



Lifestyle Empowerment
Approach for
Diabetes Remission

LEADR Facilitator Script

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WELCOME

Thank you for your decision to facilitate the LEADR diabetes remission program. LEADR stands for Lifestyle Empowerment Approach for Diabetes Remission. We think you'll find this life-changing program straightforward, fun, and convenient to facilitate.

This program will help your participants refine their dietary and lifestyle habits to improve their blood glucose and pursue a path toward remission.

Participants will:

- Learn how to improve their dietary habits by incorporating fiber-rich whole foods (legumes, whole grains, vegetables, starchy roots and grains, and whole fruit)
- Set attainable goals each session to reach their set vision toward T2D remission objectives
- Encounter inspiration, education, and guidance towards optimal lifestyle habits. LEADR is couched in a flexible format to meet your delivery parameters

A Word About Your Facilitator Role and LEADR Options

The LEADR design is scalable to your group, and flexible to deliver optional sections if time allows. Some can be assigned to participants between meetings, and some are optional. LEADR contains 12 Teaching Kitchen segments that can be used in a variety of ways:

- Conduct live cooking demonstrations in the meetings
- Prepare food ahead, bring in samples, and discuss while tasting
- Use the content simply as education and talk through the cooking in the meetings

Recipes and shopping lists are provided in the Participant Workbook appendix and can be shared as handouts, assigned as homework, or as an optional challenge.

Sessions can be held in-person, online, or a combination of the two. When the script differs by format, you will notice a box around certain text. The two options will be labeled clearly as **"IN-PERSON FORMAT"** or **"VIRTUAL FORMAT"**.

The LEADR framework rests on a system of support from you, the facilitator, to your participant community and through their families. We encourage you to consider including family members in meetings if that is possible in your setting.

A Note on Mental Health

Facilitators, we acknowledge that many individuals with diabetes do experience diabetes distress or depression, and we encourage facilitators to consider if referrals need to be offered to any particular LEADR participant for their mental health or other reasons.

We value any feedback or questions you may have before, during, or after the Program. Please don't hesitate to contact us at research@lifestylemedicine.org. Visit <https://lifestylemedicine.org/project/leadr/> for information and resources.

Welcome to the LEADR journey!

We are excited for your participants' upcoming progress.

FACILITATOR OVERVIEW

What skills are needed?

This Facilitator Script is designed as a meeting guide designed to help health systems, practitioners, their clinic, or team member to deliver the LEADR program.

This program is intended to be taught or overseen by a physician or advance practice provider (APP) with prescribing authority, as participants who adhere to the lifestyle changes being recommended may quickly need adjustments to their glucose-lowering medications. We suggest frequent, or optimally continuous, glucose monitoring during this program, especially during the first four weeks.

You or your team member is both program facilitator and clinician. In addition to your responsibilities as a clinician, the role of the facilitator is to:

- Read the script using the provided language or your own
- Encourage participants to share and create a non-judgmental and supportive climate
- Watch the clock to keep to your stated schedule for each session
- Bring the group back if they wander off-topic

Billing

Note that in order for clinicians to bill for these shared medical appointment sessions, they must have one-on-one exchanges with each participant participating in each LEADER session. We suggest these interactions occur as part of the "Set Your SMART Goals" segments, which occur starting in Session 2. In Session 1 there is no goal-setting but the facilitator will ask each participant to share with the facilitator their personal goals that they hope to achieve from this program. Ideally you have coered the "My Purpose" section in the workbook on page 11 and written down their big health goals. These interactions must be notated in the electronic health record (EHR).

Answering Questions

LEADR is an evidence-based program designed to be applicable to a variety of participants but their experience will also depend on your knowledge of their community, culture, and needs. Though it is comprehensive in its diabetes and nutritional education, it is also interpretive for you to complete, to help meet people where they are, and to allow them to take the small steps leading to big changes. The ultimate goal of remission is possible for some individuals, but may not be possible for all.

At this time, there is not enough scientific evidence to say with certainty who can achieve remission, defined as HbA1c<6.5% for at least 3 months without surgery or medications, and who cannot. Given this, the most empowering and optimistic approach is to be careful not to over promise on outcomes, but to encourage all participants to try their best in sticking with lifestyle changes, with a goal of maximum impact for health.

Though you may possess much more knowledge and experience, providing too much information may be overwhelming and can discourage lasting change. The script is scaled to be actionable, clear, and intentionally does not address all that is known about type 2 diabetes in service of being accessible to participants. For participants who want to learn more, you may wish to share additional resources.

Some points to keep in mind as the facilitator:

- Keep all sessions on track; try to avoid getting stuck in long discussions that take the group off course.
- Conversely, try to avoid stifling or ignoring questions
- If someone asks a health-related question not related to the topic at hand, consider the amount of time you have left in the session before deciding how to handle the question. Your best response might be to ask the participant to talk with you after the end of the session. This will allow you to keep the session on track and on time.

- It might be appropriate to pose the question to the group for peer-to-peer suggestions.
"Anyone have an idea on how to answer this question?" Be sure to guide the group back to the session as soon as possible to keep on time.
- You can consider adding questions to a question gallery or discussion board of additional questions and answers that come up during sessions.
- You can suggest to the participant to do some research on that question at home and report back to the group on what they learned at the next meeting, or to chat together after the next meeting.

Confidentiality

It's very important to emphasize that group medical appointments like this need to be a confidential, safe space. Participants may share personal details, or hear personal medical information from others. Everyone attending needs to agree and be reminded of this at each session. You may wish to have participants sign an agreement confirming their understanding of this point.

Potential challenges

Group Dynamics

Some participants may prefer not to read or share in the group, which is okay. It's best not to make anyone feel pressure, but at the same time inviting specific individuals to share without requiring them to do so may be best to elicit their participation.

Often, one or two in a group may dominate group participation. You may need to limit their participation and encourage others to answer questions to keep the discussion balanced.

In Person Meetings:

- For groups of 20 or less, this program works best when participants are seated in a circle with no tables. When there are tables, group dynamics are not as strong. Participants tend to have more side conversations and expect more classroom-style teaching.
- For groups larger than 20, it's not practical or necessary to be in a circle, so have participants sit according to the layout of the room.

Virtual Meetings:

- It can be more difficult to keep the group engaged and maintain a group dynamic. Definitely set an expectation that people join with cameras on so everyone can see everyone else's face, and to protect the time as though they were attending in person.
- Ask participants to be careful not to be multi-tasking or doing other things at the same time. Give respect to the activity and to the other attendees by fully participating.
- People are sometimes even more reluctant to share in a virtual setting in the big group. Make sure you are comfortable with the breakout function in whatever video meeting platform you are using so that you can rely on it to break people up into pairs or small groups.

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FREQUENTLY ASKED QUESTIONS

How many sessions?

This program has 12 billable sessions. Note that each Session is divided into components with titles in your script that match the titles in the participants' workbook, with some that repeat in each session (Welcome, Check-In, Set Your SMART Goals, and In Closing). Feel free to adjust the wording in this script to fit your designated dates and times.

How long are the sessions?

Roughly 1.5 hours each, not including the optional live Teaching Kitchen demonstrations. However, this will depend on how many participants attend each session because of the need for a 1-1 interaction with the provider. We suggest planning on a minimum of 1.5 hours.

What's a good way to get a program started?

A good way to start a program is to hold a free orientation & screening session for interested or invited participants. It provides an overview of the Lifestyle Empowerment Approach for Diabetes Remission (LEADR) which provides a feel for how it runs and inspires them with the movie "Forks Over Knives." The film is a strong motivator that has guided thousands of people to a healthy whole food diet.

You'll find this experience will help sell the program for you, as the fun and support can be infectious! Find the Free Information Session resources in the Planning Guide.

How many people is the Program designed for?

This Program is built to be flexible and scalable. It can work for any number of participants, both in-person or online, with or without including family members. We suggest considering your financial needs for reimbursement/payment, and scaling your recruitment goals to achieve 20%-30% more participants that you would like to be able to consistently bill for.

You can expect approximately a 20%-30% absence rate or dropout. So, if you need to bill for an average of 12 participants, we suggest recruiting at least 15 to start.

How do I register my participants?

This is up to you and your clinic or provider. We have provided a sample registration form in the Planning Guide. It is recommended that everyone read and sign your version of this form before attending the program.

How much do participants pay for the program?

Participants pay whatever your clinic or provider decides to charge. We have provided a suggested reimbursement strategy that is detailed in the Planning Guide. This is based on CMS coding, so you'll need to check on specific reimbursement policies with private insurance.

What kind of training will I need?

The program is easy to facilitate and does not require extra training or large staff, and is 100% scripted. At this time, we do not provide specific training materials for this program. We suggest reading through the Facilitator Script and thinking through specific questions that may come up.

Though this program is available to anyone to use, formal training in diabetes remission is ideal. If you'd like to explore ACLM's offerings you can view our courses here: <https://lifestylemedicine.org/>. Our training in "Remission of Type 2 Diabetes and Reversal of Insulin Resistance" may be of special interest, which can be found here: <https://lifestylemedicine.org/project/remission-of-type-2-diabetes/>.

Are advertising or recruitment materials available?

A variety of recruitment and screening materials can be found in the LEADR Planning Guide and from the website –

<https://lifestylemedicine.org/project/leadr/>

What materials will I need to run the program?

The majority of the participant material comes in this Facilitator Script and the Participant Workbook. Other small items needed by the facilitator are listed in the Planning Guide, for instance, supplies and ingredients needed for conducting live Teaching Kitchen demonstrations, if you choose to hold them.

We also provide slides to mimic the content in the Participant Workbook, which can be downloaded from the website - <https://lifestylemedicine.org/leadr>

How can participants get their Participant Workbook?

Participants can choose to use the digital version of the Participant Workbook, but it is recommended they have a printed copy to write in as you go through the sessions. If your sessions are in-person, you can also choose to print materials for your participants or have a printing service print them for you.

Will I need any special equipment?

No special equipment is needed, but you may wish to use a projector if you plan to use the slides.

It is not necessary to present slides; you may be able to achieve a more personal and connected group dynamic by simply having everyone follow along in their Participant Workbook and keep their attention more on the group.

Post LEADR Follow-up

ONGOING SUPPORT:

Please consider how your office can provide ongoing support to patients after completion of the LEADR program, as continued follow-up is often critical for

long-term adherence. Consider how much support your practice might be able to offer, either by facilitating intra-group connections or even hosting ongoing meetings. In-person support might be a monthly touchpoint or something less frequent.

Some ideas include:

- Online discussion group for past participants, with or without facilitation by your office
- A social media group such as a WhatsApp, Signal or Facebook group
- Participant-led meetings/potlucks
- Monthly meetings held at your offices
- An ongoing LEADR virtual drop-in

Such meetings provide ongoing group-based support, guidance, and education to help participants continue their journey toward remission and get back on track after setbacks.

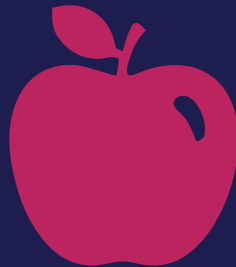
LEADER FACILITATOR DISCUSSION GROUP:

ACLM has created an ongoing discussion interest group for clinicians running LEADR. It is intended for those presently running LEADR programs as well as for those who may be interested in doing so. Members can share successes and challenges in running, facilitating, and billing for this 12-session, shared medical appointment (SMA) program, designed to be held in-person or virtually. ACLM members have access to this page through our Connect platform, and can come and go from the group, educate each other and provide mentorship. You can learn more and join here:

https://portal.lifestylemedicine.org/Shared_Content/HL-Community-Portal.aspx

Join the Leadr Facilitator
Discussion Group





Orientation: Welcome to LEADR

Welcome and Overview

Get Inspired: Documentary Movie, *Forks Over Knives*

Movie Discussion

In Closing

WELCOME AND OVERVIEW

Welcome to LEADR, the Lifestyle Empowerment Approach for Diabetes Remission. This program was developed by the American College of Lifestyle Medicine to support people like you achieve their health goals.

This meeting will briefly orient you to the upcoming program and inspire you with a film about people like you who have improved their health through transitioning to the healthy diet and lifestyle that you will learn through this program.

We've designed a fun and easy way for those with diabetes to follow a diet that will improve their health, and adopt the habits that can lead to remission, and do it in a fun and accessible way.

Note that though we will be having fun sessions together, consider each of them as a medical appointment. This will be a safe space for sharing your experiences and thoughts, and everything we hear from each other is confidential and should remain so. Please treat personal information as such. It stays with us, inside this safe space.

This session is mostly to get a glimpse of what a whole food diet is, and to inspire you with real-life stories from people like you who have chosen to eat this way.

The workbook you were given is yours to keep and review, if you will be joining our LEADR program. It should be with you at each session as it has exercises that we will do together, and it will help you keep track of your personal goals. If at the end of this session you are still not sure that this is the right time for you, that is just fine! Please return the workbook to me. So hold off on writing in it until after this session.

Each session will be packed with diabetes education, tips, exercises, discussion, inspiration, and support from fellow participants.

You will be setting your own personal goals at the end of each session, starting in Session 2, that are attainable according to you, through the S.M.A.R.T. goal-setting process. I think you will find this goal-setting process to be the key to your success, and comfortable to allow you to reach your personal goals.

Also note that in Session 1, each participant will clarify what their goals for the program are, and their strategy to accomplish them, along with their confidence level. We're going to get started by enjoying an inspirational movie about people just like us with similar health goals.

Are there any questions about the program before we start the movie?

ALLOW TIME FOR QUESTIONS BUT KEEP ANSWERS BRIEF, EXPRESSING THAT "THIS WILL BE ADDRESSED IN THE PROGRAM" IF APPROPRIATE

We'll be taking a journey together, and it's helpful to remember that progress is not always a straight line.

Take a look at our roadmap on page 9 of your Workbook.

The group will be with you for support, feedback, accountability, and fun. The staff will be here to guide you. And you will be here to participate and encourage yourself. When you have setbacks, it's totally okay. Just keep showing up and putting one foot in front of the other. We have a lot to cover in the coming weeks, and you will definitely make progress if you stay involved and stay present.

Where You Came From

Towards Your Health Goals



Session 1:

Let's Get Started with Diabetes Remission



Session 2:

Follow Your Roadmap to Healthy Eating



Session 3:

Change Your Lifestyle; Transform Your Health

Session 12:

Prepare for the Journey Ahead



Session 4:

Keep Track of Water, Fiber, and Fat



Session 10:

Master Shopping and Label Reading



Session 6:

Refresh Yourself with Whole Foods, Sleep, and Stress Reduction

Session 5:

Enjoy a Full Plate Towards Your Diabetes Remission Goals



Session 9:

Commit to Healthy Meals and Stay the Course



Session 8:

Set Up Your Environment for Success



Session 11:

Plan Your Meals at Home and Away

Progress is not always a straight line, and it's often messier than we expect. Just keep showing up, and you'll keep moving forward.



Movement Break: 1-Minute March

Now, as we will do in each session, let's take a quick movement break before the movie.

- Take a deep breath in, and slowly let it out
- Please stand up if it's comfortable, this can also be done seated
- Gently march in place (this increases circulation and warms muscles)

ALLOW MARCHING FOR ONE MINUTE

Ask your participants to do a Self-Assessment survey at the point, before they begin the program. We suggest using the Lifestyle Medicine Whole Person Health Index here:

<https://connect.lifestylemedicine.org/viewdocument/lifestyle-medicine-short-assessment>

You can print copies out or share the link, but ask that every participant do this survey on their own, as you will ask them again at the end of the program to assess themselves again.

GET INSPIRED: DOCUMENTARY MOVIE - FORKS OVER KNIVES

Notes to Facilitator: This session, and the post session, may run longer than the main sessions due to film length. This movie is 96 minutes.

Now let's settle in to view an inspiring movie, and then end with a brief idea of what to expect when coming to each session. This film is a documentary that follows doctors and their participants who have adopted the same eating pattern that you are eating in this program. Many of the people have the same health conditions that you have, including type 2 diabetes. You're going to see just how powerful these lifestyle changes can be and what's possible for you if you stick with the program.

We're sharing this with you to help inspire you to imagine what's possible. When the movie is over, we'll be having a discussion together so you'll get plenty of opportunity to process your thoughts and questions.



PLAY FORKS OVER KNIVES. YOU CAN FIND THE LINK TO IT [HERE](https://forksoverknives.com/the-film/) or at forksoverknives.com/the-film/. WHEN THE MOVIE IS FINISHED, ALLOW PARTICIPANTS TO TAKE A 10 MINUTE BREAK.

MOVIE DISCUSSION

USE THE QUESTIONS IN THE PARTICIPANT WORKBOOK AS A WAY TO GUIDE THE DISCUSSION. YOU DO NOT HAVE TO FOLLOW THE QUESTIONS WORD FOR WORD. ALLOW THE PARTICIPANTS TO GUIDE THE DISCUSSION AS MUCH AS POSSIBLE. ALLOW THEM TO SHARE REACTIONS, QUESTIONS, AND THOUGHTS.

I can't wait to hear what you thought about the movie. First, I'd like for you to turn to the person next to you and share your general thoughts about it.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE.

Who would like to share their thoughts with the group?

What's one thing you heard or saw that surprised you the most?

PAUSE FOR PARTICIPANT RESPONSES.

What did you like most in the movie? For example, a certain person's story, something one of the people said that spoke to you, or a favorite scene?

PAUSE FOR PARTICIPANT RESPONSES.

What parts of the movie seemed scary or difficult?

PAUSE FOR PARTICIPANT RESPONSES.

After watching the movie, how are you feeling about going through this program?

PAUSE FOR PARTICIPANT RESPONSES.

What questions did you think of during the movie?

PAUSE FOR PARTICIPANT RESPONSES.
HELP ANSWER ANY QUESTIONS OR POINT PARTICIPANTS IN A DIRECTION TO FIND AN ANSWER.

REVIEW OF PROGRAM

I want to give you a sense of what to expect when you come to sessions.

REVIEW THE SCHEDULE OF MEETINGS YOU ARE USING IN YOUR SETTING

Every meeting, we'll do a check-in to support you in tracking and how you're doing with your goals, we'll talk about healthy cooking and new recipes, and then we'll learn some new things that will help you put your diabetes into remission. Oh, and we'll also try to have a little fun each week!

Food will be our main focus, but you'll also learn how to exercise, sleep, manage stress, and start other

habits that will help you on your journey. It's great to share what you're learning with your families whenever you can. In fact, the more they understand what you're trying to do and will make them more likely to support you at home. If your family doesn't join you in your new habits, that's okay too. During the program we'll show you how to stick with your goals regardless of whether or not your family decides to live this way too.

IF IT WILL WORK IN YOUR SETTING TO INVITE FAMILY MEMBERS TO ATTEND THE MEETINGS WITH PARTICIPANTS PLEASE REVIEW THIS INFORMATION NOW

MY GOALS FOR THIS PROGRAM

I hope you have been inspired by the stories you heard in the movie. Before we adjourn, please turn to page 11 of your workbook to find "My Purpose." As homework, I'd like you to read through it before our first session and start thinking about your personal goals for this program. At the end of Session 1, after we learn more about diabetes remission, we will share your big vision for your health. Each session after that will help you set attainable steps toward them. As a reminder, all of our conversation in this program is confidential and should no be shared with others.

IN CLOSING

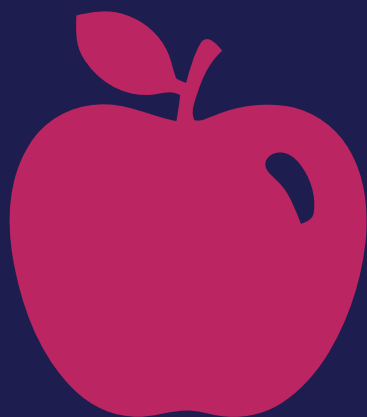
Now, if you plan on joining this program, we have a homework assignment for you, which is to ready the "My Purpose" section, and consider the big hairy goals that you have for yourself by taking it. At the end of our first session we will fill out the next page, (in pencil!) Reading this section will help prepare you to formulate goals. Be ready to share them.

I am excited to start this journey with you and look forward to our first session together: Getting Started with Diabetes Remission.

Do you have any questions before we go?

ANSWER QUESTIONS AND REMEMBER TO BRIEFLY ANSWER: "WE WILL BE COVERING THAT IN OUR PROGRAM, FOR SURE."





Session 1:

Let's Get Started

with Diabetes Remission

Welcome

Success Story

Health Vision Statement

Remission Plate

Common Nutrition Myths

Your Healthy Lifestyle

In Closing

LET'S GET STARTED WITH DIABETES REMISSION

Description

In Session 1, participants will get inspired about diabetes remission, connect with their support partners, and create their vision statement for this program and their future relating to their health. They will hear a success story about others like themselves, and learn what the diabetes remission plate is.

