggs. Scramble lightly, then mix in with the rice and veggies.
3. Season with soy sauce and sesame oil. Sprinkle the green part of the scallion on top and serve warm.
4. Enjoy your meal!



One Pot Chicken & Vegetable Skillet

Serves: 4

45 minutes cook time

Per Serving:

- Calories: 260
- Fat: 6 g
- Protein: 32 g

Ingredients:

2 tablespoons vegetable oil

4 boneless skinless chicken breasts, chopped (can substitute with pre-cooked frozen chicken breasts)

1 onion, chopped

1 can diced tomatoes

1 bag of frozen vegetables (broccoli, cauliflower, carrots, peas)

1 cup shredded mozzarella cheese

1 teaspoon salt

½ teaspoon italian seasoning

¼ teaspoon pepper

Steps:

1. Heat vegetable oil in a medium skillet over medium heat. until simmering. Add chicken, onion, salt, italian seasoning, pepper to skillet. Cook for about 5 minutes until chicken is thoroughly cooked.
2. Add in diced tomatoes and frozen vegetables. Cover and cook for about 15 additional minutes or until vegetables are tender.
3. Sprinkle cheese on top and cook for 2 more minutes until the cheese is melted.
4. Enjoy every bite of your delicious creation!



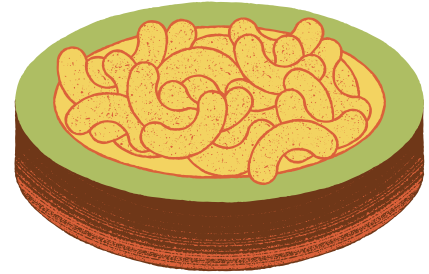
Mac & Cheese & More

Serves: 6

15 minutes prep, 30 minutes cook time

Per serving:

- Calories: 275
- Fat: 7 g
- Protein: 12 g / 44 g (chicken) / 27 g (chickpeas)



Ingredients:

16 oz of pasta of choice (elbows, shells, etc)

2 cups shredded cheddar cheese

1 cup low sodium chicken or vegetable broth

1 cup milk of choice

½ teaspoon garlic powder

2 teaspoons vegetable oil

3 cups cubed butternut squash (fresh, pre-cubed, or frozen)

2 cups broccoli (fresh or frozen)

Optional cooked shredded chicken or chickpeas for added taste and protein

Steps:

1. Cook pasta according to specific directions on the package. While pasta cooks, add 1 teaspoon vegetable oil to a separate skillet and add broccoli to cook until tender on medium heat. Once broccoli is cooked, set aside.
2. In same skillet, add 1 teaspoon of vegetable oil and heat on medium heat until simmering. Add cubed butternut squash and cook for about 6 minutes or until soft. Add garlic powder, salt, and pepper to taste. Add broth and allow mixture to simmer for an additional 12 minutes. Add in milk, and then transfer butternut squash mixture to a blender and blend to desired consistency or a smooth puree.
3. Pour squash puree back into the pan on low heat. Add in shredded cheddar cheese and cooked pasta and mix until pasta is evenly coated. Mix in cooked broccoli that was set aside and add cooked chicken or chickpeas if desired and enjoy!



Sleep Wellness

Getting enough shut-eye completes your day of work!

Staying up late is easy to do when you're distracted by your phone or other electronics

Healthy sleep leads to a healthy life

Why Make Sleep a Priority?

- Getting 7-9 hours of sleep a night resets your body for a new day
- People who don't sleep enough are more...
 - Stressed
 - Forgetful
 - Hungry
- Getting good sleep helps your body process food better and helps keep our hormones functioning correctly



Examples to Help your Sleep Health

- Try to avoid having any caffeinated drinks at least 10-12 hours before bed
- Do something calming that you enjoy before bed
- Put away electronics (aim for at LEAST 30-60 mins before bed)
- Keep a sleep journal (use one of our examples to help get started!)

It's easy to forget that a good nights sleep completes your healthy day!



Sleep Journal Example

Try completing this as soon as you wake up
in the morning!



What time did you actually fall asleep? What time did you plan or want to fall sleep?

.....

.....

What were you doing before you went to bed? Did it help you fall asleep easily?

.....

.....

What calms you during your bedtime routine? Do you make time for these activities?

.....

.....

How did you feel when you woke up? Did you wake up during the night?

.....

.....

Use these prompts and ideas as a start your
own sleep wellness journal

Reflecting on your sleep habits can
help identify areas for improvement!





Mindfulness and Healthy Lifestyle Changes



What is Mindfulness?

