

Extreme Lifestyle Makeover



Week #2 – Session Outline

Materials consultant needs to have for this session:

One Canada's Food Guide for each participant and a few food labels for demos.

Hand out and go over the **Canada's Food Guide, Serving Sizes Made Easy, and Portion Plate**. Stress the fact that the majority of their servings should come from fibrous vegetables and fruits. Briefly go over some of the reasons for this:

- High in vitamins, minerals, antioxidants (which fight disease/cancer/stress and boost the immune system).
- High in fibre which keeps us feeling full longer and regular. Fibre creates a matrix that may help with more of a time-released digestion process.
- Low in fat and calories.
- Full of water – will help keep us hydrated!

Give a few visual examples of portion sizes and then draw a picture of a plate broken into 3 sections. ½ of it should be filled with wet, fibrous carbohydrates (vegetables), ¼ lean protein (fish, chicken, legumes, etc.) and ¼ dry carbohydrates (whole wheat pasta, sweet potato, basmati rice, etc.).

Counting calories is not always an easy thing to do explain to them that we've designed a simpler way for them to make sure they're getting all of the "energy" their body needs for optimal health. It's called the Food Score System.

Hand out the **Food Score System Log Sheets** and go over how to use it. As they are filling out the log over the next few days have them look for any healthy and unhealthy patterns in each column. Ask them to focus on improving the unhealthy patterns they see occurring. Give them an example.

Hand out the **Food Label Tip Sheet** and review some of the main points with them as they follow along on their label.

HOMEWORK: Hand out the **Personal Grocery Store Shopping List** for them to complete the left column and bring to next session.

Remember to confirm with IT that all of the necessary audio visual equipment will be set up for you for week 3.