Learning Objectives

1. Develop a health vision statement
2. Identify the fundamental dietary principles of an eating pattern for diabetes remission
3. Review common nutritional myths
4. Describe the SMART goal-setting process

Notes to Facilitator

It's important to start each meeting on time in order to get out on time. Plan on a few people straggling in late; it always happens. Use your judgment about how much to catch them up.

Some participants may be hesitant to speak up within the larger group, especially in the first session. If you're having difficulty getting people to participate in discussions, ask them to share with the person sitting next to them first or within small groups of 2-3 people.

Throughout the sessions, the script will prompt you to get volunteers to read aloud. If no one volunteers, you can either read the sections yourself, call on individuals to read, or go in a circle and take turns reading.

If participants' primary care provider is not part of the program, be sure to remind them to stay in close contact with their provider. Blood glucose readings and medication needs can change rapidly with lifestyle change, so close monitoring is important.

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.



Session 1

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO SO. MEANWHILE MAKE SURE EVERYONE CAN HEAR YOU.

LET PARTICIPANTS KNOW WHERE BATHROOMS ARE LOCATED.

Welcome to this first session of the LEADR Program. My name is (FIRST NAME ONLY) and I'll be your facilitator for this session. We'll start with introductions.

SHARE A BRIEF INTRODUCTION ABOUT YOURSELF AND WHY YOU ARE PASSIONATE ABOUT TEACHING THIS PROGRAM. SHARE A PERSONAL STORY OR Participant STORY ABOUT DIABETES REMISSION, IF YOU HAVE ONE.

Thank you and welcome, Everyone. Each of us has a unique and valuable perspective, and sharing our experiences will promote an environment where we can all learn from each other. So, these sessions will be interactive.

HOLD UP FACILITATOR SCRIPT.

I'll be using my facilitator materials to guide our sessions. This guide will help us stay on task.

Those of us in this room are on a journey—a journey we're taking together toward achieving diabetes remission. Maybe that's a journey you've been on for years. Or perhaps this session is your first step toward restoring your health and feeling better. No matter where you are on your journey, we're all in this together.

Maybe you've been told that you're going to have diabetes for the rest of your life. In this program you'll learn that it is possible to put that diabetes into remission and to have a life without it again. In each session, you're going to learn exactly how to do that. You'll also see the results for yourself as you make changes to your lifestyle.

ASK FOR A SHOW OF HANDS FOR PEOPLE WHO CAME WITH SOMEONE THEY KNOW. OFFER TO ASSIGN DYADS FROM AMONG THESE FIRST IF THEY WANT.

IN-PERSON FORMAT: Now for those of you meeting people for the first time, turn to the person next to or near you, reach out, and exchange email addresses or phone numbers.

VIRTUAL FORMAT: Now I'm going to break you up into pairs for just a minute - either with the person you came with, or somebody new. I want you to exchange email addresses or phone numbers.

This will be your support partner for the duration of the program. I would like you to check-in with this person before we meet again, and throughout the program.

We will take a few minutes before we close today to make an appointment with your partner - I will suggest some time in the middle of today and when we next meet.

You will soon be helping each other attain your goals towards improved blood glucose, aiming towards diabetes remission, and you will be celebrating accomplishments together.

IF YOU HAVE AN ODD NUMBER OF PARTICIPANTS, ASSIGN ONE TRIAD. IF PEOPLE CAME WITH SOMEONE THEY KNOW, THAT PERSON IS A NATURAL CHOICE FOR A SUPPORT PARTNER.

MAKE SURE TO WRITE DOWN ALL PAIRS TO KEEP TRACK GOING FORWARD AS THEY WILL TALK AGAIN, IN THIS SESSION AND THROUGHOUT THE PROGRAM.

ALLOW 2 MINUTES FOR PARTICIPANTS TO INTRODUCE THEMSELVES.

SUCCESS STORY:

It might be hard to believe that diabetes isn't a lifelong disease, so let's hear about someone who put their diabetes into remission by making the same changes that you'll be learning about in this program. Would someone like to volunteer to read this one out loud?

PATRICIA

In 1997, I was diagnosed with pre-diabetes and I controlled it with diet and exercise until July 2014. When my weight ballooned to 158 lbs, and A1C at 6.4 my PCP started me on Metformin 500 mg/daily. In April 2016 my A1C was 6.9 with an average glucose of 150. I have always exercised with walking, Pilates, and water workouts, but was obviously eating more than I could offset with exercise. Various diets brought my blood sugar down to fasting range of 120-but, I had no major changes in weight. In 2018 I started to lose some weight due to no longer working in a sedentary job, but my blood sugar stayed the same.

In the Fall of 2021, I experienced GERD type symptoms while on daily walks. Symptoms were intermittent so I held off seeing my PCP about them until December, and at that time he ordered a nuclear stress test which showed a 90% occlusion of the LAD. In February of 2022, I had a stent inserted in my left anterior artery, and it was then that I heard about the Ornish lifestyle program at the Hospital and began the program in May 2022. It was the best decision I've made for better health. In addition to a change in diet (plant-based, minimal oils, salmon or cod twice monthly, limited non-refined whole grain products, and no meat, poultry, whole fat dairy, or egg yolks) the program requires an hour of exercise daily along with meditation for stress reduction.

The exercise and meditation components were very important in helping to adjust to this new way of eating. As my body adjusted and the weight dropped

so did the blood sugar numbers. My glucose is now normal, I have reversed my diabetes and have less GERD. My A1C was 6 and have been off Metformin for over a year; feeling wonderful with lots of energy!

I wish my doctors had been knowledgeable about plant-based diets when I started this journey with diabetes. I lost my brother and a grandparent to diabetes and heart disease, and I am now trying to convince my niece and nephew they too can take control of their diabetes.



VISION STATEMENT

Wasn't that an inspiring story? Now it's your turn to write your own success story. Since it hasn't happened yet (but it will!), we'll call it your Health Vision Statement. A Health Vision Statement is simply a short paragraph that describes the highest health vision that you have for your life. Your health journey is like a map, and your wellness vision is the "X" on that map - your destination. It's something you can return to during your health journey to remind you where you are headed and why you're walking this new path. Turn to **page 16** in your Workbook. Here, you'll see a worksheet that will help you create your Health Vision Statement. You'll answer these questions:

- What is the main goal you hope to achieve through this program?
- Why do you want to achieve this goal? Think about how you imagine your life will change or improve after you achieve that goal.
- What things will you be able to do that you don't do now? What things will you be able to have that you don't have now?
- Now Imagine that you've achieved your goals and you are able to do and have everything you listed above. Write out a day in the life of this new version of you. Start from when you wake up and end when you go to sleep, filling in as many details as you can about this new life. Remember, this is the most ideal version of your life that you can imagine, so dream big!

After you answer these questions, it's time to create your Health Vision Statement. Let's read a few examples to help you out. Who would like to read Example 1 for me?

Example 1: I am a healthy, happy person who makes time in my life for myself, my spirituality, and my friends and family. I walk every morning to start my day on the right foot and to relieve stress. I feel confident in choosing foods that keep me healthy. I no longer have to check my blood sugars because

I know they are normal. I can easily bend down and pick up my grandchildren, and play with them outside.

Thank you. Can someone else read Example 2?

Example 2: I feel excited about my life. I regularly play pickleball with my friends and have plenty of energy to do it. I love the way the foods I eat make me feel. I no longer take as many medications, and my doctor says I'm healthy. I love waking up in the morning and starting another amazing day.

Great. Who would like to read Example 3?

Example 3: I am losing weight and feeling at peace with my body. I am on vacation with my family, and I feel energetic and free. I'm wearing clothes that make me feel good, and I can keep up with my active kids. Healthy eating and daily exercise is just the way it is - I don't even think twice about it anymore.

Now, it's your turn! Take the next 10 minutes to answer the questions and write your own Health Vision Statement. It's okay if this is just your first draft.

**ALLOW 10 MINUTES TO WRITE.
GIVE A 1-MINUTE WARNING.**

How did it feel to dream big about your life?

WAIT FOR RESPONSES.

Is anyone willing to share their Health Vision Statement?

WAIT FOR RESPONSES.

I encourage you to keep working on this statement throughout this next week until you get a few sentences that fill you with excitement and hope. You deserve to have whatever life you can imagine for yourself. I also encourage you to paste it somewhere visible, like your refrigerator, to help you stay focused on your goals.

A WHOLE FOOD, PLANT-PREDOMINANT PLATE

For the treatment, reversal, and prevention of lifestyle-related chronic disease, ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds.



Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.

FOCUS ON WHOLE FRUITS AND VEGETABLES AND EAT A RAINBOW OF COLOR

Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white and sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, mangoes, just to name a few

DRINK WATER FOR HYDRATION

CHOOSE WHOLE GRAINS

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few

EAT A VARIETY OF PROTEIN-PACKED PLANT FOODS.

Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu, and tempeh

Nuts and seeds: Almonds, pistachios, walnuts, pecans, cashews, peanuts, nut butters, pumpkin, sunflower, chia, flax and hemp seeds

THE WFPB PLATE

We're going to introduce you to a lot of new ideas in the coming weeks, but the biggest change you'll probably make is changing what you eat. The foods we eat have a powerful impact on our health. Other things like exercise and sleep are definitely important, but food is arguably the most important factor. Because it is so important, we're going to start talking about food today. And we'll continue talking about it every session. So, you might be wondering what these successful people were eating to put their diabetes into remission. **Turn to page 18 in your Workbook (ACLM WFPB Plate).**

PAUSE AS PARTICIPANTS TURN TO PAGE 18.

This plate is what the ideal diabetes remission plate looks like. Don't worry, we'll be looking at a lot more examples of plates like this for specific meals – everything from burgers to tacos. But this plate gives you an idea of what your own plate should start to look like. This diabetes remission diet is called a whole food, plant-based diet. Sometimes it's called WFPB for short. A whole food, plant-based diet is an eating pattern that emphasizes a variety of nutrient-dense, minimally processed vegetables, fruits, whole grains, beans and legumes, and nuts and seeds. When you see "WFPB" you might want to say "whole food, plant-based" because it's easier to say.

As you can see, to fill your WFPB plate you'll start by filling half of it with vegetables and fruits. In your Workbook, you can see a list of different foods that fall into these categories. Take a moment to circle some of the foods in these two groups that you already know you like. If you don't see your favorite vegetable or fruit on the list, write it in. You can shout out the vegetables and fruits you like – what are they?

ALLOW 1 MINUTE FOR PARTICIPANTS TO CIRCLE ITEMS ON THEIR LIST AND INVITE THEM TO SHARE OUT LOUD.

The next quarter of the plate is made up of plant protein foods. This includes things like beans, peas, lentils, split peas, and small amounts of nuts and seeds like walnuts, pecans, almonds, and pumpkin seeds. Take a minute to circle or write in foods in this group that you already know you like, and again, let's hear what they are.

ALLOW 1 MINUTE FOR PARTICIPANTS TO CIRCLE ITEMS ON THEIR LIST AND INVITE THEM TO SHARE OUT LOUD.

The last quarter is for whole grains. This section is for foods like oatmeal, brown rice, corn tortillas, and barley. Raise your hand if you've been told that grains and carbs like this are bad for your diabetes.

PAUSE WHILE PARTICIPANTS RAISE THEIR HANDS.

What have you heard about this?

PAUSE WHILE PARTICIPANTS SHARE WHAT THEY'VE HEARD ABOUT GRAINS AND CARBS AND DIABETES.

Later in the program you'll learn a lot more about why these foods can actually be good for your diabetes and how to choose the best ones. For now, circle or write in some of your favorites – what are they?

ALLOW 1 MINUTE FOR PARTICIPANTS TO CIRCLE ITEMS ON THEIR LIST AND INVITE THEM TO SHARE OUT LOUD.

And the last piece that you see off to the side of the plate is water. You want to drink plenty of water for hydration. We'll talk more about why this is so important and how to jazz up your water to make it more enticing later in the program. For now, all you need to focus on is 1) filling half your plate with vegetables and fruits, 2) filling one-quarter of it with

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plant protein foods like beans, and 3) filling the final quarter with whole grains. Take a look at the foods you circled again. What are some of your favorite dishes that use these foods?

PAUSE AS PARTICIPANTS SHARE AND SHOUT OUT FAVORITE DISHES. ALLOW 5-10 MINUTES FOR SHARING AND PROMPT THEM TO DISCUSS WHAT THEY REALLY ENJOY, MEMORIES, ETC.

Great! These are all great foods to start with and we'll learn lots of healthy ways of preparing them that will help you towards diabetes remission! When you're trying something new, starting with what's already familiar will make it easier. If you didn't circle very many foods or any foods at all, don't worry. Throughout the program you're going to get to try many new foods. By the end of the 12 weeks, you'll have a whole list of staple foods and recipes that you enjoy.

Let's take a short movement break. When we come back, we'll hear another success story.

ALLOW 5-MINUTES FOR A MOVEMENT BREAK



Movement Break: Shoulder Rolls and Arm Swings

- Take a deep breath in, and slowly let it out
- Lift shoulders up towards ears and make slow circular shoulder rolls
- Followed with relaxed arm swings across the chest
- (Releases upper-body tension & improves circulation)



Focus on whole fruits & vegetables.



Drink water for hydration.



Eat a variety of plant protein.



Choose whole grains.



COMMON NUTRITION MYTHS

I'm guessing that WFPB plate brought up some questions for you, so let's bust a few common myths. Turn to **page 20** in your Workbook (ACLM NUTRITION MYTHS), and you'll see some of the myths there. Feel free to ask questions as we go through this.

MYTH #1: Carbohydrates are bad for you. This myth is so common in diabetes

FACT: Not all carbs are created equal. Carbohydrates from vegetables, fruits, whole grains, beans, and legumes provide energy, essential nutrients, and are health-promoting carbohydrate choices. There are many different types of carbohydrates. Your focus should be on choosing the right type of carbs, not getting rid of carbs altogether. Whole plants and unrefined whole grains are excellent carbohydrate choices that provide fiber, protein, vitamins, minerals, phytonutrients, and healthy fats. Carbohydrates are the body's preferred source of energy and the brain's only source of energy. As I said, you'll learn a lot more about choosing healthy carbs later in the program.

MYTH #2: Most people don't get enough protein

FACT: The average person actually consumes too much protein. The average adult person consumes 80 grams of protein per day – far more than is necessary! You can see here that the average man only needs 56g of protein a day, and the average woman only needs 46g. Excess protein is stored as fat and can lead to weight gain or even prevent weight loss if that is one of your goals. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein. There is plenty of protein in just plant foods – actually, slightly more than we even need. The nutrient that most people don't get nearly enough of is fiber. Over 90% of people don't eat enough of it, which is why we're going to spend a lot more time talking about fiber in this program. This important carbohydrate does not possess any calories or essential nutrients in itself, so it is often overlooked, but crucial to our health. Does

anyone know what foods have fiber in them?

PAUSE FOR PARTICIPANT RESPONSES – 4 minutes

Yes, fiber is only found in whole plant foods. Now you can see why a diabetes remission diet means a plate filled with these foods. We will talk more about fiber in Session 3.

MYTH #3: You have to consume milk or dairy to meet calcium needs

FACT: Calcium is an important nutrient, but dairy products do not have a monopoly on calcium. Plants are the original source of calcium absorbing minerals from the soil. Calcium and other minerals are in soil and are absorbed into the roots of plants. The calcium in cow's milk originates in those calcium-rich plants that the cow eats. You can see in your Workbook that you can easily get calcium from soy beans, broccoli, greens, and fortified plant-based milks like almond milk. Is there anything that surprises you from this list?

ASK FOR PARTICIPANT RESPONSES TO THE WORKBOOK HERE. – 4 minutes

On to:

MYTH #4: You need to eat animal protein to meet your protein needs

FACT: When you first looked at the WFPB plate, you might have been wondering, "where's the meat?" Plant foods like beans, lentils, nuts, whole grains, and veggies provide ample protein, as well as fiber and other essential vitamins and minerals, not found in animal products such as meat, fish, poultry, eggs, and dairy. So, we actually don't need meat to get enough protein. In fact, meat protein comes with a lot of downsides. It doesn't have any fiber and it has saturated fat and cholesterol – two things we want to eat less of for diabetes remission. People who eat the most meat actually have higher rates of diabetes too. It is also a myth that plant-based protein is "incomplete" protein. Plant-based foods contain all of the essential amino acids, the building blocks of

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protein; so by eating a variety of foods you will get all the amino acids you need.

You can see in your Workbook that many plant-based foods contain as much protein as animal foods, and they come with other benefits like fiber, water, vitamins and minerals, and they're low in fat. We're going to teach you plenty of ways to makeover some of your favorite meat-based meals as well as ways to flavor your food so it tastes delicious.

One important nutrient that we can't get from plant-based foods is vitamin B12. Vitamin B12 is an essential vitamin needed by the body to help keep the body's nerve and blood cells healthy and helps make DNA. B12 is the only nutrient that cannot be found in plant-based foods. B12 is not made by plants or animals, it is made by microorganisms in the soil. Because of modern farming, we cannot rely on dirt on our produce to obtain enough B12. Some plant-based foods are fortified with B12 including certain plant-based milks, cereals, and nutritional yeast. However, these are not dependable ways of meeting B12 requirements. The most reliable method of meeting B12 needs is by taking a B12 supplement.

Now, vitamin D is another nutrient that is sometimes a concern. Vitamin D is actually a hormone produced in the skin when your skin is exposed to sunlight at certain times or day and times of year (UVB light). Depending on where you live, how dark your skin is, and how much you get outside, it might be a good idea to take a vitamin D supplement as well. The best way to check whether you need supplements is to ask your doctor to test your blood levels for these two nutrients.

Now that you understand the basics of the diabetes remission diet that you'll be following for the next 12 weeks, you can start to make your plates look like the plate in your Workbook. And you know the best news about this eating plan? You don't have to count carbs or calories! All you have to do is eat until you feel comfortably full, and then stop. For some of us, this sounds a lot easier than it actually is, right? You'll

learn more about how to find this Satisfaction Point and not overeat in a few weeks. For now, practice a mid-meal check-in. When you're about halfway through your meal, pause for 15 seconds and ask yourself how full you are on a scale of 1 to 10. Based on that number, decide if you want to keep eating. If you decide to keep eating, give yourself another 15-second pause to check-in and rate your fullness on the 1 to 10 scale before finishing all your food. It takes about 20 minutes for your brain to register that your stomach is full, so these pauses will help you start to slow down and tune in to your body during meals.

YOUR HEALTHY LIFESTYLE



Although we will be talking a lot about food in this program, achieving remission, or even better – health-, takes a combination of factors that work together. Our eating habits lead the way as they are a constant input that affects the body all the time, but other lifestyle factors, including physical activity, the amount and quality of our sleep, the chronic stress we carry, our social connections, and our use of substances, all compound into good or poor health. So, we will touch on these important pillars of health and you will have the opportunity to create lifestyle goals for yourself throughout this program as well. You will find that incorporating them into your remission plan will help your body and mind make dietary transformation feel even better and easier to stick to.

Please turn to **page 22** in your workbook. Let's take a few minutes to learn about the foundational lifestyle behaviors that make simple habits become medicine.

The Pillars of Lifestyle Medicine

The following six health behaviors are important on their own because they affect your risk for getting diabetes and your ability to manage it. It's also important to think about how one health behavior can

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affect your success with healthy habits in other areas.

Being in LEADR will be your chance to make real changes in your life in each of these areas – especially nutrition and physical activity. It's important to know that when you change your health behaviors, you can really make a difference in your health now, and these are things that will help you feel better, manage your glucose, and hopefully reduce your need for medication.

Starting in Session 2, we'll talk about SMART Goals, and from then on we're going to challenge you to set your own SMART Goals that address nutrition, physical activity, and the other health behaviors in each session.

Whole Food, Plant-Predominant Nutrition

Choosing an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds lowers risk for all chronic disease, helps maintain a healthy weight, and very importantly helps control blood glucose.

Physical Activity

Regular exercise allows for better blood sugar control and insulin sensitivity. Aerobic and resistance exercise can improve blood pressure and cholesterol. It also supports heart health, and our immune and nervous systems.

Restorative Sleep

Quality sleep helps the immune system fight disease and also help control blood glucose, while poor sleep is an identified risk factor for poor blood sugar (glycemic) control. Not sleeping enough makes it hard to make good decisions and can alter the hormones that regulate appetite—making you feel hungry and less full.

Stress Management

Stress is something most people have to deal with, if you have too much stress, you might be more likely to have unhealthy lifestyle habits like overeating,

smoking, and drinking. Stress can increase blood pressure, increase inflammation, and hurt your ability to fight disease. Controlling it through relaxation techniques like deep breathing, meditation, and yoga can calm anxiety and blood sugar.

Avoidance of Risky Substances

Smoking, alcohol misuse, illicit drug use, and other risky substances can have a negative effect on type 2 diabetes. They are also related to worse heart health because of leading to less glucose control, increased blood pressure (particularly binge drinking), and hormone imbalance. People who start smoking early in life are more likely to have diabetes.