Mindfulness is practicing non-judgment. It is being aware of your mental, emotional and physical feelings in the moment. Mindfulness promotes balance, choice, wisdom, and acceptance.



So... how can we apply mindfulness to our eating habits and the healthy lifestyle changes we are striving for?

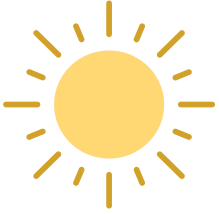
Mindful Eating Can Be...

- **Remembering that food is important!** Remembering eating is just as essential as breathing.
- **Eating food that makes you feel good!** Choosing to eat food that is both tasty to you and nourishing to your body. Thinking about what the food is doing for your body, physically AND emotionally.
- **Avoiding food that makes you feel bad!** Thinking about responses to food (likes, neutral or dislikes) without judgment. Don't let yourself become the food police!
- **Listening to your body!** Learning to be aware of physical hunger and fullness cues to guide your decision to begin eating and to stop eating.





Mindfulness and Healthy Lifestyle Changes



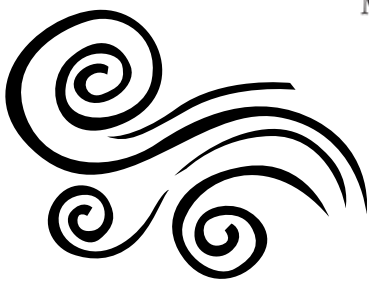
Remember to be **kind to yourself** as you
nourish and take care of your body!



Eating mindfully can look like...

- Accepting that there is no right or wrong way to eat. Your eating experiences are unique.
- Accepting that overeating and undereating are part of the process, while aiming for balance.
- Taking time to check in with yourself throughout the preparation and eating process. Thinking about all aspects of food and eating throughout these processes. (ex: Where did this food come from? How does it make me feel?)
- Being aware of the effects of unmindful eating but **NOT judging oneself**, just acknowledging it happened.
- If negative thoughts around food come into your head, **try to let them go**.
- Becoming aware of the connections between the Earth, living beings, cultural practices and the impact your food choices have on those systems.



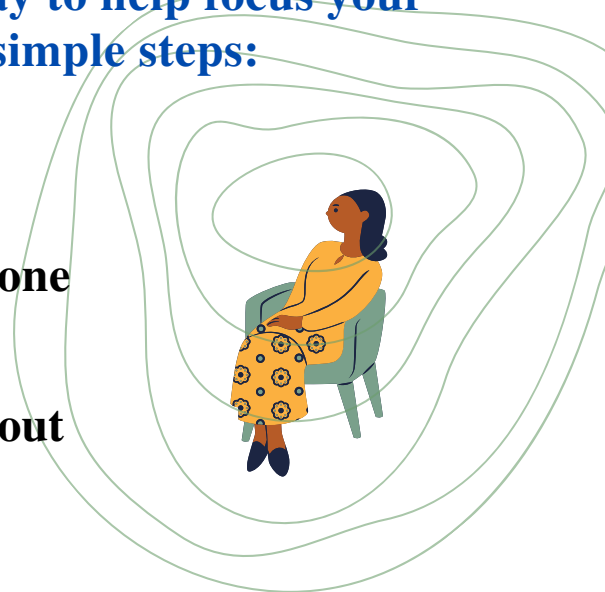


Diaphragmatic Breathing Exercise Basics



Diaphragmatic Breathing is an easy way to help focus your mind and relieve stress in five simple steps:

- 1 Sit or lie in a comfortable place.
- 2 Put one hand on your belly and one on your chest.
- 3 Breathe slowly and deeply in and out through your nose.
- 4 Gently focus your mind on your breathing.
- 5 Repeat for 3-5 minutes.

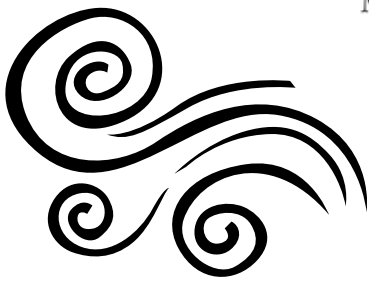


TIP:

Doing **Normal** and **Informal** practice will make this an easier skill to access when you need it for **Utilization**.



- * **Your Normal Practice:** Intentionally create time in your day to complete this exercise twice a day for 3-5 minutes at a time. The sole purpose of normal practice is to practice.
- * **Informal Practice:** You can practice this anytime! When you are driving, when you're at work, when you're on the phone, etc.
- * **Utilization Practice:** Complete this when you recognize an uncomfortable emotion or do something that would put you off track. It's harder to use during times of high emotions but that's when it is often the most useful!



