

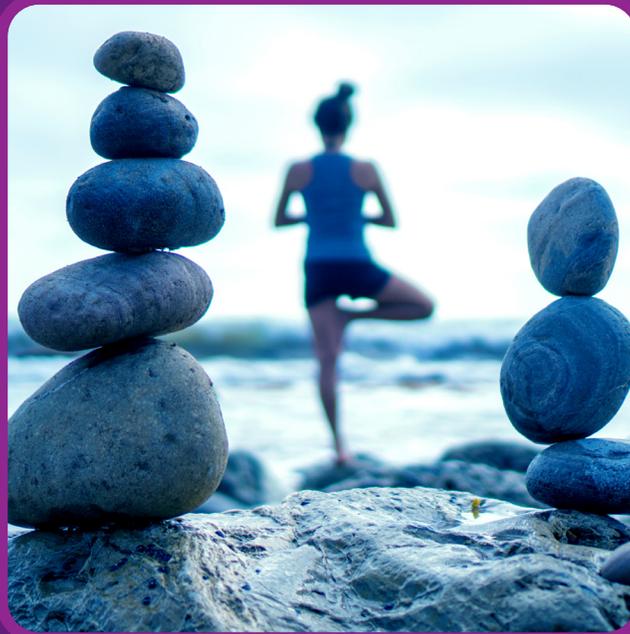


weeks to
WELLNESS



MANAGE WEIGHT • IMPROVE HEALTH • FEEL BETTER

with the Y



WEEK FIVE WORKSHEETS:

IT'S ALL ABOUT BALANCE





8 weeks to **WELLNESS**

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All Foods Fit

WORKSHEET

BALANCE & MODERATION ARE KEY

No food is off-limits. Eliminating certain foods from your diet often causes an increase in cravings for them. If you use the Healthy Plate model to build your meals and snacks most of the time, you can enjoy other foods simply because they taste good.

Try out these balance and moderation tips:

- > Eat the food you're craving in a small portion size
- > Eat the food you're craving less often
- > Stop thinking of food as "good" or "bad" and instead look at them as "everyday" foods and "sometimes" foods
- > Choose treats that are worth it

PLAN AHEAD FOR YOUR NEXT EVENT OR CELEBRATION

Special events like your birthday and holidays don't come along everyday, you should feel free to celebrate them! If you want to go out to a restaurant and order your favorite meal, enjoy it with zero guilt by balancing it out in other ways. Put a plan in place ahead of time so you know how you will balance out those special occasions.



What special events do you have coming up?

What will you be doing at the event?

What kinds of food & drink will be served?

What strategy can you use that will allow you to keep your goals in mind but still enjoy the event?

What will you do leading up to the event to offset any indulgences you choose to enjoy?





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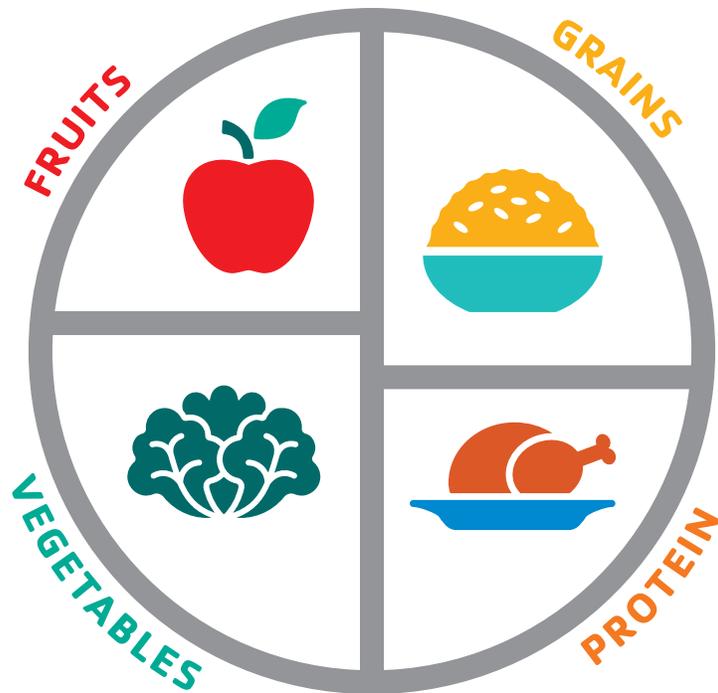


The 80/20 Approach

WORKSHEET

THE 80/20 APPROACH TO A HEALTHY PLATE

Recall the Healthy Plate Model:



Which foods do you enjoy eating for each section of the healthy plate?

> FRUITS

> VEGETABLES

> GRAINS/STARCHES

> PROTEIN

> HEALTHY FATS



You may have noticed that some foods don't easily fit in any of the sections on the Healthy Plate Model (cookies, french fries, candy, soda, etc.).

What foods do you enjoy that may not easily fit?

By focusing on choosing nourishing foods from the Healthy Plate 80% of the time, there is room to eat other foods simply because you enjoy them!