Connectedness

Humans are social animals. We are designed to be socially connected. Positive relationships affect emotional, mental, and physical health. It gives us a sense of belonging, being loved and cared for, and part of shared possibilities. Connection to others can reduce the risk of diabetes and all cardiovascular diseases. It reduces feelings of loneliness and isolation and risk of depression, which can perpetuate disease.

Ikigai

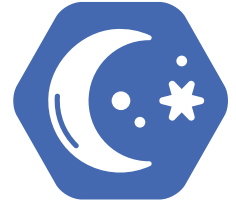
The Japanese call it ikigai, though many cultures have a name for it. It's that essence that gives us a sense of purpose and a reason for being that goes beyond ourselves and allows us to do good and be better, making us the productive beings we need to be. As Dan Buettner said in "The Blue Zones," it's the ability to use our potential for good beyond our own well-being, to fulfill our life's purpose.

Though we will be working on diabetes remission for our own good, our journey can go further, as a path toward this greater good, as the diet that best supports your health also supports so much more. So, thank you for choosing to take this journey.

Let's take a few minutes to think about these pillars and which ones you have worked on in the past and what might you want to improve while we have this program space. Write down any successes that come to mind, and habits that you think need improvement here.

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Starting next session, participants will set their SMART GOALS. This is the time for one-on-one exchanges with each participant to hear their goals and notate them in their medical records.



IN CLOSING

What you're going to learn in this program is your recipe for success, but remember that you will only be as successful as the effort you put in. You've taken the hardest step already by showing up to this first session. Do your best to attend every session. Each week you're going to learn new things to help put your diabetes into remission, try delicious new foods, and hopefully have some fun. I'm very proud of each of you for showing up and investing this time in yourself and your health. I know it's not easy to do. This investment is one that will pay off for the rest of your life.

Before you leave, take a look around the room. The people here, including me, are now part of your community and support system. We're all on this journey together.

We are now a support group with a shared mission, so we're going to take a minute now to touch base again with the person who will be your support partner over the program and to take a minute to choose a meeting time when you can regularly check-in between our group sessions. The check-ins should be quick - less than 15 minutes is fine! You can meet by phone, text, or video chat - whatever works for the two of you. Remember to exchange phone numbers and emails if you didn't earlier."

IN-PERSON FORMAT: Now please find your support person for your quick check-in.

VIRTUAL FORMAT: Hold on just a minute while I pair you into breakout rooms.

You'll have 2 minutes to make this appointment.

In our next meetings, we'll pair you up with someone to check-in at the beginning. Sometimes it will be your support partner and sometimes it won't, but we definitely do want you to keep to a regular pattern of checking-in with your support partner between our group sessions.

FOR VIRTUAL SETTINGS, MAKE SURE TO PAIR PEOPLE CORRECTLY WITH THEIR PARTNERS.

I look forward to seeing all of you at our next session (DATE AND TIME) and hearing how you're doing with the goals you set this meeting.



Session 2:

Let's Get Started with Diabetes Remission

Enjoy, Adapt, Explore: The
Diabetes Remission Roadmap

Teaching Kitchen: Breakfasts

Eating on a Budget, SNAP and
Other Food Benefits

Success Story

Commit to Your Health

Setting SMART Goals

In Closing

FOLLOW YOUR ROADMAP TO HEALTHY EATING

Description

In Session 2, participants will learn to enjoy, adapt and explore as they plot their diabetes roadmap. They will learn that they can eat for remission on a budget and review the SNAP program, and have the opportunity to commit to their health. They will learn about the importance of oatmeal as a breakfast staple, along with other wholesome options, and learn the benefits of soy.

Notes to Facilitator

- Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting
- Please refer back to page 17 for important reminders
- Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed

Learning Objectives

1. Summarize the Diabetes Remission Roadmap
2. Demonstrate several remission-supporting breakfast dishes
3. List the benefits of soy and how to use it in meals
4. Explain why a healthy diet does not need not be expensive and how to make it affordable
5. Describe the S.M.A.R.T. goal-setting process and set first goals



FOLLOW YOUR ROADMAP TO HEALTHY EATING

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO SO. MEANWHILE MAKE SURE EVERYONE CAN HEAR YOU.

LET PARTICIPANTS KNOW WHERE BATHROOMS ARE LOCATED.

Welcome to Session 2 of the LEADR Program. My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

SHARE A BRIEF INTRODUCTION ABOUT YOURSELF AND WHY YOU ARE PASSIONATE ABOUT TEACHING THIS PROGRAM. SHARE A PERSONAL STORY OR PARTICIPANT STORY ABOUT DIABETES REMISSION, IF YOU HAVE ONE.

Thank you and welcome, Everyone. Remember that we have this space to share experiences in a safe and supportive environment and learn from each other. So, these sessions will be interactive.

HOLD UP FACILITATOR SCRIPT.

And I have my trusty facilitator script to help us stay on task, connect through conversations, and have a great time together.

Wherever you are on this journey is the right place to start. So let's continue on this path together.

In this session we will talk about your Diabetes

CHECK-IN

We will begin each session from here on in with checking in on how we've done with our goals set in the previous session. Today we will be learning the SMART Goal-setting method for setting comfortable, bite-size goals that are attainable in our real lives and that build up into our longterm lifestyle improvements that we envision for ourselves.

We will share successes and challenges and I think you will find them motivating as well as supportive.

Remission Roadmap and share a few breakfast recipes, starting with oatmeal, soon to become your breakfast staple! ... along with three other satisfying options. In the process you we will also talk about the benefits of soy in our diet. We will also cover eating on a budget. So fasten your seatbelt, we have an exciting session ahead!

Now, I'd like to ask each of you to check-in with someone here about how you're feeling about everything.

Take these couple minutes to share any thoughts, questions, concerns that are coming up for you since you last spoke. If your support partner isn't here we'll rearrange.

IN-PERSON FORMAT: Assuming your support partner is here, please pair up with them to. Take a couple minutes to share any thoughts, questions, concerns that are coming up for you since you last spoke. If your support partner isn't here we'll rearrange.

VIRTUAL FORMAT: I'll pair you up in breakout rooms for two minutes. Assuming your support partner is here, you'll be paired with them.

ALLOW 2 MINUTES FOR PARTICIPANTS TO INTRODUCE THEMSELVES.

This will be our safe space, to share our challenges with each other, as well as our successes we can help one another work through the hard stuff and celebrate the successes that each of you are bound to achieve. And every week, you get a fresh opportunity to take another step toward in your lifestyle journey, setting new, attainable SMART Goals to live and learn by.

Session 2

ENJOY, ADAPT AND EXPLORE: THE DIABETES REMISSION ROADMAP

Trying something new can feel both exciting and scary. The key is to begin your journey with a map, or plan, to help guide you each step of the way. That's what this program will be – your roadmap or recipe for success. When you're first getting started with WFPB eating, it's helpful to take the Enjoy, Adapt, Explore Approach. Turn to **page 27** in your Workbook.

First, think about plant-based meals that you already **ENJOY** and eat those more often. Fill in the word ENJOY. Maybe it's a bean chili, pasta, or a bowl of oatmeal.

Second, **ADAPT** one of your favorite recipes to make it plant-based. Fill in the word ADAPT. This could mean swapping the beef in your tacos for pinto beans or spreading hummus on a sandwich instead of mayonnaise, or substituting mushrooms for meatballs in your spaghetti dish.

And third, **EXPLORE** new foods and recipes when you feel ready. During the program you'll gain many new ideas, as each week you'll learn a new recipe and learn about ingredients that may be new to you, like tofu, quinoa, and nutritional yeast.

Now and throughout the program from time to time, I am going to break you all into small groups for discussions to share thoughts and work together, and I'll tell you how long to work together, and then I'll bring us back together.



ENJOY Keep plant-based meals you already enjoy in your meal rotation.



ADAPT Give your favorite recipes a plant-based makeover.



EXPLORE Begin incorporating new plant-based foods into each week.

IN-PERSON FORMAT: Now please divide into small groups and take a few minutes to brainstorm plant-based meals that you're already familiar with and also help each other adapt each person's favorite meal to make it into healthy plant-based upgrades.

VIRTUAL FORMAT: I'll now put you into your breakout rooms for ten minutes. I'll give you a warning at five minutes for you to switch from "Enjoy" to "Adapt".

GIVE PARTICIPANTS 10 MINUTES. GIVE A 5-minute WARNING SO THEY CAN SWITCH FROM "ENJOY" TO "ADAPT".

Who would like to share some plant-based meals your group already enjoys?

ALLOW 3 MINUTES FOR SEVERAL GROUPS TO SHARE. BE PREPARED TO SHARE ADDITIONAL EXAMPLES.

How about meals that can be adapted?

ALLOW 3 MINUTES FOR SEVERAL GROUPS TO SHARE. BE PREPARED TO SHARE ADDITIONAL EXAMPLES.

See? You already enjoy many of these foods. If this was hard for you, don't worry. By the end of this program you will be a pro at meal makeovers like this.

Movement Break: Ankle Pumps & Circles



- Take a deep breath in and slowly let it out
- Stand if comfortable or remain seated holding the chair back
- Lift one leg and flex the foot, then rotate 5–10 times
- Switch legs to support circulation and joint mobility

TEACHING KITCHEN: BREAKFASTS OATMEAL TWO WAYS



Now, let's have some fun in the kitchen. Today we'll learn how to make a simple, filling breakfast that can be your new diabetes-friendly staple. We're going to make oatmeal.

How many of you already like oatmeal?

PAUSE FOR RESPONSES (1 MINUTE)

How many of you aren't sure if you like or think that you don't like it?

PAUSE FOR RESPONSES (1 MINUTE)

There are endless ways to make oatmeal, so hopefully you'll learn some ways that you can make oatmeal that you enjoy. We have intentionally chosen oatmeal because it has a striking blood sugar-lowering effect. It's almost like taking Metformin every morning. This is why we want you to try to start every morning this week with a bowl of oatmeal. Don't worry, later on you'll learn how to make many other breakfast options.

STRAWBERRY BANANA OATMEAL: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

You can add as much fruit to your oatmeal as you'd like. For sweetness, try a bite first before adding the maple syrup. You might not even need it! If you want it to be a little sweeter, add a small amount of syrup at a time and keep taste-testing until you get your desired sweetness, but don't add more than 1 tablespoon. Did you know that your taste buds are always changing? This means that as your taste buds adjust to all of these new WFPB foods, you might not need as much sweetener for the oatmeal to taste sweet to you. The same goes with adding salt to foods. So, always do the taste test before adding sweetness.

You always want to make your oatmeal from whole oat groats, steel-cut oats, or old-fashioned oats (which are sometimes called thick rolled oats), (so NOT thin or quick-cooking oats), and add your own toppings. Try all of these different types of oats. Old-fashioned oats are the quickest to make, but oat groats and steel-cut oats have a heartier texture for anyone who doesn't like the texture of old-fashioned oats. Avoid flavored instant oatmeal because it's usually loaded with added sugar. You can make oats on the stove top, in the microwave (save this method for old-fashioned oats only), or you can even make a big batch in a crockpot, refrigerate them, and heat up individual servings in the microwave each morning.

OPTIONAL: WHEN OATMEAL IS FINISHED COOKING, PORTION INTO ENOUGH SERVINGS FOR EACH PARTICIPANT TO TRY. (5-minutes)



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>



Session 2



Now, let's try a different way to enjoy oats called Overnight Oats. This method doesn't require any cooking. You can make them the night before you want to eat them, making them a perfect grab-and-go breakfast in the morning.

OVERNIGHT OATS: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

WHEN YOU ARE DONE PREPARING THE RECIPE, BRING OUT THE PRE-PORTIONED OVERNIGHT OATS THAT YOU MADE AHEAD OF TIME FOR EACH PARTICIPANT TO TRY.

The toppings and combinations are endless in both of these recipes. You could try Apple-Cinnamon, Mixed

Berry, Peach-Almond, or Banana-Walnut for a banana bread flavor. What other combinations that you can think of?

PAUSE FOR RESPONSES. (3.5 minutes)

Which recipe do you like best?

PAUSE FOR RESPONSES. (3.5 minutes)



Overnight Oats

Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: BREAKFASTS

TOFU SCRAMBLE TACOS



INCLUDE THIS WHOLE TEACHING KITCHEN SECTION EVEN IF YOU ARE NOT DOING A LIVE DEMO.

Today we are making Tofu Scramble Tacos. These delicious tacos can be a wonderful breakfast option, but you can enjoy them for any meal.

We chose tofu because it is made from soy, and soy has been shown to modestly lower type 2 diabetes risk. Before we start cooking, let's talk about soy.

Have you heard that eating soy will give you more estrogen? This is another nutrition myth. Let's talk about where this myth came from.

Soy contains "phytoestrogen" which is like the plant version of estrogen. Some people used to think that plant estrogen acted the same as human estrogen when it enters the body, but we now know that this isn't true. In men, eating soy does not cause feminization of masculine attributes – it's not the same as eating estrogen. In women, the common concern about eating soy is that plant estrogen would increase their human estrogen levels and cause certain cancers like breast and ovarian cancers.

We now know that this is also not true. There is no increased risk of female cancers with increased soy consumption.

What about soy and diabetes? When people with diabetes eat soy, it has an anti-hyperglycemic effect, which means it helps lower high blood sugars. There are a lot of different types of soy foods, and tofu is just one of them. Some other types that can help lower blood sugar include edamame, miso paste, tempeh, and soy sauce. Has anyone ever eaten any of those soy foods?

PAUSE FOR PARTICIPANT SHARING. SHARE ONE OF YOUR FAVORITE WAYS TO ENJOY SOY.

Tofu may seem like a weird food for those who have not tried it before, but it is a wonderful ingredient because it can take on the flavor of whatever you put it in. You can season it with different spices, like we're going to do today, or you can marinate it in different sauces like barbecue sauce. So let's start cooking.

TOFU SCRAMBLE TACOS: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

KEY POINTS TO COVER WHILE COOKING (GUIDED CONVERSATION, NOT SCRIPT)

How to buy tofu: silken vs. firm vs. extra firm: Tofu is made of soybeans. It is essentially soy milk that has been thickened and pressed into blocks. Tofu comes in many different varieties of firmness. Soft or silken tofus are best used to thicken sauces, for creamy desserts, and in smoothies. Firm tofus (medium, firm, extra firm, high protein) are best used for marinating, stir frying, baking, and grilling.

Session 2

How to press tofu to drain it of water: Before cooking with a firm tofu block, drain any excess water, and press it between layers of paper or kitchen towels to remove as much water as possible. You can also buy a tofu press, a small kitchen appliance that does the work for you, but it isn't necessary.

Water-sautéing vegetables: In the diabetes remission diet, we recommend limiting how much oil you use. Remember how we talked about filling our plates with mostly whole foods? Well, oil is not a whole food. It's considered a processed food. An olive is a whole food, but olive oil has been extracted from the whole olive - a process that leaves a lot of the nutrients and fiber behind. Does that make sense? Oil is also a very concentrated source of fat, in fact it's 100% fat, and the diabetes remission eating plan is a low-fat plan. We'd rather see you get your fats from whole foods like nuts, seeds, and avocados, than from processed foods like oil. So, how do you cook without oil? You can easily "water sauté" vegetables by adding a splash of water or vegetable broth to a hot sauté pan just as you would oil. Alternatively, use a non-stick pan like a ceramic-coated one, but avoid Teflon. Periodically splash a little water in the pan while it's heating up until the water forms little beads that roll across the pan's surface - this is how you'll know it has reached the right temperature and you can begin cooking with it.

ANTI-INFLAMMATORY BENEFITS OF TURMERIC:

We encourage you to experiment with a lot of different herbs and spices in your cooking. Many herbs and spices offer health benefits like lowering inflammation, and turmeric is a superstar spice in this regard. It has been linked to improved heart health, arthritis, and cancer-fighting benefits. Combining it with black pepper makes it even more powerful!

IF DOING A LIVE DEMO, WHEN TACOS ARE FINISHED COOKING, PORTION INTO ENOUGH SERVINGS FOR EACH PARTICIPANT TO TRY.

IF NOT DOING A LIVE TEACHING KITCHEN DEMO, ADD A 5-MINUTE GROUP DISCUSSION HERE. START WITH:

"Does anyone have any questions about soy or tofu?" or "Does anyone have a favorite tofu dish that you'd like to share?"

I'D LIKE TO ASSIGN YOU A HOMEWORK PROJECT WHICH IS TO TRY YOUR HAND AT MAKING THE TOFU TACO SCRAMBLE RECIPE AT HOME BEFORE OUR NEXT MEETING. ARE YOU UP FOR IT? YOU WILL FIND THE RECIPE ON PAGE 30 IN YOUR WORKBOOK.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN BREAKFASTS: FLUFFY PANCAKES AND COMPOTE



You already have two healthy breakfast options to choose from – oatmeal and tofu scramble – and today you’re going to get a third. We’re going to make Fluffy Whole Grain Pancakes. I bet you never thought that pancakes would be a diabetes-friendly breakfast, did you? After we make our pancakes, we’ll learn more about what makes certain carbs, like these pancakes, good for diabetes remission.

Not only are these pancakes delicious and fluffy, they’re also easy to make. These pancakes are naturally sweetened, made right in the blender, freezer-friendly, and delicious served with blueberry-lemon compote or your favorite fresh fruit.

FLUFFY WHOLE GRAIN PANCAKES WITH BLUEBERRY COMPOTE: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

KEY POINTS TO COVER WHILE COOKING:

How to choose a plant-based milk: Look for unsweetened varieties. Some brands even have unsweetened vanilla or chocolate, if you want extra flavor. Try different types to find ones you and your family enjoy. Choose from soy, almond, hemp, oat, flax, or cashew.

Non-stick skillet: It’s best to choose a non-stick that is Teflon-free because Teflon coating contains chemicals that may be harmful to your health. You can also use a seasoned cast-iron skillet, griddle pan, or ceramic-coated skillet.

Freezer Instructions: Double the batch and freeze cooked pancakes in a freezer-safe container for a pancake breakfast any day of the week. Heat them in the microwave or pop in a toaster oven.

Compote & toppings: Make this compote your own. Orange juice or lime juice both work. Feel free to experiment with other frozen berries. Raspberries, strawberries, and cherries work great, as well. No time for compote? Simply top pancakes with your favorite chopped fruit like apples, bananas, or pears, or keep frozen blueberries on hand to defrost in the microwave for a topping alternative.

WHEN PANCAKES ARE FINISHED COOKING, PORTION INTO ENOUGH SERVINGS FOR EACH PARTICIPANT TO TRY.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

Session 2



This healthy blueberry compote is a perfect topping for pancakes: naturally sweet and bursting with fresh blueberry flavor! All you need is 3 ingredients and 15 minutes to make this antioxidant-packed treat.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: BREAKFASTS

SWEET POTATO TOAST



Today we are making an incredibly easy breakfast recipe: Sweet Potato Toast. You heard that right, we're going to make toast out of sweet potatoes. It might sound strange, but I think you're really going to like it.

Before we make our toast, let's talk about sweet potatoes. How many of you have tried sweet potatoes before?

PAUSE FOR PARTICIPANT RESPONSE

Great! What are some ways you've eaten sweet potatoes?

PAUSE FOR PARTICIPANT RESPONSE

Sweet potatoes offer a lot of amazing health benefits. They are high in fiber and have a low glycemic index, which means they don't spike your blood sugar. They are also packed with vitamins and

minerals, they have a slightly sweet flavor, and their starchy potato texture is oh so satisfying.

I love to roast cubed sweet potatoes and add them to grain bowls. I also love to cut them into matchsticks and bake them into sweet potato fries. Yum! Today we're turning them into toast. In this recipe, we're going to par-bake, or partially bake, sweet potato slices so in the morning all you need to do is toast them and top them with your favorite ingredients.

SWEET POTATO TOAST: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

KEY POINTS TO COVER WHILE COOKING:

Topping Options: The topping options are endless. For savory toast, try sliced avocado, salt, pepper, and fresh lemon juice; hummus and sliced cucumber; or guacamole and sliced tomatoes. For sweet toast, try peanut butter and banana slices or almond butter, blueberries and cinnamon.

WHEN TOAST IS FINISHED COOKING, PORTION INTO ENOUGH SERVINGS FOR EACH PARTICIPANT TO TRY THEIR OWN TOPPINGS AND SERVINGS.

What other topping ideas can you come up with?

PAUSE FOR PARTICIPANT RESPONSES

Let's take a 5-minute break.

ALLOW 5-MINUTES FOR A BREAK.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>



Session 2

EATING ON A BUDGET, SNAP AND OTHER FOOD BENEFITS

We've talked about how food choices affect health and diabetes remission. Now let's address a concern many people have right away—cost.

Many people think eating healthy has to be expensive. Let's clear that up.

MYTH: Eating a plant-based diet is expensive.

FACT: It can be—but it doesn't have to be.

As we work toward better health, there's an added bonus: this way of eating can be very affordable.

Whole, unrefined foods—like dried or canned beans, brown rice, potatoes, quinoa, and simple fresh produce—are often less expensive than meat, fish, eggs, desserts, and snack foods.