Diaphragmatic Breathing Exercise

Full Instructions



Place one hand on your belly and one hand on your chest

Take notice of the hand on your belly, and **take slow, regular, flowing breaths** so that the hand on your belly is moving up and down and the hand on your chest is still

Take 3 steady seconds to inhale, and 3 steady seconds to exhale

Remember, you are just doing slow breathing

Focus on the hand on your belly slowly moving up and down. **Be patient.**

If you notice you are not breathing from your diaphragm, don't judge yourself. Just bring your awareness back to your breath, let it flow in and out.

Your mind will wander – gently guide it back to your breath. The more you practice, the easier it will be to notice your mind wandering and bringing your focus back on your breath



Inhale and exhale through your nose

As you inhale, slowly count 1, 2, 3

As you exhale, slowly count 1, 2, 3

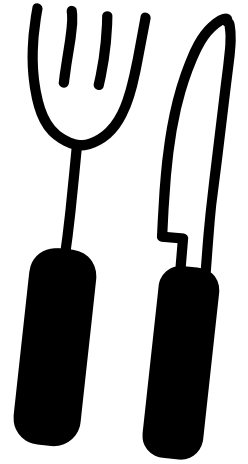


As you become more comfortable with this practice, during your exhale you may want to try silently repeat a soothing mantra to yourself such as “Relax” or “Calm”

Continue to guide your attention and awareness to your breath. As thoughts from the external world pop up, acknowledge them and let them float away for now. Find your way back to your intentional breath. Continue taking 3 steady seconds to inhale, and 3 steady seconds to exhale **for 3-5 minutes**



Mindfulness Eating Exercise



Try to implement some or all of these anytime you are going to eat something!



- * **Start by: Taking a breath and asking: "Do I really want this?"**
 - Taking a brief pause may help you gauge your hunger level

- * **Ask yourself the reason you are eating**
 - Are you bored? Stressed? Hungry? If you are not hungry, ask yourself what you could do instead of eating to alleviate your stress or boredom. If you are hungry, continue on!



- * **Sit down**
 - Studies show that eating on the go leads to not recognizing how much food we actually eat, which may make us overeat later in the day.
 - Make eating the main event! Allow yourself to fully experience your food while sitting down at a table without distractions like watching TV or reading.



- * **Act like a baby (really!)**
 - Pretend you are a 6 month old infant who is getting to experience solid foods and flavors for the first time ever! Try to notice and appreciate different textures, smells, colors of your food and appreciate the nourishment this is giving you.

- * **Once your are done eating, ask yourself the following:**
 - What was my experience like?
 - How satisfied do I feel?
 - What signs is my body giving me that I'm full or satisfied?
 - How do I feel emotionally?
 - What are other pieces of my life that mindfulness might be helpful with aside from eating?





PATIENT SURVEY

Thank you for your hard work and commitment to our group! Please fill out the questions below to the best of your availability. Responses will be anonymous. Circle one number.

1. How helpful was this handout in working towards your healthy lifestyle goals?

Not Helpful 1 2 3 4 5 Extremely Helpful

2. How effective was this handout at increasing your knowledge about protein?

Not Effective 1 2 3 4 5 Extremely Effective

3. How visually appealing was this handout?

Not Appealing 1 2 3 4 5 Very Appealing

4. How likely are you to continue your healthy lifestyle journey?

Not Likely 1 2 3 4 5 Extremely Likely

5. How likely are you to share these recipes with family and friends?

Not Likely 1 2 3 4 5 Extremely Likely

Is there anything you would like to learn more about? Are there any recipes you would like to try in the future?



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1. How helpful was this handout in working towards your healthy lifestyle goals?

Not Helpful 1 2 3 4 5 Extremely Helpful

2. How effective was this handout at increasing your knowledge about sleep wellness?

Not Effective 1 2 3 4 5 Extremely Effective

3. How visually appealing was this handout?

Not Appealing 1 2 3 4 5 Very Appealing

4. How likely are you to continue your healthy lifestyle journey?

Not Likely 1 2 3 4 5 Extremely Likely

5. How likely are you to share these strategies with family and friends?

Not Likely 1 2 3 4 5 Extremely Likely

Is there anything you would like to learn more about? Are there any more tips you would like to receive about sleeping better?



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Not Likely 1 2 3 4 5 Extremely Likely

Is there anything you would like to learn more about? Are there any tips you would like to learn to ease anxiety or stress?