Fast food can seem cheap, largely because highly processed foods are subsidized for mass production.

But in general, the more processed a food is, the more it costs.

For example, packaged meat alternatives, like frozen veggie burgers, usually cost more than making a simple bean burger from scratch—like one we'll prepare in an upcoming session. And everyday choices like pastries often cost more than whole fruit.

The key point to remember is this: Eating for health doesn't require specialty products or expensive substitutes. Simple, whole foods support your health—and often your budget, too. Now take a couple of minutes to review tips for Healthy Shopping on a Budget in your workbook on **pages 36 and 37**.

PAUSE. INVITE PARTICIPANTS TO REFLECT ON AFFORDABLE WHOLE FOODS THEY ALREADY BUY OR ENJOY.



HEALTHY SHOPPING ON A BUDGET

Don't buy prepared foods. Whole foods can be quite affordable in their unprepared states. Purchasing prepared or partially prepared foods made with the same ingredients you can buy whole is much more expensive. Buy dried beans, for example, and cook them yourself.

Don't buy prepared foods.

Whole foods can be quite affordable in their unprepared states. Purchasing prepared or partially prepared foods made with the same ingredients you can buy whole is much more expensive. Buy dried beans, for example, and cook them yourself.

Avoid purchasing empty calories.

Foods like white bread, white rice, cakes, cookies and other snack foods are filled with refined grains and added sugars that have limited nutritional value, are not very filling, and lead to food cravings.

Don't pay for beverages.

Water is the healthiest drink and most tap water is safe and (almost) free. If you do purchase beverages, stick with unsweetened coffee and tea that you make at home. These healthy options are naturally sugar-free and nearly calorie-free.

Buy frozen vegetables and fruits.

It is sometimes more economical to purchase frozen over fresh or canned fruits and veggies. Frozen produce tastes better than canned and is less likely to have added sugars, salt, or chemicals. If you do buy canned, avoid those with syrups and high salt content.

Avoid meat.

Meat is expensive; eating less can save you money and improve your health. Opting for plant-based

sources of protein in their unprocessed or minimally processed states—such as beans or lentils—will benefit your budget and your health.

Buy in-season and look for sales.

These are great strategies to save money on produce. Similarly, look for grocery stores in your area that carry produce that has limited shelf-life remaining to find steep discounts

Go back for “seconds” at the farmer’s market.

“Seconds” are produce that either need to be used quickly to prevent spoiling or that have an imperfect appearance, but still taste good. You can often purchase these for a fraction of the price of the more perfect produce. Finding ways to turn these items into soups or sauces will allow you to freeze for later use.

Go to the farmer’s market near closing time.

You can bargain with vendors for steeply reduced rates on produce because they don't want to have to take leftover produce back with them when the market closes.

Stretch your SNAP (aka. “food stamps”) benefits at the farmer’s market. You can double your dollars at the main market stand at many farmer’s markets, allowing you to purchase twice as much produce as you could in the grocery store.



SNAP

Review the tips for Shopping on a Budget on these two pages.

PAUSE FOR A FEW MINUTES.

Now let's turn to **page 37 & 38** and take a brief look at federal food assistance for those who may be eligible. The Supplemental Nutrition Assistance Program, also known as **SNAP** and formerly known as food stamps, is a government program that provides financial assistance for the specific purpose of purchasing food for individuals and families needing financial assistance. The assistance is meant to supplement the food budget of program participants to purchase healthy food and move towards self-sufficiency.

SNAP is funded by the federal government but administered by state governments. As a result, the process for applying to **SNAP** and the eligibility requirements differ from state to state. You can check to see if you are eligible and then enroll.

Once you are enrolled, you will receive an Electronic Benefits Transfer card, usually called an EBT card, and it can be used to buy groceries in local supermarkets and farmers markets, just like a regular debit card. Additionally, EBT cards can be used to purchase groceries online at retailers such as on Amazon, Target, or Walmart. You can find a link to more information in your Participant Workbook.

MAXIMIZING SNAP BENEFITS

The Supplemental Nutrition Assistance Program, or SNAP, provides nutrition benefits to help individuals and families supplement their food budget so they can purchase healthy food and move toward self-sufficiency.

SNAP benefits are accessed using an EBT card, which works like a debit card. It can be used at local grocery stores, farmers markets, and many online grocery retailers.

Not everyone here will qualify for SNAP. We're sharing this information because even if it doesn't apply to you personally, you may know someone who could benefit. Increasing access to SNAP helps move communities toward food security, which is a critical foundation for eating a healthy diet.

Because SNAP is administered by state governments, eligibility rules and application processes vary by state. However, the types of foods that can be purchased with SNAP benefits are consistent nationwide.

SNAP-eligible foods include:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Snack foods and non-alcoholic beverages
- Seeds and plants that produce food for the household

These are called “staple foods”—basic foods typically prepared at home and eaten as meals. SNAP benefits can also be used for “accessory foods,” such as snacks, desserts, beverages, and condiments.

Items that cannot be purchased with SNAP include:

- Alcohol, cigarettes, or tobacco
- Vitamins, medicines, or supplements (items with a Supplement Facts label)
- Hot foods at the point of sale

The good news is that foods that fruits, vegetables, beans, and grains are SNAP-eligible whether they are fresh, frozen, or canned.

To wrap up, let's think about shopping tips that can help anyone using SNAP benefits—and really, anyone shopping on a budget.

ASK: What are some ideas for buying healthy food while spending less?

(POSSIBLE ANSWERS:)

- Since it's a monthly payment, stock up on healthy staples once a month
- Use benefits to buy healthy food that can't be found at farmers markets and local places selling fresh foods
- Shop for seasonal foods in bulk for the best deals, like bags of apples or oranges; frozen vegetables, etc....



SUCCESS STORY

DEBBIE

I have always struggled with my weight. I was normal weight at birth, but quickly became chubby as a child and by high school graduation weighed 230 pounds. My weight fluctuated over the years; as high as 290 in my 30's, but averaging 250. I felt terrible about myself and my weight and tried many diets. I lost weight here and there but was typically unsatisfied and would eventually go off the diet and gain any weight lost relatively quickly.

I learned about the McDougall starch-centered diet back in the 1980s, but was unsuccessful in adopting the way of eating, just using the book. I occasionally tried again, along with other WFPB programs, but always gave up, feeling frustrated and defeated. In the meantime, my health was suffering. I was diagnosed with high blood pressure (1998), high cholesterol (2001), arthritis (2008), and diabetes (2011).

I was on numerous medications and started to experience more and more symptoms that put me in fear of having a very difficult and painful old age, including neuropathy in my feet, signs of diabetic retinopathy, chronic tiredness and cough, and multiple sinus and respiratory infections every year.

I had also experienced the loss of family members due to complications from diabetes, including my mother, father, brother, and sister, as well as my husband. Having seen what they went through because of diabetes presented an ominous sign of what I might too experience. The final symptom was the potential of glaucoma - my eye doctor was concerned enough to put me on a monitoring program.

I immediately signed up for the next scheduled 12-day McDougall WFPB program. After just two days I was able to stop taking two kinds of insulin, then stop one of the blood pressure medications after seven days. I also lost 13.2 pounds during the 12 days. Two weeks after the program's end, I cut both Metformin and Atenolol dosages in half and then stop Simvastatin after 3 months. After 4 months I stopped all Metformin, and

then all Atenolol after 5 months. Today I am free of all prescribed and over-the-counter medications!

I didn't have any significant struggles or setbacks during the program, though I experienced some detox symptoms, was very tired for the first several days, and had some loss of appetite. I struggled a bit with the taste of food, but after about a week, my taste buds woke up, and the food started to taste good.

I have truly learned to love the recommended food, and now begin to feel deprived if I'm NOT on the plan. I did indulge a bit during the holidays and continue to struggle to stay away from nuts, but am very happy with the way of eating and only feel satisfied if I am enjoying my favorite foods - oatmeal with fruit for breakfast, a light lunch of fruit and/or soup, and mashed potatoes and veggies for dinner.

I have lost more than 82 pounds to date. My energy level has easily tripled or quadrupled. I typically walk around 45 miles a week (weather permitting).

The most significant lessons learned are about changing my thought processes about "dieting," not having to limit portions, and satisfying my natural hunger drive by eating the food meant for the human body. I feel de-programmed from so many automatic thoughts around diet and health that had been plaguing me for many years.

I now have hope for a positive experience in my senior years and no longer feel old and decrepit at age 62! I feel tremendous relief from being able to stop medications and have confidence about the future. This has taken away the feelings of dread I was having about aging!

That was another inspiring story. And the most inspiring part? These people are no different than you! They had the same knowledge and support that you'll get in this program, and with those things they were able to find success.

Session 2

SMART GOALS AND PARTICIPANT EXCHANGE REMINDER

Starting next session, participants will set their SMART GOALS. This is the time for one-on-one exchanges with each participant if you have not yet done so, to hear their goals and notate them in their medical records. Such exchanges can be within the group, as long as they are directed to and concerning the individual participant.

COMMIT TO YOUR HEALTH

In this program, we're asking you to make a big commitment. The changes you'll be making will likely be very different from how you're living right now, but if you are here today then you are probably looking for something different and better. Remember that this is a commitment to yourself and to your future without diabetes. It can be helpful to put commitments like this in writing, so turn to page 40 in your Workbook. Take a moment to read through this agreement and sign it.

PAUSE FOR 1 MINUTE.



SET YOUR SMART GOALS

The last thing we'll do today and wrap up is to set a few goals for the upcoming week. We're going to be using the **SMART GOALS** format, and we'll set some **SMART** Goals every session. You can think of them as the stepping stones that, one-by-one, will get you to your Health Vision. Please turn to page 42 in your Workbook (Set Your **SMART** Goals).

PAUSE AS PARTICIPANTS TURN TO PAGE 42.

First, let's talk about how to set goals. We want our goals to be "smart", **S-M-A-R-T**.

S stands for "specific". We want our goals to be as specific as possible.

M stands for "measurable". We want to be able to measure our goals in order to track our progress.

A stands for "attainable" and **R stands for "relevant"**. Make sure your goal is one that you can attain and one that is relevant to your larger goals.

And **T stands for "time-limited"**. Make sure there is an ending point in mind for your goal. Knowing that you have a set time-frame to reach your goal, like the length of this program for example, is more motivating than leaving it open-ended.

We'll keep practicing **SMART** goal-setting each session.

Now, Turn to the next page 43 in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 43.

Here you will see some examples of three goals that address diabetes to help control it and turn it around:

- Eating for Health
- Move More
- Well-Being and Rest

We will consider these three goals at the end of each session with examples for you to choose from. I'd like you to think about the initial goal or goals that you might make on your journey to diabetes remission and better health. You'll find some examples on this page. Let's review them.



Session 2

There's room for you to write down what that goal would be. Decide the goal or goals that you're willing to take on this session and check them off. Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to accomplish the goals that you have set for yourself. If your confidence is below a 5, then it is probably best to choose a different goal or make adjustments to the one you chose so it feels more achievable to you. It's better to set smaller goals that you can achieve than it is to set big goals that aren't realistic. Take the next minute to decide how you'd like to move forward.

WAIT 2 MINUTES FOR PARTICIPANTS TO WRITE. GIVE 15-SECOND WARNING.

Thanks for making that commitment to yourself. Please get back with your support person one last time and share your **SMART** Goals with each other.

ALLOW 3 MINUTES FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.



IN CLOSING

I hope that you are already feeling the power of this program, I know I am! Again remember that we are as successful as the effort we put in, and I applaud you for being here.

Keep coming to each meeting, and remember to share what you are learning with your family as well, so they can support you on your journey.

HERE YOU CAN REMIND PARTICIPANTS TO INVITE THEIR FAMILIES TO THE MEETINGS IF THIS IS FEASIBLE IN YOUR SETTING

We will continue to have fun as we make discoveries together and try new food! This is a lifetime investment that you are making, so congratulations.

In closing, take another look around the room at your support community. We're all on this journey together. I look forward to seeing all of you at our next session (DATE AND TIME) and hearing how you're doing with the goals you set at this meeting. Remember to stick with your check-in date with your support partner too.

If I have not yet had a brief exchange with you today about your progress, please touch base with me before you leave.

Thank you all for your participation and see you next time!



Session 3:

Change Your Lifestyle; Transform Your Health

Full Plate Living: Getting Whole Fiber Foods onto Your Plate

Whole Grains to Live By

Set Your SMART Goals

In Closing

CHANGE YOUR LIFESTYLE, TRANSFORM YOUR HEALTH

Description

In Session 3, participants will learn the basics of fiber and its role in diabetes remission. We will begin the Ardmore Institute of Health's Full Plate Living segments, where participants will learn how to fill their plate to lose weight by eating more (often a lot more) natural, fiber-rich foods. They will learn why so many people who lose weight gain it back, and gain tools designed to help lose weight permanently. Participants will also learn all about the importance of fiber.

Learning Objectives

1. Define fiber and identify fiber-rich foods
2. List several whole grains and describe their benefits
3. Set Your SMART Goals

Notes to Facilitator

- Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting
- Please refer back to page 17 for important reminders
- Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome to Session 3 of our LEADR diabetes remission program. I'm glad to see you again! My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

HOLD UP FACILITATOR SCRIPT.

Again, I'll be using my trusty Facilitator Script to keep us on-track and help me map out the next step on our journey toward a healthy life.

We have a fun session ahead of us. First, I want to check-in to see how last week went for you. Then, we'll learn about getting whole fiber foods onto our plates brought to us in our first Full Plate Living segment created by the Ardmore Institute of Health and discover the magic of whole grains!

CHECK-IN

We will begin each Session with checking in on how we've done with our goals in the previous session. So, how did last week go for all of you? How did you do with your **SMART** Goals? Let's start with successes. These can big or small – anything from positive changes in your blood sugar to trying oatmeal for the first time.

IN-PERSON FORMAT: Please find your support partner(s) to share.

VIRTUAL FORMAT: I'll now put you together with your support partner(s).

especially when you're just getting started. Now let's talk about the challenges. Often you'll find that other people are experiencing something similar.

What challenges did you face last week? Who is up for sharing a challenge with the rest of us?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Great! Who wants to share their success with the rest of us?

PAUSE FOR PARTICIPANT SHARING

Great! Every little success deserves to be celebrated, so start taking note of the wins you experience throughout the week so you can share them with us. But also, no worthy journey is without challenges,

Thank you for sharing your challenges. Remember, if you are facing something difficult, it's likely that someone else is facing the same challenge. So, bring your challenges to every session, and we can help each other work through them. And every week, you get a fresh opportunity to set new **SMART** Goals.

FULL PLATE LIVING: GETTING WHOLE FIBER FOODS ONTO YOUR PLATE

Can all fiber-rich foods help you reach a healthy weight?

The Point: Power Up your meals with natural, fiber-rich foods

The Journey: As we've been experiencing in this restorative program thus far, we are going on a remission journey together. When it comes to packing for this journey, here are some items we won't need to bring along...

HOLD UP SCALE.

We won't need a scale because there's no weighing in at meetings. If you follow the principles you'll discover in LEADR, you'll learn the healthy way to shed pounds, maybe start fitting back into clothes hanging at the far end of your closet, and begin feeling better, and you'll have more energy and zest for life.

And we won't need one of these...

HOLD UP CALCULATOR.

There's no counting calories and complicated formulas. Instead, you'll get information that helps you make great choices about the foods you eat.

And we won't need one of these...

HOLD UP SMALL PLATE.

A teeny, tiny plate.

You won't have to starve yourself or go hungry all the time because of tiny portions of food. You won't have to give up your favorite foods or take any action before you're ready to do so.

You'll fill your regular dinner plate and still lose weight and gain greater health.

Do Diets Work?

I can say all that because as you know by now, we are on a journey...not a diet.

With a show of hands, how many here have ever been on a diet?

PAUSE FOR A SHOW OF HANDS.

Keep your hands up if, when you were on a diet, you lost weight.

PAUSE FOR A SHOW OF HANDS.

Now keep your hands up if you kept all the weight off.

PAUSE FOR A SHOW OF HANDS.

Look around the room. If you've lost pounds on a diet and then found those pounds again, you're in the majority.

For most people, most of the time, diets simply don't work—not for long-term, sustainable weight loss. Not for getting healthier and happier. They're short-term fixes for looking thin at a wedding or class reunion—but they're not actually weight-loss solutions.

That's why many people hate diets. And why we won't be doing one as we take our journey toward reaching a healthy weight.

Please turn to page 47 in your Participant Workbook, Diet is the other four-letter word.

PAUSE AS PARTICIPANTS FIND PAGE 47 IN WORKBOOKS.

On the page you'll see someone who doesn't appear at all excited about her diet.

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IN-PERSON FORMAT: Please find a couple of fellow participants around you and divide into small groups to talk about this together. You will chat together again throughout this segment.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

How closely does that picture resemble how you feel when you're on a diet or watching what you eat?

Maybe you find you're grumpy when dieting...or perhaps you actually enjoy it. Go ahead and take the next two minutes to tell your group how you feel when you're dieting and why.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with each other.

I'm curious what you talked about. So would several of you like to tell us what you shared with your group? How do you feel when you're on a diet or watching what you eat—and why?

ALLOW SEVERAL PEOPLE TO SHARE. DON'T LET THIS GO LONGER THAN 2 MINUTES.

Thanks for sharing.

From now on, when we talk about a diet, we don't mean rules and regulations about what you can't eat. We're talking about what you can eat, the smart choices you can make that will help you be healthy.

Diet doesn't have to be a four-letter word...because we'll discover how to **Power Up** our eating so we can eat a full plate and still lose weight!

Weight-Loss Equation

There's an equation I'd like you to see. It's in your Workbook on page 47.

PAUSE AS PARTICIPANTS Reference the Workbook

One = three thousand, five hundred.

PAUSE.

Here's what that means: One pound equals about 3,500 calories. Which means if you cut 3,500 calories out of what you usually eat, you could expect to lose one pound.

That's why people go crazy counting calories.

They want to consume as few calories as possible so the pounds fall off fast. They decide it's worth being hungry, grumpy, sleepy, or otherwise miserable.

All for losing pounds they're almost sure to regain later.

There's a better way...and it starts with you answering one basic question: Am I eating enough to lose weight?

Go ahead and write that question in your Workbook in the space provided: Am I eating enough to lose weight?

And if you didn't happen to bring a pen or pencil, I have extras. Just hold up your hand and I'll get one to you.

Let me repeat the question one more time: Am I eating enough to lose weight?

PAUSE AS PARTICIPANTS WRITE THE QUESTION.

That question might strike you as odd, but it's the right question to ask: Are you eating enough—enough of the foods that will help you lose weight and keep it off?

It's true that decreasing calories helps you shed pounds. But believe it or not, you can actually decrease your calories while eating more food than you eat right now.

PAUSE.

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You simply need to eat more foods that are natural, fiber-rich foods. There are thousands of these foods available around the world to enjoy, and many of them are in a grocery store near you.

24-Hour Natural Fiber-Rich Food Inventory

Please do this for me: Reference the 24-hour Natural Fiber Rich Food Inventory on **page 48**.

PAUSE

In the next 60 seconds, please circle any food on that list that you've eaten in the past 24 hours.

You may have had an apple or sliced tomatoes on a salad. It doesn't matter how you ate the foods; if you consumed them, please circle it on your list.

But there are exceptions: If you ate a pint of strawberry ice cream last night, that doesn't count as actually eating strawberries.

So circle the foods, please. I'll let you know when one minute is up.

ALLOW 1 MINUTE FOR PARTICIPANTS TO CIRCLE FOODS. GIVE 15-SECOND WARNING.

Thanks for marking up your list.

Now, if you would, please pair up with the participants sitting beside you and compare your lists. Which foods did you circle?

ALLOW 1 MINUTE FOR PARTICIPANTS TO COMPARE LISTS. GIVE 15-SECOND WARNING.

Thanks for sharing.

Fiber: Not A Fad

One thing those foods you circled have in common is that they're great sources of fiber.

Let's talk about fiber for a moment. It's getting a lot of attention lately but, unlike many other weight-loss ideas, fiber isn't a fad.

The foods you found on your list have been with us for thousands of years. They're the very basics of a healthy diet—and have been for generations.

If your great, great, great, great-grandmother were here she'd tell you that you should "eat your vegetables"—and she'd be right!

Next, take a look at the 5 categories of natural fiber-rich foods on page 49.

PAUSE AS PARTICIPANTS Reference the Workbook.

These are the five categories of natural, fiber-rich foods: fruits, vegetables, beans, whole grains, nuts and seeds.

Except for nuts and seeds, these foods are typically lower calorie foods but make you feel full. And since they slow the emptying of your stomach, you feel full longer.

Natural, fiber-rich foods are packed with all the good stuff, like vitamins, minerals, antioxidants, and phytochemicals [FI-TOH CHEMICALS]—all of which help prevent heart disease, cancer, and keep diabetes at bay.

There are lots of reasons to make natural, fiber-rich foods a major part of our daily meals.

Power Up Examples

But if you're expecting a lecture about throwing out all the foods in your house that aren't fiber-rich...well, that's not what you're going to hear.

Most of us eat what we eat because of taste and convenience. And those of us who cook for others want to fix meals they'll actually enjoy!

So let's not worry about changing everything we eat.

Instead, let's take one simple step—which is exactly how you move forward in a journey. You take one step at a time.

In this segment that step is to **Power Up** a meal—just one meal—by adding some natural, fiber-rich foods to what we're already sitting down to eat.

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It's easy...it's tasty...and it's actually fun.

Let me show you two quick examples.

Please turn to page 50.

PAUSE AS PARTICIPANTS FIND PAGE 50.

On the top left side of the page you'll find a bowl of oatmeal.

How many grams of fiber does it have?

PAUSE AS PARTICIPANTS ANSWER: "FOUR."

That's right. Four.

Take a look at the right side of the page to see what happens to that bowl of oatmeal when you **Power it Up** with a sliced apple and an ounce of slivered almonds.

How many grams of fiber are tucked into that bowl of oatmeal now?

PAUSE AS PARTICIPANTS ANSWER: "TWELVE."

Yes. Twelve—three times as much fiber just by adding an apple and some slivered almonds. It's that easy to **Power Up** breakfast!

PAUSE.

Another way to **Power Up** your food is to replace low- or no-fiber foods with natural, fiber-rich options.

The baked potato on the left is topped with butter and sour cream. How much fiber is in this potato?

PAUSE AS PARTICIPANTS ANSWER: "FOUR."

That's four grams—if you eat the skin. Skip the skin and you lose about half the fiber.

And the butter and sour cream add no fiber at all; none.

Just a heads up: Fiber isn't naturally found in dairy products like butter, milk, cheese, ice cream, or yogurt. That doesn't mean you have to give up all dairy products, it just means you need to look elsewhere for your fiber.

Now check out that **Powered Up** potato on the right side of the page.

We've added a cup of chili beans and a bit of salsa. What is the total grams of fiber?

PAUSE AS PARTICIPANTS ANSWER: "SEVENTEEN."

Seventeen! More than four times the fiber, mostly from adding the chili beans.

Beans are "the king" of natural, fiber-rich foods. There's more fiber per serving in beans than any other food.

And just to let you know, there's no fiber in beef, chicken, pork, fish, or any other animal product. Here again, it doesn't mean you have to give up all meat, it just means you need to look elsewhere for your fiber.

So if you're a chili fan and you want to **Power Up** a pot of chili, add more beans!

Powering Up a meal is as easy as adding natural, fiber-rich foods to what you're already eating—like you saw with the oatmeal. Or you can substitute natural, fiber-rich foods to replace foods that have no fiber—like you saw with the potato.

By the way, I'd like to add two quick tips.
So turn to page 55 in your Workbook.

PAUSE AS PARTICIPANTS FIND PAGE 55.

The first tip is: "When you add natural, fiber-rich foods to what you eat, go slowly. If you go too fast, you'll have more gas."

Give your body time to adjust to a new way to eat, a new way to feel better as you lose weight and find new energy.

Tip number two: "The more natural, fiber-rich foods you eat, the more water you'll need to drink in order to avoid constipation. Six cups of water a day is a good start, but if you drink more than that—great!"

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Power Up Practice

Please do this: turn to **page 51** in your Workbook and tell me what you see.

PAUSE AS PARTICIPANTS TURN TO PAGE 51 AND SOMEONE SAYS THAT IT'S A PLATE.

Right—it's a plate. An empty plate.

I'd like you to think about a meal you tend to have on a regular basis. Most of us have a few things that we eat fairly often—maybe you have a regular pizza night at your house. Or you like to go out for lunch and grab a burger and fries once or twice a week.

Think about that meal you often have—and don't feel guilty if it's not a broccoli-bean-kale casserole.

I'll give you a few minutes to draw that regular, everyday meal on your plate. Do your best to draw your food on the plate to scale, so that if you normally fill half of your plate with spaghetti, make sure that portion size matches what you really have usually! This will help you later on in the program! Or, if you're a bit self-conscious about your art ability, you can use words to describe it. But please give drawing the food a try—bring out your inner foodie art skills!

You've got two minutes to draw or write.

IN-PERSON FORMAT: Please break into small groups and share for two minutes.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

ALLOW 2 MINUTES FOR PARTICIPANTS TO DRAW THEIR MEALS. GIVE 30-SECOND WARNING.

It's show and tell time!

In a moment I'll ask you to get back with your small group and show them what you drew or wrote.

But before I do that, let me remind you we're all on this journey together. We all have foods that we would never eat, but keep in mind that may be your neighbor's favorite. Let's try to keep those type of comments to ourselves.

And, at the other end of the spectrum, if it looks so good you'd like to get yourself invited over for dinner, please don't drool on your partner's drawing.

Now huddle with your group and take a couple minutes to describe what's on your plates—and why it's a favorite meal for you.

IN-PERSON FORMAT: Please break into small groups and share for two minutes.

VIRTUAL FORMAT: I will break you into your groups rooms now for two minutes.

ALLOW 2 MINUTES FOR GROUPS TO DESCRIBE THEIR MEALS. GIVE 30-SECOND WARNING.

Thanks for sharing with your group.

Let's continue the conversation, but take it a bit deeper.



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Given what you see on your plate, and the plate of your partners, what could you do to Power Up those meals? You're going to figure out how you can Power Up your meal without taking anything off your plate.

That's the step we're on in our journey today...so let's take that step together.

Look again at the list of natural, fiber-rich foods on **page 49** of your Workbook. Keep them in mind as you look at your plate and your partners' plates.

Remember that you want to Power Up the meals by adding something—not taking anything away from the plate. You might decide later to change the meals you choose to eat, but for now, let's start with what we're already eating.

And here's a catch: What you come up with as a solution has to be something the owner of the plate will actually eat; and enjoy.

Talk together and see how you can help each other Power Up your plates. Take about five minutes to do this.

ALLOW 5 MINUTES FOR PARTICIPANTS TO POWER UP THEIR PLATES. GIVE 1-MINUTE WARNING.

Thanks for helping each other because we're all on this journey together.

Food for Thought

Powering Up a meal isn't complicated, but it's one more thing to think about. One more item to add to your "to-do" list.

Which is why we won't actually do it unless there's a good reason. Unless there's a payoff that makes the bother worthwhile.

I'd like you to take the next 30 seconds to quietly think about why you're here. Why do you want to lose weight and feel better? Why does it matter to you?

WAIT 30 SECONDS WHILE PARTICIPANTS QUIETLY REFLECT.

Some of you may have heard from your doctor that, if you don't make changes, you're facing diabetes or heart disease. You've watched older relatives or acquaintances with those diseases, and you want to avoid what they went through.

PAUSE.

Or perhaps you're just sick and tired of being sick and tired. You want your old energy back. You want to do the things you used to do and have the zest you once had.

PAUSE.

Or maybe you're tired of having two wardrobes: the clothes you wear when you're heavier and the clothes you wear when you're dieting. You want to lose weight and stay that way—no more yo-yo dieting for you.

PAUSE.

Or maybe you're not sure why you're here. You haven't yet decided if you want to change how you eat. You're just checking it out.

PAUSE.

Whatever your reason, would you share it with your group? Remember, they're on the same journey you're on. They just may not be on it for the same reasons.

Session 3

Take a couple minutes to talk in your group. Share with each other why you're on this journey toward reaching a healthy weight.

ALLOW 2 MINUTES FOR GROUPS TO TALK. GIVE 30-SECOND WARNING.

Thanks for sharing together with your group—and for giving each other the gift of a listening ear and a supportive conversation.

I appreciate that you're taking steps to lose weight, gain greater health, and have a more energized, enjoyable life.

You're role models for me and for each other—and an encouragement as I'm on my own journey. And let me suggest this: You'll also be a role model for others in your life who see what you're doing.

On behalf of myself and those who are being impacted by your journey—your family, friends, coworkers, and others—thank you.

Remembering Your Vision

Powering Up a meal isn't complicated, but it's one more thing to think about. One more item to add to your "to-do" list.

Which is why we won't actually do it unless there's a

good reason. Unless there's a payoff that makes the bother worthwhile.

I'd like you to take the next 30 seconds to quietly reflect on your vision statement and why you're here. Why do you want to lose weight and feel better? Why does it matter to you?

WAIT 30 SECONDS WHILE PARTICIPANTS QUIETLY REFLECT.

Some of you may have heard from your doctor that, if you don't make changes, you're facing diabetes or heart disease. You've watched older relatives or acquaintances with those diseases, and you want to avoid what they went through.

PAUSE.

Or perhaps you're just sick and tired of being sick and tired. You want your old energy back. You want to do the things you used to do and have the zest you once had.

PAUSE.

Or maybe you're tired of having two wardrobes: the clothes you wear when you're heavier and the clothes you wear when you're dieting. You want to lose weight and stay that way—no more yo-yo dieting for you.



Session 3

PAUSE.

Whatever your reason, would you share it with your group? Remember, they're on the same journey you're on. They just may not be on it for the same reasons.

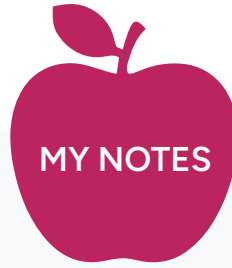
Take a couple minutes to talk in your group. Share with each other why you're on this journey toward reaching a healthy weight.

ALLOW 2 MINUTES FOR GROUPS TO TALK. GIVE 30-SECOND WARNING.



Movement Break: Chair Push-ups

- Take a deep breath in and slowly let it out
- Sit-to-stand from your chair, then back to sit, for several rotations
- Strengthens legs and supports blood-glucose uptake
- Now do seated chair push-ups using just your hands on the armrests to push you back, then back to sit, for several rotations



MY NOTES

WHOLE GRAINS TO LIVE BY

What Is a Whole Grain?

Grain is a term encompassing a large group of plant foods including oats, wheat, quinoa, brown rice, barley, and rye, among others. A whole grain is a grain that has not been processed to remove the nutrient-rich parts of the grain. In the processing or refining of whole grains, the carbohydrate and calorie-dense part of the grain is isolated by removing the fiber-rich, bran coating and vitamin-rich germ, leaving only the starchy endosperm. This is how processed grains, such as white flour and white rice, are produced.

Parts of a whole grain: The technical definition of a whole grain is a grain with all three parts of the grain included: bran, germ, and endosperm.

- Bran is the outermost layer of the grain kernel, and contains antioxidants, B vitamins, and soluble or insoluble fiber, depending on the grain. Bran is typically removed in the processing of refined grains.
- Germ is another layer of the grain kernel. Germ contains more B vitamins, as well as protein, minerals, fats, and antioxidants.
- Endosperm is the core of the grain and the largest portion. It contains primarily carbohydrates, but also some protein, vitamins, and minerals.

Refined grains have been processed, typically to include only the endosperm. Because most of the slow-digesting fiber has been removed, refined grains have a higher glycemic load and cause a higher and faster spike in blood glucose and insulin following a meal than their lower glycemic load, whole grain counterparts. The hyper-palatability of processed grains, which lack filling fiber, may also make them easier to over consume. Additionally, many nutrients and vitamins are lost in the removal of the germ and bran, making refined grains and flour more calorie-dense but less nutrient-dense. Many governments enrich refined grains by adding back some of the lost nutrients, such as folate, that are known to be essential to health. However, it is impossible to fully replace all of the nutrients lost in processing. A more healthful choice is to consume grains as whole grains.

Beware of food labels. “Whole grain” is a term you will see on many food labels, especially ultra-processed foods whose packages include health claims. Be wary and check the ingredients. Oftentimes, these processed foods contain a mixture of refined and whole grains, with whole grains making up only a minority of the total grain content. Other foods might be labeled as “100% whole grain”, but may also be high in added sugars—granola is a common example of this.

Terminology

Some whole grain products have different names based on the type of grain. Most flour in the United States is made from wheat, therefore you may see the term “whole wheat” on a label. Processed wheat flour is often called “enriched wheat flour.” Generally, the adjectives “whole” and “brown” are only placed before grains that are commonly sold both refined and whole, such as wheat or rice. Others that are typically sold only as whole grain products, such as quinoa or millet, don’t include these adjectives. Another term that often appears on packaged food labels is “multi-grain,” which refers to the use of more than one type of grain. For example, a bread including corn, oats, and rice might be sold as multi-grain bread. Multi-grain is not synonymous with the term whole grain and doesn’t indicate whether the grains used are refined or not.

Whole grains are healthier than flours made from whole grains. Although processed foods made with whole grains may offer more nutrition and fiber than processed foods made with only refined flours, the act of processing results in a less nutritious food compared with one made with grains in their intact, unprocessed form. For example, whole wheat flour is a better choice than enriched wheat flour, but an intact whole grain, like wheat berries, would be a superior choice. Whenever possible, try to choose whole grains in their least processed form. Try making oat groats or steel cut oats for breakfast instead of instant oatmeal or cook brown rice to accompany a meal instead of white rice. By cooking whole grains at home, you also have more control over other added

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ingredients and can substantially limit added sugars and sodium.

HOW TO COOK WHOLE GRAINS

These are the most basic cooking instructions for a variety of whole grains. After trying this a time or two, you will need only the “Cooking Chart for 1 Cup of Dry, Whole Grains” as a cooking aide.

1. RINSE grains in a strainer under cold running water OR by swishing in a bowl of water, then draining, and repeating 1-2 times until water is mostly clear.

2. TRANSFER* grains to a large saucepan (for up to 2 cups of dry grain) or stock pot (for >2 cups of dry grain).

3. ADD WATER & COOK: Add appropriate amount of water or other liquid** as indicated on the chart, place covered over high heat, stirring occasionally until liquid comes to a boil. Add other seasonings or salt, if desired. Then, stir once more, reduce heat to lowest setting, cover and simmer for the length of time indicated on the chart.

4. STAND: Once cooking time is up, remove pot from heat without uncovering, and allow to stand for the standing time given in chart, or longer.

5. EAT OR STORE: Your cooked, whole grain is ready to serve or store for later. To store, allow grains to cool to near room temperature. Then, store in a covered container in the refrigerator for up to 4 days (reheat in a covered dish in a microwave to serve) or freeze. I like to use a measuring cup to make single servings for freezing by packing the cooked grains into a 1-cup measuring cup, inverting onto a dinner plate or sheet pan (or whatever else fits into your freezer), and repeating until you’ve done with all of the grains. Then, place the plate/pan into the freezer until the grains to freeze. Remove the plate/pan from the freezer and let sit for a few minutes until the grain “cubes” can be removed easily from the plate/pan

and transfer them to an airtight plastic storage bag and return to the freezer.

These individual servings are great to take for lunch or to use for a busy weeknight dinner—all that needs to be done is to microwave each portion in a covered container (or in a bowl with a plate over the top) for 1 to 1 ½ minutes on high, and viola, instant (and very inexpensive), whole grains. This also helps with portion control.

***Pilaf variation:** omit the rinsing step. Then, any grain can be toasted in a dry pan, or with a bit of oil, over medium heat, stirring frequently, until it gives off a toasted aroma. After toasting, add the appropriate amount of liquid and follow the remainder of the cooking instructions.

****Other Liquids:** Liquids can be wholly or partially substituted with broths, vegetable or fruit juices, teas, etc.—Creativity and individual tastes are the limit. Be sure to decrease the salt (if using), when substituting salt-containing liquids for the water.

BOILING METHOD FOR WHOLE GRAINS

An alternate method of cooking that works for whole grains that can keep their shape with cooking—such as rice, quinoa, wheat berries, farro, or barley—is to bring a large pot of water to a boil as you would for pasta and boil the grains until done (testing occasionally for taste/texture), then drain in a fine strainer as you would pasta and then run cool water over the grains to stop the cooking. This method works well if you want to serve whole grains in a salad rather than as a warm side.

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Session 3

SET YOUR SMART GOALS



The last thing we'll do today is to decide on our **SMART** goals.

I'd like you to think about your next goal or goals you might make next on your journey to better health. Just like last meeting, you'll find some options on this page. Let's review them.

Goal 1 could be a new habit to consider that you learned from our whole grains section, or consider sweet potatoes for breakfast or another meal

Goal 2 could be trying a new movement behavior to add into your everyday routine

Goal 3 should nourish your well-being and feel like a gift to yourself; what could that be? Decide on the goal or goals you're willing to take this week and check them off. Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to do the goals that you've chosen. Take the next minute to decide how you'd like to move forward.

ALLOW 1 MINUTE FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.

Thanks for making that commitment to yourself.

Let's now have you meet with someone here for our remaining minutes and share your **SMART** Goals with

each other as each participant checks out with the doctor. Take turns sharing your new **SMART** Goals.

IN-PERSON FORMAT: Please turn to the person or couple people next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

Talk them through together as we check-out. Remember to really use the **SMART** format. You can help whoever you're with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.

Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 5 MINUTES FOR PAIRS OR SMALL GROUPS TO SHARE. IF PREFERRED, HELP IN-PERSON PARTNERS IN ATTENDANCE FIND EACH OTHER.

FOR VIRTUAL SETTINGS, PAIR THEM INTO BREAKOUT ROOMS. FACILITATOR CAN FILL IN AS A PARTNER IF NEEDED.

IN CLOSING

Thank you all for being here with me today. Showing up to these sessions every week is a really important ingredient in your recipe for success, so you should all feel proud that you set aside this time. I encourage all of you to have a movie night this week with your family or friends and watch Forks Over Knives together. This will help your loved ones understand what you're doing in this program and get them excited about supporting you on your journey.

Next session, we have a very exciting session planned. We're going to learn a bunch about the hidden treasure

in plain site for diabetes remission: powerful pulses!... or beans! And we'll get in the kitchen again – this time to make not one, but two more recipes to start the day with a healthy breakfast. You're also going to learn a lot more about diabetes and how to start putting it into remission. You don't want to miss it!

I look forward to seeing all of you at our next session (DATE AND TIME) and hearing about your successes and challenges with your new **SMART** Goals.



Session 4:

Keep Track of Water, Fiber, and Fat

Full Plate Living: The Water Fiber Principle

All About Beans

Teaching Kitchen: Nourish Bowls and Bean Burgers

Set Your SMART Goals

In Closing

KEEP TRACK OF WATER, FIBER, AND FAT

Description

In Session 4, participants will learn the water fiber principle, learn all about the benefits of beans, and review two versatile blueprint recipes: Bean Burgers and Nourish Bowls..

Learning Objectives

1. Describe the benefits of water and fiber in foods
2. Identify the benefits of beans
3. Demonstrate two healthy recipe blueprints for bean and grains
4. Set your SMART Goals

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to **page 17** for important reminders

Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed



Session 4

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome to Session 4 of the (INSERT PROGRAM NAME.) I'm glad to see you again!

My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

HOLD UP FACILITATOR SCRIPT.

Again, I'll be using my trusty Facilitator Script to keep us on-track and help me map out the next step on our journey toward a healthy life.

We have a fun session ahead of us. We will learn about the fiber fat principle in our next Full Plate segment, and we'll share not one, but two meals that

I know will become a staple for you because they are so flexible - Nourish Bowls and Bean Burgers!

Nourish Bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein foods, carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. The best part? The variations are endless!

First, I want to check-in to see how last week went for you. Then, we'll jump right into the kitchen to make another yummy breakfast option. For those of you who want an alternative to oatmeal, you're going to like this session. After that, we're going to watch a movie together that will be both fun and inspiring.

CHECK-IN

IN-PERSON FORMAT: So, how did things go for all of you since our last meeting? How did you do with your **SMART** Goals? Let's talk about successes and challenges. Remember successes can be big or small – anything from positive changes in your blood sugar to trying oatmeal for the first time. Please turn to the person next to you and how you've been doing with the **SMART** Goals you set last time. What went well and what was challenging?"

VIRTUAL FORMAT: Let's check-in with someone else and share how each of us are doing with our goals. I'll put you into breakout rooms for two minutes.



FULL PLATE LIVING: THE WATER FIBER PRINCIPLE

Are all fiber-rich foods the same?

The Point: How to tell the difference between fiber-rich foods that can help you lose weight and those that can't.

Today we'll discover how to tell the difference between fiber-rich foods that will help us lose weight and fiber-rich foods that can actually pack on the pounds.

What Does Harvard Have to Say?

Today, as we talk about food, we'll also talk about water's impact on whole, fiber-rich foods. We call it the Water-Fiber Principle. It's the reason that Powering Up your plate, which we discussed in Segment 1, allows you to have a full plate and still lose weight.

A Full Plate favorite saying goes like this:

"The more fiber you eat, the more weight you'll lose.
The less fiber you eat, the less weight you'll lose."

PAUSE.

That's good news: A study of 75,000 women found that those who ate fiber weighed less than women who didn't eat fiber.

When Walter Willett, M.D., and his colleagues at The Harvard School of Public Health studied nearly 75,000 women over a 12-year period, one thing was obvious: the women who ate whole-grain fiber weighed less than the women who did not.

By stimulating the release of certain intestinal hormones, fiber promotes a feeling of satisfaction earlier in the meal. Fiber also slows the emptying of the stomach, prolonging that sense of fullness. As a result, fiber helps you eat less. It also slows the digestion and absorption of starches. This allows your body to break down dietary fats instead of storing them."

You might think, then, that reaching a healthy weight is just a matter of eating more fiber...that's not the case, because all fiber-rich foods are not created equal when it comes to having a full plate and reaching a healthy weight.

Let's talk about how much weight you can reasonably expect to lose if you fill your plate with whole, fiber-rich foods.

Expectations

How many of you have ever watched an episode of "The Biggest Loser?"

PAUSE.

Watching people lose significant weight can be inspirational, but the rapid weight loss portrayed on that show can actually be a problem.

And, for many people, seeing how quickly others manage to shed pounds isn't inspirational. It's de-motivating and discouraging.

So let's push the pause button and take a moment to examine our expectations regarding a healthy weight.

PAUSE.

We live in a microwave society. We want instant results, sort of like popping a meal in the microwave. In goes the food, a buzzer sounds, and out comes a fully cooked meal.

But reaching a healthy weight with the Full Plate Living Approach is more like cooking with a crock pot. It's slow, steady, sustainable weight loss.

Slow weight loss is healthy weight loss. Dropping weight too quickly can actually harm our health, and pounds lost quickly often find their way back to our waistlines.

Session 4

Maybe some of you have experienced that in your own lives.

Do this for me, please: Think of a time in your life when you managed to lose some weight.

Let's talk about what that experience of weight loss was like - easy, difficult? Quick? Slow and sticky? Did you lose the weight very quickly...or slowly? And, did you keep the weight off or gain it all back? **Take two minutes to share in your group.**

IN-PERSON FORMAT: Turn to the person next to you, and you'll have two minutes to discuss.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

GIVE PARTICIPANTS 2 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

If you follow the steps provided in this program, you can naturally lose weight every week, without feeling hungry. That means you could, over the course of the program, drop a full dress size or notch or two on your belt—which is good news. And very importantly, this will help you on your way to naturally controlling your blood sugar, or achieving remission.

But the better news is this: If you practice what you learn on this journey, you can expect to keep those pounds off—for good.

Can All Fiber-Rich Foods Help You Lose Weight for Efficient Insulin Function?

Now let's explore the Water-Fiber Principle I mentioned earlier.

Please turn to **page 61** in your Participant Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 61.

You'll see a page of fiber-rich foods hanging out at the beach.

Please take a minute to circle any foods on this page that you've eaten in the last few days.

PAUSE 1 MINUTE FOR PARTICIPANTS TO CIRCLE THEIR CHOICES. GIVE 15-SECOND WARNING.

Thanks for doing that.

Unfortunately, not all fiber-rich foods are created equal when it comes to filling your plate and helping you lose weight.

If you would, draw a line along the shoreline.

CONTINUE SPEAKING AS PARTICIPANTS DRAW LINES.

All the foods pictured are fiber-rich foods, but those on the left side of the line are we will call "Full Plate Superfoods."

Why do they call them Full Plate Superfoods?

Besides the fiber, they also contain a lot of water, at least 60 percent or more; the foods on the right side don't.

The high water content of the foods on the left make them super foods; you can fill your plate with them and still lose weight.

Some of the foods on the left side made the cut because, when you prepare them, you add water. Beans, and whole grains, like oatmeal and brown rice, become Full Plate Superfoods when you cook them in water.

Specifically, the water-fiber foods are: fruits, vegetables, cooked beans, and cooked whole grains.

You might be surprised to find nuts and seeds on the right side of your line. That's because they contain very little water. No question that they're healthy foods, but if you're trying to lose weight, only eat a small handful a day.

So why does water content matter? Water has no calories, so the more water natural, fiber-rich foods contain, the fewer calories they tend to have. Power

Session 4

Up your plate with Full Plate Superfoods and you can eat enough to be satisfied and still shed pounds.

A quick question: What did you find most surprising about this activity? Who would like to share?

ALLOW SEVERAL LARGE GROUP RESPONSES.

Thanks for sharing.

A quick reminder: you get to choose what you eat. And enjoying a food from the right side of the page won't harm you. Just realize it probably won't help you lose weight as well as a Full Plate Superfood.

It's sometimes hard to know which fiber-rich foods are best for a healthy weight because food companies often advertise their products as a healthy source of fiber, and imply their products will help you lose weight.

In some ways, those companies are telling the truth.

If you eat a whole-wheat bagel instead of a deep-fat fried stick of butter, that bagel is certainly the better choice for weight management.

But an even better choice would be an apple...or an orange...or blueberries.

Full Plate Fiber Guide

Since we can't always depend on advertising to guide us to the best sources of fiber-rich foods, our friends at the Full Plate Living have put together a Fiber Guide for us.

You will find the Fiber Guide in the back of your Participant Workbook. Turn to it now.

PAUSE AS PARTICIPANTS TURN TO THE FIBER GUIDE.

You'll see some foods have a blue background. These are the Full Plate Superfoods we just talked about.

They're highlighted in blue to remind us that besides naturally containing fiber, they have a lot of water.

That's the reason they're great for Powering Up your plate. You'll feel full, stay full longer, and consume

fewer calories.

You've got to love those Full Plate Superfoods!

Now flip through your Fiber Guide and pick out a couple of your favorite Full Plate Superfoods. Take a minute to do that.

WAIT 1 MINUTE. GIVE 15-SECOND WARNING.

Now let's briefly break up into our small groups to describe how you enjoy eating the foods you chose.

For instance, if you like bananas, do you slice them in cereal? Freeze and blend them in a smoothie? Or just peel and eat them plain? Share with your group. Go ahead and take a couple minutes to do that.

IN-PERSON FORMAT: Please break into small groups and share for two minutes

VIRTUAL FORMAT: I will now break you into your groups for two minutes.

GIVE GROUPS 2 MINUTES FOR SHARING. GIVE 30-SECOND WARNING.

Thank you for sharing with each other.

Keep your Fiber Guide as a reference the next time you prepare a shopping list, or you're ready to grab a snack.

Now let's discuss a couple of Quick Tips.

The first tip is this: "Neither water nor fiber have calories. So the more water and fiber foods contain, the fewer calories they have. Power Up your plate with Full Plate Superfoods, and you can fill your plate and still lose weight."

Tip number two: "If you eat Full Plate Superfoods at the beginning of your meals, they'll fill you up so you'll have less room in your stomach for higher calorie foods."

Session 4

And a reminder: Drink up! Boost your water consumption as you eat more fiber-rich foods because fiber loves water like a pig loves mud. So drink water throughout the day.

Are You Eating Enough to Lose Weight to Counter Diabetes?

Time for a pop quiz!

If the average American eats 3 servings of fruits and vegetables a day, how many grams of fiber is that average American likely to consume?

Any guesses?

PAUSE FOR SEVERAL GUESSES.

Full Plate Living recommends ten grams of fiber per day is the current intake of the average American. Is that adequate?

Please turn to **page 63** in your Participant Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 63.

Highlight or underline the first sentence about 10 grams, which is the average American's fiber intake.

WAIT 15 SECONDS WHILE PARTICIPANTS DO THIS.

The Full Plate Living recommends you work your way up to about 40 grams of fiber a day, primarily from Full Plate Superfoods. Go ahead and shade in the bar for the Full Plate Living recommendation of 40 grams.

WAIT 15 SECONDS WHILE PARTICIPANTS DO THIS.

Wow! That's four times more fiber than the average American eats! This little chart is the secret to how you can fill your plate and still lose weight. It's an important mile marker on our journey to a healthy life.

So the question is, "Are You Eating Enough to Lose Weight?"

PAUSE.

Keep in mind that 40 grams is a general guideline, not a hard-and-fast target to attain.

If you want to count your daily fiber grams, your Fiber Guide can help you do that. But if crunching numbers isn't your thing, just keep Powering Up your plate with more Full Plate Superfoods, and you can lose weight.

But remember, if you add fiber too quickly, you're likely to experience bloating, cramps, and more gas than usual.

So go slow. Your body and the rest of us will thank you.

More Than Just Fiber

Here's something you should know: Full Plate Superfoods do more than help you lose weight. They provide many other health benefits as well.

Look at **page 74** in your Participant Workbook and you'll see a list of those benefits.

Take the next minute and look through the list and check all those that you care about.

WAIT 1 MINUTE WHILE PARTICIPANTS DO THAT. GIVE 10-SECOND WARNING.

Now take the next 30 seconds and circle the one that is most important to you, and then you'll share that with your group.

GIVE PARTICIPANTS 30 SECONDS TO COMPLETE THE TASK.

Now please share with your group which health benefit you've chosen and why. Take one minute to do that.

GIVE PARTICIPANTS 1 MINUTE TO SHARE. GIVE 15-SECOND WARNING.

Session 4

Be a Role Model

I love that we're taking this journey toward health together. You're each a role model for me as I take steps on my own journey.

And here's a secret: You're a role model to others, too. Let's pause and consider who those others might be.

Now, if you would, choose two people who would benefit from you reaching a healthy weight. And write down how they would benefit. Maybe it's a friend who can't seem to complete challenging projects and seeing you take off 10 pounds would be an inspiration. Or it's a family member who, because she loves you, wants you to take better care of yourself.

Take the next minute to do this now.

GIVE PARTICIPANTS 1 MINUTE. GIVE 15-SECOND WARNING.

In your group, take three minutes to share with each other whom you've chosen, why they're important to you, and how you reaching a healthy weight would benefit them. If you happen to have a picture in your wallet or on your phone, feel free to share that as well.

GIVE PARTICIPANTS 3 MINUTES TO SHARE. GIVE 1-MINUTE WARNING.



Movement Break: Toe & Heel Raises

- Take a deep breath in and slowly let it out
- With feet on the ground, alternate raising toes and then heels
- Hold each rotation a few seconds, then alternate
- Continue for two or so minutes
- Improves balance, lower leg strength, and circulation



MY NOTES

ALL ABOUT BEANS

Now we are going to talk about another important aspect of your remission, that will hopefully become a staple in your life: BEANS!

Beans and whole grains are perfect canvases for adding seasonings, sauces, vegetables, fruits, nuts, and seeds to create an endless variety of meals. Putting these items together in a bowl is sometimes referred to as a 'Buddha bowl.' We call them 'Nourish Bowls' to remind us how easy it is to nourish our way towards remission. Another easy dish to try is homemade bean burgers, which can be made with black, kidney, navy, or just about any bean, and seasoned with many different cultural palettes, including Mexican, Indian or simply a savory American burger.

Beans, (legumes) have always been part of healthy traditional diets, and are particularly important for diabetes remission. They are low on the glycemic index controlling blood sugar and insulin, and have so many other benefits as well.

Interestingly, many nations with some of the highest rates of diabetes are those who used to eat a lot of beans but don't anymore. For example, people

from the Indian subcontinent had Dal, lentils, and chickpeas as part of their dietary habits. The Chinese and Japanese have had mung beans, azuki beans, soy, and other varieties in their past.

Here we share a couple of versatile recipe blueprints that highlight both beans and whole grains that can lend themselves to many different cuisines of the world."

Now please turn to page 75 to learn easy methods and tips for cooking beans. Notice that there are several methods to cook beans, but don't be intimidated, they are all super easy, but some take time, as dry beans need to soak up water. Soaking them in advance will cut the cooking time, but is not necessary. So please read through this page tonight at home, and try cooking dry beans if you never have tried yet! Of course, there is nothing wrong with grabbing a can of beans from the pantry for a quick and healthy addition to your meal, including salads! Make sure that the canned beans are not filled with added salt that can add loads of unnecessary sodium to your diet.

TEACHING KITCHEN: NOURISH YOURSELF WITH BEANS AND WHOLE GRAINS



Today we're making a meal that I know will become a staple for you because it is so flexible - Nourish Bowls. Nourish Bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein foods, carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. The best part? The variations are endless! Let me show you what I mean. **Turn to page 77 in your Workbook** where you'll find the Nourish Bowl Blueprint. You'll notice that building a bowl like this is a lot like building a filling salad.

PAUSE WHILE PARTICIPANTS TURN TO PAGE 77.

Can someone read the first two categories for me?

WAIT FOR PARTICIPANT TO READ "LEAFY GREENS" AND "OTHER VEGGIES".

Ideally, you want to include about 2-3 handfuls of greens and about a cup of other vegetables in your bowl. These can be steamed, roasted, grilled, or raw. They can even be leftover veggies from another meal.

Can someone read the next two categories for me?

WAIT FOR PARTICIPANT TO READ "PROTEINS" AND "FIBER-RICH CARBS".

You also want to include a ½ cup to a cup each of plant protein foods like beans, lentils, or tofu and

fiber-rich carbohydrates. The fiber foods can either be whole grains like brown rice or starchy vegetables like sweet potatoes, corn, or peas.

Can someone read the last two categories for me?

WAIT FOR PARTICIPANT TO READ "HEALTHY FATS" AND "TOPPERS".

This is where you get to have some fun. These categories include nutritious ingredients, but they also add a burst of flavor and texture to your bowl. You can top your bowl with healthy foods higher in fats like avocado, olives, or crunchy nuts and seeds. You can also add a flavorful sauce or dressing like the ones we tried when we made filling salads, but today I'm going to show you that whipping up a dressing isn't necessary. That brings us to our toppers. Toppers can be anything from lemon or lime juice, to salsa, to fresh or dried herbs. You can even top your bowl with a few splashes of vinegar or hot sauce for a flavor boost.

Take a look below and you'll see five different Nourish Bowl variations. You can see that each one contains all of the components we just talked about, but they are all so different!

Now it's time to try this blueprint for yourselves. We have an array of bowl toppings ready for you. Use your creativity and this blueprint to make your creation.

ALLOW PARTICIPANTS TO BUILD THEIR OWN BOWLS WITH THE PREPARED INGREDIENTS. AFTER PARTICIPANTS ARE FINISHED AND EATING, SPEND A FEW MINUTES HAVING PARTICIPANTS SHARE WHAT INGREDIENTS THEY USED AND HOW THEY CAME UP WITH THEIR COMBINATIONS.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: BEAN BURGERS



Today's recipe is a diabetes-friendly spin on a classic: burger! And the best part about this recipe? It only has three ingredients. Before we start cooking, I have a question. Based on what you've learned so far, why don't we consider regular beef burgers a diabetes-friendly meal?

PAUSE FOR PARTICIPANT RESPONSES.

That's right, beef burgers are not diabetes-friendly for many reasons. They are high in saturated fat and cholesterol, they don't contain any fiber, and we know that eating more red meat is linked to higher diabetes risk.

Unlike beef burgers, the bean burgers we're making today are very diabetes-friendly. We already learned about why beans are so good for diabetes remission, and they are the star ingredient in this recipe. These burgers also contain oats – another diabetes-friendly food. As I said, this recipe only has three ingredients, and it is very simple to make.

3-INGREDIENT BEAN BURGERS: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO. SKIP THE 30 MINUTE REFRIGERATION IN STEP 1 FOR SAKE OF TIME.

Try swapping out the barbecue sauce for any sauce to make this recipe your own. Try peanut sauce, ketchup (with no sugar added), mustard, lemon-tahini sauce, or occasionally guacamole. This is also a great place to continue experimenting with herbs and spices.

AFTER YOU PREPARE BURGERS, BRING OUT THE BURGER PATTIES YOU PREPARED AHEAD OF TIME AND ALLOW PARTICIPANTS TO BUILD THEIR BURGERS.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

SET YOUR SMART GOALS

The last thing we'll do today is to decide on our **SMART** Goals. Please turn to **page 80** in your workbook to find some SMART Goal examples. We're hoping you add meaningful beans to your life, along with wellness!

PAUSE AS PARTICIPANTS TURN TO PAGE 80.

I'd like you to think about your next goal or goals you might make next on your journey to diabetes remission and better health. Just like last week, you'll find some options on this page. Let's review them.

Eating for Health

- ☐ I will add beans (can or prepared dry, of black beans, chickpeas, lentils, etc.) to a meal ____ days this week.
- ☐ I will make a double batch of bean burgers with all the fixings for dinner/ lunch this week and freeze half for another meal.
- ☐ I will add ____ nourish bowls into my diet this week, and plan to make it fun.

Moving More

- ☐ I will take the time this week to look into getting a standing desk and find some options for myself.
- ☐ I will clean the kitchen after dinner ____ times this week for 30 minutes (standing and moving).
- ☐ I will do an aerobic activity (heart rate and breathing go up) ____ times this week.



Well-Being and Rest

- ☐ This week before bedtimes I will review my successes for the day and congratulate myself! Then I will then set my intention for tomorrow.
- ☐ I will share my favorite new healthy recipe with my friend/relative to let them know that I am thinking of them.
- ☐ This week I will journal about why I smoke, and brainstorm some ways to create those same benefits in my life without smoking.

WAIT 2 MINUTES FOR PARTICIPANTS TO WRITE. GIVE 15-SECOND WARNING.

Thanks for making that commitment to yourself.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

You'll have 5 minutes to talk them through together. Remember to really use the **SMART** format. You can help the person you're paired with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.

Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 5 MINUTES FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.



Session 5:

Enjoy a Full Plate Towards Your Diabetes Remission Goals

Diabetes Education: The Basics

Full Plate Living: Meal Makeovers and Beverage Challenge

Set Your SMART Goals

In Closing

ENJOY A FULL PLATE TOWARDS YOUR DIABETES REMISSION GOALS

Description

In Session 5, participants will learn the basic mechanisms of diabetes and then review several popular meals to make over to support diabetes remission. They will learn the mechanics of fat in the body, and look at how much fiber is in food. They will also learn how to makeover their favorite meals to be diabetes remission-friendly and also how to navigate beverages.

Learning Objectives

1. Describe the mechanisms of type 2 diabetes
2. Apply an understanding of diabetes remission eating pattern through meal makeovers
3. Set your SMART Goals

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to page 17 for important reminders.



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome to the 5th session of the program.

My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

I'll do my best to see that we have fun as we discover more about how to overcome diabetes and gain greater health. I've got my trusty Facilitator Script with me and some good stuff to share—so let's dive in!

This meeting we will cover the basic mechanics of diabetes, and then we'll work on Meal Makeovers in our Full Plate segment. This is a great week to learn how you can take your favorite dishes and family recipes and adjust them to be diabetes remission meals. This is important material to cover, because we talk about how eating for health can still be fun and delicious!

CHECK-IN

How are things going for everyone?

VIRTUAL FORMAT: Let's start us off by sharing your successes and challenges from the past week with each other.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE.

Who wants to start us off by sharing a success from the week? Nothing is too small. Every win matters.

PAUSE FOR PARTICIPANT SHARING

Do you notice certain things getting easier now that you're 5 weeks in? Some of your successes are probably things you never would've imagined doing before you started this program. I'm inspired by all of you.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week with the group?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. Challenges will never disappear completely, but you will get better at navigating them. Think of how much progress you've made since the beginning of the program. Keep bringing your challenges here every week so we can work through them together.

DIABETES EDUCATION: THE BASICS

Now that you have a good background on fiber foods and how achieving a healthy weight can support your diabetes remission journey, let's review some basic introductions to the main players when it comes to diabetes. Turn to **page 85** in your Workbook (diabetes definitions page). Can someone read the first definition for me?

WAIT FOR VOLUNTEER TO READ

Glucose – All food we digest is broken down into various nutrients, which are absorbed into the bloodstream. Most nutrients break down into glucose, the body's chosen form of fuel or energy. This is typically what we call blood sugar.

Thank you. You can use the words "blood glucose" and "blood sugar" interchangeably. Whichever you are most comfortable with is fine with me. Can someone else please read the next term?

WAIT FOR VOLUNTEER TO READ

Insulin – Insulin acts as a key that when inserted into the cell's lock lets in the glucose needed to carry out the cell's functions, thus removing it from the bloodstream.

Great. Can someone else please read the next term?

WAIT FOR VOLUNTEER TO READ

Pancreas – Think of the pancreas as a big demand/supply factory. Its beta cell department is in charge of producing insulin. The pancreas creates as much insulin as needed based on the amount of glucose present in the bloodstream from the food you ate, smart factory!

Thank you. Can someone else please read the next term?

WAIT FOR VOLUNTEER TO READ

Body cell – Each cell in the body needs a certain amount of energy to perform its function. It's up

to each cell to decide how much energy it needs at specific times. Each cell is equipped with a lock that insulin can open to let glucose in, but the cell determines if it gets opened or not based on if it needs glucose for energy or not at that time.

Here are some other terms that are helpful to understand before we get into the "how" of diabetes remission.

Who can read the next one for us?

WAIT FOR VOLUNTEER TO READ

Insulin sensitivity – When body cells are hungry for energy, they allow their locks to be opened up by insulin to let glucose in. These cells are saying YES to glucose and are eager to get to work.

Thank you. Can someone else please read the next term?

WAIT FOR VOLUNTEER TO READ

Insulin resistance – If body cells have enough energy to get the work done, they will start rejecting insulin. In some cases, the insulin locks get clogged up with fat and won't even allow insulin to open up the cell to let the energy in. This fat can come from excess stores in the body or from a high fat diet. This is important to remember because it's one of the ways that a low-fat, whole foods, plant-based diet can help. Before we talk more about that, let's define type 1 versus type 2 diabetes. Can someone please read the next two definitions for us?

WAIT FOR VOLUNTEER TO READ

Type 1 diabetes – Because of an uncommon factor like genetics or autoimmune issues, the pancreas has decided to either minimize its beta-cell department or completely shut it down. As a result, insulin keys are hard to come by. Insulin shots are needed in order to let glucose into the cells.

Session 5

Type 2 diabetes – The pancreas is creating more than enough insulin keys but the locks in the cells are resistant to opening up, leading to insulin resistance. It's almost like they're rusted shut and resistant to opening. Because the glucose can't get into the cells, it starts to build up in the bloodstream. This can eventually lead to what we know as type 2 diabetes.

So, you know that this program is all about putting diabetes into remission. But what do we mean when we say remission? Can someone else please read the last term?

WAIT FOR VOLUNTEER TO READ

Diabetes remission – Diabetes is considered to be in remission when your hemoglobin A1c has stayed below 48mmol/mol (millimoles per mole) or 6.5% for at least 3 months. In remission, these numbers are achieved without the help of things like surgery, medications, or other devices.

Do you know what can put your diabetes into remission? By now, you should! The eating pattern that you are following in this program, along with a few other lifestyle habits we'll sprinkle in over the coming weeks, can do this. Pretty cool, right?

Reflecting on Your Old Eating Habits

Now, let's summarize all of this by looking at what happens when you eat a meal. Shout out some meals you ate often before this program, and we'll use one as an example.

PAUSE WHILE PARTICIPANTS SHOUT OUT MEALS. CHOOSE A MEAL THAT FITS INTO THE CONTEXT OF A STANDARD AMERICAN DIET. INSERT EXAMPLE MEAL IN THE PARAGRAPHS BELOW.

Okay, let's say you eat a cheeseburger, fries, and a regular soda. This meal contains refined carbohydrates, or carbohydrates that have their beneficial fiber stripped away. We'll learn more about these next time, but for now just know that this type of carbohydrate – a bun made from white flour or a sugary soda – causes a fast spike in blood

sugar. So, the carbohydrates from this flow into the blood and create a spike in blood sugar. This is where insulin is supposed to come in and help get all that blood sugar into the cells, but remember in type 2 diabetes the insulin keys can't unlock the cells to let glucose in because the locks are clogged with fat. If insulin is unable to unlock the cells, then the glucose concentration in your blood will remain high. These elevated sugar levels put even more stress on the pancreas to produce insulin. The pancreas keeps sending out insulin keys, but it doesn't matter because the locks are still clogged. This is the hallmark of type 2 diabetes.

I mentioned that a high-fat diet can contribute to the locks being clogged, so let's talk more about this type of diet that can lead to type 2 diabetes. How many of you have heard the phrase "Standard American Diet"?

PAUSE WHILE PARTICIPANTS RAISE THEIR HANDS

The Standard American Diet is the typical way most Americans eat. It includes lots of packaged foods like potato chips, sugary drinks like soda, grains that have their fiber removed, like those burger buns, red meat, fast food, candies, and sweets. This type of diet has been linked to the development of type 2 diabetes, along with other chronic diseases. And it's not just the foods. In America, most of us also live in an environment that encourages us to eat this way. These foods fill the shelves at the grocery store, and they're also the most affordable and convenient options. We often center social events around these foods. And it's all too easy to get these foods from restaurants and convenience stores. On your way home after class, I want you to count the number of fast food restaurants you pass or see an advertisement for. It's probably a lot!

Turn to **page 87** in your Workbook ("Reflecting on Your Old Eating Habits" + reflections questions). There, you'll see lots of examples of foods from the Standard American Diet. Take a moment to circle some of the foods you ate regularly before this program. Then, answer the questions below.

Session 5

What are some reasons why you ate these foods? Examples might be because it's the way your whole family eats, it fits your budget, it was convenient, you like how they taste or are used to eating them, or because these types of foods are easy to prepare.

How did these foods make you feel while you're eating them? Did you like that feeling?

How did these foods make you feel after eating them? Is it a feeling you enjoy? Did these foods give you lasting energy? Were there any negative effects from these foods like bloating, a stomachache, or tiredness?

And finally, I invite you to reflect on these two questions:

1. If I keep eating these foods, what will my life look like?
2. If I stop eating these foods and replace them with diabetes remission foods, what will my life look like?

You have 10 minutes to complete this. I'll let you know when we're halfway.

ALLOW 10 MINUTES FOR PARTICIPANTS TO COMPLETE THE ACTIVITY. GIVE A 5-MINUTE WARNING.

Thank you so much for doing that. Now, I'd like you to get into groups and share some of your answers. I'll give you 5-minutes to do this.

IN-PERSON FORMAT: Now, I'd like you to get into groups of 2-4 people and share some of your answers. I'll give you 5 minutes to do this.

VIRTUAL FORMAT: I will now break you all into small groups for five minutes.

ALLOW 5-MINUTES FOR GROUPS TO SHARE. GIVE A 1-MINUTE WARNING.

Thanks for sharing with each other. Can you see how a seemingly small choice about what you put on your plate at one meal can have a ripple effect in your life? After this activity, you might be worried about whether a low-fat, whole food plant-based diet pattern can be as affordable, easy, and family-friendly as the foods you're used to eating. The short answer: yes, it can! We'll cover all of those topics in future sessions. For now, I just want you to know that this new way of eating has the power to clean out those clogged locks in your cells so that your insulin keys work again.

So, let's keep eating our delicious plant-based meals, and in the next session we'll talk more about how these meals are working their magic to put your diabetes into remission.



FULL PLATE LIVING: MEAL MAKEOVERS AND BEVERAGE CHALLENGE

Now, let's turn to **page 89** in your Participant Workbook and look at those Full Plate Meal Makeovers. Let's take a look at how much fat is in each example.

FOLLOW THE SCRIPT FOR TOP THREE EXAMPLES THAT WERE VOTED ON EARLIER.

Pizza Makeover

Remember that the first pizza meal carries 51 grams of fat compared to the fourth meal, the Diabetes Remission Plate, which has 8 grams!

Why do you think the amount of fat changed so much from Meal 1 to Meal 4? What high-fat foods were removed?

ALLOW MULTIPLE PARTICIPANT RESPONSES

Burger Makeover

Remember that the first burger meal carries 90 grams of fat compared to the Diabetes Remission Plate which has 4 and a half!

This is why adding more 75% Plate Superfoods to your meals can make such a huge difference.

Veggie burgers are getting more popular. If you replace the half of a quarter pounder pictured in meal #3 with a whole veggie burger, you would get more fiber, less fat, and about the same number of calories.

ALLOW MULTIPLE PARTICIPANT RESPONSES

Spaghetti Makeover

Remember that the first spaghetti meal carries 39 grams of fat compared to the Diabetes Remission Plate which has a mere 7!

Why do you think the amount of fat changed so much from Meal 1 to Meal 4? What high-fat foods were removed?

ALLOW MULTIPLE PARTICIPANT RESPONSES

Chicken Makeover

Remember that the first chicken meal carries 82 grams of fat compared to the Diabetes Remission Plate which has 14 - a fraction of Meal 1!

Why do you think the amount of fat changed so much from Meal 1 to Meal 4? What high-fat foods were removed?

ALLOW MULTIPLE PARTICIPANT RESPONSES

Breakfast Makeover

Remember that the first breakfast meal of eggs with cheese and bacon carries 69 grams of fat compared to the Diabetes Remission Plate with 15 - what a difference!

Why do you think the amount of fat changed so much from Meal 1 to Meal 4? What high-fat foods were removed?

ALLOW MULTIPLE PARTICIPANT RESPONSES

Steak Makeover

As I go through each meal, make note of the amount of fat in each. In the first meal, there are 191 grams of fat. In the second meal, there is 132 grams of fat. In the third meal, there are 24 grams of fat. In the fourth meal, there are 10 grams of fat.

Why do you think the amount of fat changed so much from Meal 1 to Meal 4? What high-fat foods were removed?

ALLOW MULTIPLE PARTICIPANT RESPONSES

Session 5

Isn't amazing how much fat is hiding in some foods? Let's get into our groups one more time and can you please share one way that you plan to lower the fat in your own meals?

ALLOW 1 MINUTE FOR GROUPS TO SHARE

Thank you for sharing with each other. Before we wrap up this part of our lesson, I want to cover one more thing that might be on your mind. How many of you have heard of the keto diet? Or other low-carb diets like Atkins or Paleo?

PAUSE FOR PARTICIPANTS TO RAISE HANDS

Keto, especially, is a popular one in diabetes, isn't it? The keto diet is a very high-fat, low-carb diet. I want to dispel a few myths about it. Carbohydrates are the body's preferred energy source. In fact, your brain can only run on carbs! So, what happens when we eat mostly fat? We force our body to use it as energy. When fats are broken down for energy, they create ketones which serve as an alternate fuel for brain cells. In other words, the brain has to switch from using its premium energy source to its emergency backup generator. This is essentially what's happening on a keto diet, putting your body in a state known as ketosis. And it is true that people can see their blood sugars change for the better, but this is misleading. It appears that any positive results are short-lived on this diet, and they come with many risks to your health. The menu on a ketogenic diet is high in many foods that are linked to diseases like diabetes and heart diseases, and they are extremely low in foods linked to optimal health. This diet isn't worth the possible risks. Know that you are in a program that can not only put diabetes into remission, but can also improve other aspects of your health for the long-term.

Meal Makeovers

Let's see how the 75% Plate Approach transform some popular meals. We have 6 meal makeover examples for you to review, but only time for 3 to review now.

IN-PERSON FORMAT: I will tell you what they are, and then ask for you to raise your hand for the 3 you want to review most, as I say each one again.

VIRTUAL FORMAT: I will tell you what they are, and then ask for you to raise your hand for the 3 you want to review most, as I say each one again. Remember to use the "raise hand" button.

The 6 makeovers are:

- Pizza
- Cheeseburger
- Spaghetti
- Chicken
- Breakfast
- Steak

Please raise your hand if you'd like to makeover Pizza

COUNT THE NUMBER OF HANDS RAISED, AND DO THE SAME FOR THE NEXT 5. THEN FOLLOW THE SCRIPT FOR THE 3 WITH THE MOST VOTES. IF THERE IS A TIE, SIMPLY CHOOSE ONE.

PIZZA MAKEOVER

Please turn to **page 89** for the pizza makeover.

At the top of the page you'll see a typical pizza meal: Three slices of cheese pizza, two bread sticks, and marinara sauce. Notice what happens to the number of grams of fiber and the number of calories as 75% Plate Superfoods replace foods that aren't so super.

The first pizza meal has 1,314 calories and a whopping 51 grams of fat. Make a note of that in the spaces provided. 1,314 calories and 51 grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

Session 5

Now look at pizza meal number two.

Let's answer a question as a large group: What are the differences you see between those two meals?

ALLOW SEVERAL GROUP RESPONSES.

Thanks for sharing.

There are also some changes you might not see—but they're significant.

Substituting a fresh salad for one pizza slice and one bread stick changes the fiber and calorie counts. Now there are 938 calories and 54 and a half grams of fat on this plate.

Jot that information in the spaces provided. 938 calories and 54 and a half grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

Now look at pizza meal number three on **page 90**.

What changed from meal two to meal three?

ALLOW SEVERAL GROUP RESPONSES.

By making those changes, this meal now has 583 calories carrying 20 grams of fat. Enter that information in the space provided, please. 583 calories carrying 20 grams of fat .

PAUSE.

But by swapping out the cheese in Meal 4 for the cheesy flavor of nutritional yeast you get down to 529.5 calories and 8 grams of fat, even including a creamy pudding dessert!

Now if someone could get out their phone calculator, who would like to figure out the difference in calories and fat grams between the first and fourth meals, and call out that information?

PAUSE AS ONE OR MORE PEOPLE CALL OUT 781.5 FEWER CALORIES and 43 grams less fat!

That's 781.5 and 43 grams less fat. Now that's satisfying.

This is a classic example of what happens to calories and fat when you fill your plate with 75% Plate Superfoods. As the fiber goes up the calories come down.

You get less of what causes weight gain and more of what helps you slim down, gain energy, and have more zest for life. 75% Plate Superfoods really are super!

Some people think that if a few 75% Plate Superfoods are good, more are better. And that's true—to a point.

How Much Fiber A Day?

To lose weight, work your way up to about 40 grams of fiber a day. A little less or more is OK too. Almost all of it should come from 75% Plate Superfoods. The bottom line: are you losing weight? If not, eat more 75% Plate Superfoods."

It's not so important to get a certain amount of fiber or limit to a certain amount of fat grams. The key is: Are you losing weight? If not, eat more 75% Plate Superfoods.

BURGER MAKEOVER

Let's see how to transform another common meal.

Turn to **page 91** for our second meal makeover.

PAUSE AS PARTICIPANTS FIND PAGE 91.

Burger meal one includes a half-pound hamburger with cheese on a white bun, potato chips, and four cookies. This meal has 1,476 calories and just about 90 grams of fat. Write that in, please: 1,476 calories and 90 grams of fat in your Workbook.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

So, what changes do you notice between burger meal one and two?

ALLOW SEVERAL GROUP RESPONSES.

Session 5

Burger meal two has 893 calories and 43 grams of fat. Jot that down, please: 893 calories and 43 grams of fat.

PAUSE.

And what changes do you see between meal two and three?

ALLOW SEVERAL GROUP RESPONSES.

Thanks.

And as you can see, burger meal three has 678 calories and 25 grams of fat. Write that down, please: 678 calories and 25 grams of fat.

Let's look at burger meal 4. This flavorful veggie burger has 502 calories and 4 and a half grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

For those math brains among us, what's the point spread between burger meal one and four?

PAUSE AS ONE OR MORE PEOPLE CALL OUT 974 FEWER CALORIES AND 85.5 LESS GRAMS OF FAT.

Right. Look at that spread: 974 fewer calories and 85.5 less grams of fat; that's incredible!

Almost two-thirds less calories and a fraction of the fat, 20 times less fat! And still there's a full plate of food—a tasty, satisfying meal.

This is why adding more 75% Plate Superfoods to your plate, and making it a completely plant-based meal for diabetes remission can make such a huge difference.

SPAGHETTI MEAL MAKEOVER

Let's do another Full Plate Meal Makeover: Spaghetti! Turn to **page 93** in your Participant Workbook, please.

CONTINUE SPEAKING AS PARTICIPANTS TURN THE PAGE.

Spaghetti meal one includes three cups of white spaghetti pasta, topped with two cups of meat sauce, and two pieces of garlic bread. It has 1,481 calories and 39 grams of fat. Make a note of these

totals please.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

So, what changes do you detect between spaghetti meal one and two?

ALLOW SEVERAL GROUP RESPONSES.

Spaghetti meal two has a total of 900 calories and 18 grams of fat. Jot that down, please: 900 calories and 18 grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

And what changes do you see from meal two to three?

ALLOW SEVERAL GROUP RESPONSES.

Meal three without the meat has almost 560 calories and 10 grams of fat.

Now let's add some meaty mushrooms to the sauce in Meal 4 and you still have way less calories than the meat sauce meals 2 and 3 and less fat, with 558 calories and only 5 grams of fat.

As the white spaghetti, bread and meat decrease and the Superfoods increase, the calories and fat drops.

PAUSE.

When it comes to pasta, our 75% Plate Superfoods come to the rescue. And they'll certainly help you feel better as we get to a healthy weight and control our blood sugars. And, I know you've already worked out the totals so could I have them? What's the difference calories and fat between meal 1 and 4?

PAUSE AS ONE OR MORE PEOPLE CALL OUT 716 FEWER CALORIES AND 32 FEWER GRAMS OF FAT.

That's crazy good. Not only do you get more fiber in meal four but with way fewer calories and fat. Wow!

Session 5

The Perils of Pasta

You can get fiber from pasta and tomato-based sauces. The problem is, they are heavily processed, which means they are loaded with calories. Another alternative for adding fiber is to use bean pasta like lentil pasta, which is generally lower in fat and calories.”

So if you want to eat pasta and lose weight, keep your pasta portions down, and Power Up the meal with 75% Plate Superfoods.

Chicken Makeover

Let’s see how to transform another common meal.

Turn to **page 95** for our chicken meal makeover.

PAUSE AS PARTICIPANTS FIND PAGE 95

The first chicken meal includes 4 pieces fried chicken wings, white rice with butter, and a side of peas with butter.

This meal has 1,259 calories and a whopping 82 grams of fat. Write that in, please: 1,259 calories and 82 grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

So, looking at meal number two, what changes do you notice between chicken meal one and two?

ALLOW SEVERAL GROUP RESPONSES.

Chicken meal two, with two fewer wings, grilled, has almost 600 calories and 38 grams of fat. Jot that down, please: 599 calories and 38 grams of fat.

PAUSE.

And what changes do you see between meal two and three?

ALLOW SEVERAL GROUP RESPONSES.

Thanks.

Yes, with the switch to one grilled chicken breast and upgrading our rice to brown, as well as adding savory baked beans, our meal three has just about the same

calories; slightly over at 607, and 23.5 grams of fat. Write that down, please: 607 calories and 23.5 grams of fat.

Good change, but now, if we swap out that chicken for a marinated baked tofu dish, in this case we chose barbecue flavor, we just reduced those calories further to 585 and fat down to 14 grams, adding the nutritious variation of quinoa for variety and protective health benefits of tofu.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

Math majors, what’s the point spread between chicken meal one and four?

PAUSE AS ONE OR MORE PEOPLE CALL OUT 674 FEWER CALORIES and 68 grams less fat.

Right. 674 fewer calories and 68 grams less fat.

Wow, that’s huge! We more than halved the calories and just eliminated 68 grams or 83 percent of the fat; and still there’s a full plate of food—a satisfying meal with fiber added to fill you up.

Jerk Spices

Adding spice to chicken or roasted vegetables creates a level of satisfaction to each meal. Key Jerk ingredients include: garlic, chilies, allspice, thyme, pepper, cumin, nutmeg, cinnamon, and parsley.”

Breakfast Makeover

Let’s do a fun Full Plate Meal Makeover: Breakfast!

Turn to page 97 in your Participant Workbook, please.

CONTINUE SPEAKING AS PARTICIPANTS TURN THE PAGE.

Does this breakfast meal number one look familiar? An American breakfast. It includes a three-egg scramble or omelet, with cheese, 3 strips of bacon and 2 slices of toast. It carries 892 calories and close to 69 grams of fat. Please add those numbers in your Workbook; you can write 892 calories and an eye-popping 69 grams of fat please?

Session 5

PAUSE AS PARTICIPANTS ENTER INFORMATION.

So, what changes do you notice between meal one and two?

ALLOW SEVERAL GROUP RESPONSES.

In breakfast meal two we switched from butter to oil, eliminated the cheese, and added some green food in there, and the calories got way down to 506 with fat down to almost 39 grams. Jot that down, please: 506 calories and 39 grams of fat. Loads of calories go away when the cheese goes away, and those tomatoes add fiber and nutrients.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

And what differences are there between breakfast meal two to three?

ALLOW SEVERAL GROUP RESPONSES.

Now meal three has more calories than meal 2 as we added oats and avocado – so we're up to 564 calories...47 grams of fat, but it contains a lot more fiber to control how quickly those calories and that fat enter the blood.

Let's consider a step further shown in meal four: the Tofu Scramble

As a plant-based option to eggs, Tofu Scramble is easy to make: 1pkg of firm tofu, moisture removed, some veggies and nutritional yeast, with turmeric, garlic powder and a pinch of salt and pepper.

So with this savory scramble and that oatmeal and without the eggs and cheese, we are now down to 459 calories and 15 grams of fat.

PAUSE.

Notice that as the bacon, cheese and butter decreased and the 75% Plate Superfoods increased, the calories plummet.

And, again, for our math brains, you've probably already worked out the totals for us! What's the difference in calories and fat between Breakfast

Meals one and four. Please report!

PAUSE AS ONE OR MORE PEOPLE CALL OUT ROUGHLY 12 MORE GRAMS OF FIBER AND AROUND 450 FEWER CALORIES.

We shaved off nearly half the calories, 433, which is almost the total calories of Meal Four in itself, and 71 grams of fat. Amazing!

Steak Makeover

Finally let's slice into a juicy steak and see how we can turn it into a Superfood meal!

Please turn to page 99 for our last meal makeover.

PAUSE AS PARTICIPANTS FIND PAGE 99.

The steak meal number one has an 12-ounce T-bone steak, mashed potatoes and a slice of cheesecake. It has 1,434 calories and an impressive 191 grams of fat, Wow! Write that in, please: 1,434 calories and 191 grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

And what changes do you notice between Steak meal number one and two?

ALLOW SEVERAL GROUP RESPONSES.

Steak meal two with an eight-ounce steak, more potatoes, but with no butter has close to 1,160 calories and 132 grams fat. Jot those numbers down, please: 1,160 calories and 132 grams fat already a significant change!

PAUSE.

And what are those changes between meal two and three?

ALLOW SEVERAL GROUP RESPONSES.

Yes. Thank you. A smaller steak and more potatoes lessen the fat intake!

Session 5

Now take note that meal number three with an option of salmon instead of steak has close to 903 calories and almost 24 grams of fat. Please write that down, please: 903 calories and 24 grams of fat.

PAUSE AS PARTICIPANTS ENTER INFORMATION.

But things get way better with our Meal Four example swapping in Portabello mushrooms for those steaks, with only 607 calories and an insignificant 1 gram of fat. Now that's a dramatic and healthy makeover! We even get a tasty baked potato with salsa and a dessert of fruit salad.

Math brains, here's your last big moment: tell us the differences between meal one and four please!

PAUSE AS ONE OR MORE PEOPLE CALL OUT 11 MORE GRAMS OF FIBER AND 846 FEWER CALORIES.

Right. 827 fewer calories and 190 grams of fat!

That fat practically disappeared completely with hardly any in the mushroom and potato meal. With a full plate of food—a tasty, satisfying meal.

Swapping out or lessening the meat and adding the 75% Plate Superfoods makes a huge difference.

Let's me tell you about Portabello. A good 75% plate superfood alternative to steak is the juicy and versatile Portabello mushroom. Recipes are available to make these protein-rich gems into burgers, stuffed appetizers, pasta sauces, plus they are great grilled.

Meal Makeover Conversation

Please get in your small groups again. Take the next two minutes to talk about each one of these meal makeovers.

What surprised you most about each makeover? Which one are you most likely to try?

Go ahead and do this now.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

ALLOW 2 MINUTES FOR GROUPS TO TALK. GIVE 30-SECOND WARNING.

Beverage Challenge

Thanks for sharing in your groups.

What we eat isn't the only thing that can help us lose weight—or cause us to gain weight. What we drink matters, too.

Let's stretch our legs a bit as we play a quick game of "Beverage Challenge." Please stand up and bring your Participant Workbook and a pen or pencil with you.

PAUSE.

First, to get started, let's have everybody move to the center of the room.

PAUSE.

In a moment I'll offer you a choice of two beverages.

If you choose the first option, please stand on this side of the room.

POINT TO ONE SIDE OF THE ROOM.

If you choose the second option, stand on that side of the room.

POINT TO THE OPPOSITE SIDE OF THE ROOM.

If you don't like either option...well, choose one anyway.

Would you rather have a Coke (**POINT TO ONE SIDE**) or a Sprite? (**POINT TO THE OTHER SIDE**)

Please move to one side of the room or the other.

PAUSE AS PARTICIPANTS MOVE.

Thanks. Everyone back in the center of the room again, please.

PAUSE AS PARTICIPANTS RETURN TO THE CENTER OF THE ROOM.

Would you choose grape juice (**POINT TO ONE SIDE**) or orange juice? (**POINT TO THE OTHER SIDE**)

PAUSE AS PARTICIPANTS MOVE.

Session 5

OK, everybody back to the center of the room again.

Chocolate milk (POINT TO ONE SIDE) or white milk?
(POINT TO THE OTHER SIDE)

PAUSE AS PARTICIPANTS MOVE.

Everyone back to the center of the room again.

PAUSE.

Now we're changing the rules.

I'll give you a choice of two beverages. This time, however, choose the one you think has fewer calories.

Which has fewer calories, a 12-ounce can of Pepsi or 12 ounces of 100% grape juice?

If you think Pepsi, go to this side of the room
(POINT TO ONE SIDE OF THE ROOM).

If you think grape juice, go to that side of the room
(POINT TO THE OTHER SIDE OF THE ROOM).

PAUSE AS PARTICIPANTS MOVE.

A 12-ounce Pepsi has 150 calories, and a 12-ounce glass of 100% grape juice has 231 calories.

So open your Workbook to **page 101** entitled, "Beverage Challenge."

PAUSE AS PARTICIPANTS FIND PAGE 101.

Write the calories in the space provided. The Pepsi has 150 and the grape juice 231.

PAUSE.

Everyone back in the center of the room again, please.

PAUSE.

Which has fewer calories, a 12-ounce can of Sprite or 12 ounces of 100% orange juice?

If you think Sprite, go to this side of the room
(POINT TO ONE SIDE).

If you think orange juice, go to that side of the room

(POINT TO THE OTHER SIDE).

PAUSE AS PARTICIPANTS MOVE.

A 12-ounce can of Sprite has 144 calories while a 12-ounce glass of 100% orange juice has 168.

Write the calories in the space provided. The Sprite has 144 calories and the orange juice 168.

PAUSE.



Movement Break: Arm Circles

Now, before we sit back down, let's add a little extra movement with arm circles:

- Take a deep breath in, and slowly let it out.
- Stretch arms straight to the side
- Make small, controlled forward and backward arm circles
- Increase shoulder mobility and reduces stiffness

Thank you for getting in a few steps of physical activity- way to go!

VIRTUAL FORMAT: Do this activity by showing pictures of the beverages and having participants use the "raise hand" icon for their responses.

PAUSE AS PARTICIPANTS SIT DOWN.

Session 5

It's not that Pepsi and Sprite are healthier than grape juice or orange juice. Those juices actually contain several important nutrients. The point is: When it comes to health, none of these beverages are your friends.

Let's read about it.

Drinking on the Pounds

Please turn to **page 102** in your Participant Workbook. Who would like to read, "Are You Drinking on the Pounds?"

WAIT FOR A VOLUNTEER TO READ. IF NOBODY VOLUNTEERS IN 10 SECONDS, READ IT ALOUD YOURSELF.

[HERE'S THE READING ON OF THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

"Are You Drinking On the Pounds?

When you drink anything that has calories, you're drinking your calories instead of chewing them. What's the problem with that?

The problem is these liquid calories are highly trained Supervillains. They actually trick the brain by sneaking past its appetite control center. That means your brain may tell you to eat more when you don't really need to. Drink those Supervillains day after day and you'll have a recipe for disaster when it comes to reaching a healthy weight.

How about a diet soda or a zero calorie drink? No calories there, right? True, but research shows artificial sweeteners can actually increase your appetite and cause weight gain. Not very helpful when you're trying to lose weight.

So your best Superhero beverage option is good old-fashioned water. Since our bodies are about 70% water, it's the best for quenching thirst and helping you lose weight and be healthy."

Thank you for reading.

You'll notice a can of Pepsi and a bottle of water in the center of the page. Follow along and fill in the blanks as I read.

"If you replace just one 12-ounce Pepsi which has 150 calories with water every day for one year, you would save 54,750 calories. That equals 15.6 pounds!!!!" That's 54,750 calories and 15.6 pounds.

That's just replacing one soda a day with water.

PAUSE.

The truth is most of us don't drink enough water. And there's nothing better to drink for health than water.

VIRTUAL FORMAT: Do this activity by showing pictures of the beverages and having participants use the "raise hand" icon for their responses.

ALLOW 2 MINUTES FOR GROUPS TO BRAINSTORM WAYS TO CONSUME MORE WATER DAILY. THEN SHARE IDEAS OUT LOUD. GIVE 30-SECOND WARNING.

Full Plate
LIVING

SET YOUR SMART GOALS

Once again it's time to set our **SMART** Goals. Turn to the Set Your **SMART** GOALS section on page 104 in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 104.

Let's think about all that we learned today about meal makeovers. What is one thing that stands out to you that you'd like to try to work on. Let's review some possible options.

Take a moment to review the lifestyle examples on page 104, and then decide the goal(s) that you are willing to take this week and check them off. Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to accomplish the goals that you have chosen. Take

the next 2 minutes to decide how you'd like to move forward and set those goals.

ALLOW 2 MINUTES FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.

Let's now have you meet with someone here for 5 minutes and share your **SMART** Goals with each other.

IN-PERSON FORMAT: Please turn to the person or couple people next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

You'll have 5 minutes to talk them through together. Remember to really use the **SMART** format. You can help whoever you're with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.



Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 5 MINUTES FOR PAIRS OR SMALL GROUPS TO SHARE. IF PREFERRED, HELP IN-PERSON PARTNERS IN ATTENDANCE FIND EACH OTHER.

FOR VIRTUAL SETTINGS, PAIR THEM INTO BREAKOUT ROOMS. FACILITATOR CAN FILL IN AS A PARTNER IF NEEDED.

GIVE 15-SECOND WARNING.

IN CLOSING

Thanks again for being at this session. I'm so glad you're here—and I look forward to seeing you at our next session. Let's get in the world's shortest workout right now. Do this with me, would you?

RAISE BOTH YOUR HANDS OVER YOUR HEAD.

Remember this: When you transform your meals with whole food, plant-based options like the 75% plate foods, your fiber goes up...

LOWER YOUR HANDS TOWARD THE FLOOR.

...and your calories go down.

RETURN TO YOUR NORMAL POSTURE.

75% plate foods are really super! Fill your plates, tie on your capes, and I'll see you at our next session!



Session 6:

Refresh Yourself with Whole Foods, Sleep, and Stress Reduction

Diabetes Education: How Much Fiber is in That Food?

Teaching Kitchen: Filling Salads Blueprint

The Important Pillars of Sleep and Stress

Set Your SMART Goals

In Closing

REFRESH YOURSELF WITH WHOLE FOODS, SLEEP, AND STRESS REDUCTION

Description

Session 6 will examine how much fiber is in various foods and cover a blueprint for healthy salads. We will also cover the important health pillars of sleep and stress management.

Learning Objectives

1. Identify the relationship between fiber and fat amounts in food
3. Describe the beneficial effects of both sleep and stress management in diabetes remission
4. Set Your SMART Goals

Notes to Facilitator

Please refer back to page 17 for important reminders

Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed. During this session you'll be asked to describe, in about 30 seconds, an enjoyable journey you've taken. Here's the prompt:

BRIEFLY—IN 30 SECONDS—DESCRIBE A JOURNEY YOU TOOK AND WHAT MADE IT ENJOYABLE. MODEL THE SORT OF RESPONSE YOU'D LIKE TO SEE SHARED BY PARTICIPANTS AS THEY TALK TOGETHER.

Think about what you'll say before the session begins.

Some participants may be hesitant to speak up within the larger group, especially in the first session. If you're having difficulty getting people to participate in discussions, ask them to share with the person sitting next to them first or within small groups of 2-3 people.

Throughout the sessions, the script will ask you to get volunteers to read aloud. If no one volunteers, you can either read the sections yourself, call on individuals to read, or go in a circle and take turns reading.

If participants' primary care provider is not part of the program, be sure to remind them to stay in close contact with their provider. Blood glucose readings and medication needs can change.

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome to the second part of our third session of our LEADR diabetes remission program. I'm so glad to see you again!

My name is (FIRST NAME ONLY) and I'll be your facilitator (again) for this session.

HOLD UP FACILITATOR SCRIPT.

Again, I'll use my Facilitator Script to keep us on track today. Today we will examine how much fiber is in various foods and also a blueprint for healthy salads. We will also cover the important health pillars of sleep and stress management.

Before we get into our new material today, let's check-in on our progress between meetings. After we check-in, we'll continue our journey into diabetes-friendly breakfasts. Then, we'll learn more about how food and lifestyle can help or hurt our health. And last, we'll end with a few short videos that'll give you some "aha" moments about your diabetes.

CHECK-IN

Let's take a few minutes to check-in. How are things going for everyone?

Let's start us off by sharing your successes and challenges from the past week with each other.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE.

Who wants to start us off by sharing a success from the week? Nothing is too small. Every win matters.

PAUSE FOR PARTICIPANT SHARING

Do you notice certain things getting easier? Some of your successes are probably things you never would've imagined doing before you started this program. I'm inspired by all of you. Now would anyone like to share a challenge you faced?

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week with the group?

PAUSE FOR PARTICIPANT SHARING. OFFER

WORDS OF ENCOURAGEMENT FOR EACH

CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS.

IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. Challenges will never disappear completely, but you will get better at navigating them. Think of how much progress you've made since the beginning of the program. Keep bringing our challenges here every week so we can work through them together.

DIABETES EDUCATION: HOW MUCH FAT AND FIBER IS IN THAT FOOD

Welcome back. By now you know that to put diabetes into remission, it's important to keep meals low in fat. But what's the deal with fat? That's what we're going to talk about today. But before we talk about fat, we need to talk about the liver and the muscles.

The liver and muscles are where excess glucose is stored. This storage form of glucose is called glycogen. Insulin helps control this storage. In diabetes, your liver and muscles can become insulin resistant, just like the other cells in your body.

Now, let's talk about fat. If you ate a bowl of cornflakes, do you think you'd store all that glucose in the liver, muscle, as fat, or none of the above?

PAUSE FOR PARTICIPANT GUESSES

In someone with good health, most of the extra glucose would get stored in the liver or the muscles. In someone with type 2 diabetes, insulin resistance in your liver and muscles causes this storage to go haywire. So, if the extra glucose can't be stored as glycogen, then what's happening to it?

A small amount will be burned for energy hours after the meal, but the only other option to deal with the glucose influx is to store it as fat. Fat is meant to be a temporary storage of energy, but if we are taking in more energy than our body can use or store as glycogen, then the fat will slowly build up in the body. How quickly this happens depends on how much insulin resistance there is. The more insulin resistance, the more likely a person is to turn excess carbohydrates into fat.

But what about the fat in our food? While we sleep, our bodies rely mostly on fat for fuel. When we wake up, ideally all the fat that was stored from yesterday's meals would have been used up and our bodies will release insulin at the first meal of the day. In other words, when we're eating a balanced amount of healthy fat and the inner workings of our bodies are running smoothly, fat in our food is used appropriately as fuel.

In type 2 diabetes, we have a less-than-ideal situation for dealing with fat. Oftentimes, diabetes is accompanied by a buildup of extra fat in the body. This can be caused by many different things, including eating too many calories (remember that calorie-rich Standard American Diet?) or not exercising enough, and some people's reactions to insulin therapy. This buildup of fat can clog those your cells so that insulin doesn't work. It can clog arteries and cause all of those blood vessel issues we talked about, and it can build up in organs like the pancreas and liver so they don't work as they should. The solution? Eating a low-fat, whole food plant-based diet, just like you are in this program, can help clean up this mess caused by fats. This means eliminating high-fat foods like meat and dairy, vegetable oils, butter, coconut oil, and foods that contain these fats. Sticking to a low-fat diet also helps you consume the right amount of energy instead of excess energy. Does anyone know how many calories are in one gram of fat?

PAUSE FOR PARTICIPANT GUESSES

There are nine calories in every gram of fat. A tablespoon of olive oil contains about 14 grams of fat, so that's 126 calories from fat in just one tablespoon! Let's compare that to carbohydrates. Does anyone want to guess how many calories are in one gram of carbohydrate?

PAUSE FOR PARTICIPANT GUESSES

There are only four calories in every gram of carbohydrate. Since fat is so calorie-dense, it's easy to overeat. This means you could trade that tablespoon of oil for about two pieces of whole grain bread. By keeping most of your plate filled with naturally low-fat foods like vegetables, fruits, whole grains, and beans, you fill up on fewer calories and less fat at every meal. Turn to **Page 109** in your Workbook. There you will see a table that shows how many calories, fiber, and fat there is in different foods.

Session 6

Do you see that even though many plant foods are low in calories and fat, they are still high in fiber? Fiber is what helps keep you full! It takes the place of fat and simple carbohydrate like sugar and crowds them out, and that's why it's important to consider on our diabetes remission diet.

HOW MUCH FAT AND FIBER IS IN THAT FOOD?

Food	Serving Size	Calories	Fiber (g)	Fat (g)
Lettuce	1 cup	5	0	0
Asparagus, fresh, cooked, no added fat	1 cup	40	4	0
Broccoli, fresh, cooked, no added fat	1 cup	55	5	1
Kale, fresh, cooked, no added fat	1 cup	60	2	6
Yogurt, plain	1 cup	149	0	8
Yogurt, soy	1 cup	230	0	4
Tofu, extra firm	3 oz (85g)	50	1	3
Sweet potato, baked, no added fat	1 medium	135	5	0
Lentils, cooked from dried, no added fat	1/2 cup	104	7	0
Brown rice, cooked, no added fat	1/2 cup	119	2	1
Kidney beans, from canned, no added fat	1/2 cup	122	7	1
Chickpeas, from canned, no added fat	1/2 cup	132	7	3
Chicken breast, rotisserie, skin not eaten	1 breast (120g)	173	0	4
Hard-boiled egg	1 egg (50g)	78	0	5
Avocado	1/2 fruit	161	7	15
Tuna, cooked	1 serving (90g)	158	0	5
Salmon, cooked	3 oz (85g)	130	0	4
Ground turkey	1/2 cup	137	0	8
Pork chop, lean and fat eaten	1 regular (120g)	234	0	11
Beef steak, lean and fat eaten	3 oz	164	0	11
Salad dressing, Italian	1.5 oz	150	0	15
White bread	2 slices	146	1	2
French fries, fast food	1 medium serving (117g)	378	5	18
Lean ground beef, 70% lean	3 oz (85g)	205	0	13
Cream cheese	2 oz	198	0	20
White sugar	2 oz or 6 tsp (25g)	100	0	0
Cheddar cheese	1 serving, slice, cube (28g)	121	0	10
Croissant	1 medium (57g)	231	1	12
Olive oil	1 oz or 2 tbs (28g)	252	0	28
Canola oil	1 oz or 2 tbs (28g)	252	0	28

TEACHING KITCHEN: FILLING SALAD BLUEPRINT

FOR SUPPLIES, PLEASE REFER TO THE LEADR PLANNING GUIDE IF YOU WILL BE DOING A LIVE COOKING DEMONSTRATION

Before we start talking about cooking, I have a question for you. When you hear the word “salad” what kinds of things come to mind?

PAUSE FOR PARTICIPANT RESPONSES.
LOOK FOR WORDS LIKE “BORING”, “HUNGRY”, “RABBIT FOOD”, ETC.

Thinking of salads as boring diet food that leaves you hungry and unsatisfied is really common. Today I’m going to show you how to make salads that are anything but boring, that fill you up, and that are so flavorful you’ll finish your meal feeling very satisfied.

First, let’s go over the 6 components of a filling salad. **Turn to Page 111 in your Workbook where you’ll find our Filling Salad Blueprint.**

PAUSE WHILE PARTICIPANTS TURN TO PAGE 111.

Can someone read the first component for me?

WAIT FOR PARTICIPANT TO READ “LEAFY GREENS”.

You want to start with 2-3 heaping cups of leafy greens. This will be your base. What are some leafy greens that you can think of?

PAUSE FOR PARTICIPANT RESPONSES

Great! Some other ideas include...

SHARE LEAFY GREENS OPTIONS THAT WEREN'T ALREADY SHARED

Can someone read the second component for me?

WAIT FOR PARTICIPANT TO READ “VEGETABLES”.

Of course, we’ll want to include lots of vegetables in our salads, and the sky is the limit here. They add texture and color. And you aren’t only limited to raw veggies. They can be steamed, roasted, grilled, or even leftovers from another meal. What are some veggie ideas for our salads?

PAUSE FOR PARTICIPANT RESPONSES

See how many options there are? Some other ideas include...

SHARE VEGETABLE OPTIONS THAT WEREN'T ALREADY SHARED

Can someone read the third component for me?

WAIT FOR PARTICIPANT TO READ “SMART CARBS”.

These Smart Carbs are all the fiber-filled whole grains and starchy vegetables we’ve been learning about. This salad addition will help make your meal more filling and satisfying. Aim to add about ½ cup of this category. What are some examples you can think of that might be good in a salad?

PAUSE FOR PARTICIPANT RESPONSES

See how many options there are? Some other ideas include...

SHARE SMART CARB OPTIONS THAT WEREN'T ALREADY SHARED.

This category can also include fruit. You can add berries, chopped apples, or orange segments to a salad.

Can someone read the fourth component for me?

WAIT FOR PARTICIPANT TO READ “PROTEIN”.

Plant-based protein foods are also going to help you feel full and satisfied. Again, aim for about ½ cup of this category. What are some ideas for this component?

PAUSE FOR PARTICIPANT RESPONSES

Great suggestions. Some other ideas include...

SHARE PLANT PROTEIN OPTIONS THAT WEREN'T ALREADY SHARED.

Can someone read the fifth component for me?

Session 6

WAIT FOR PARTICIPANT TO READ “TOPPINGS”.

This is where you can really have some fun. Toppings give your salad texture and flavor boosts. Add 1-2 tablespoons to a salad to really upgrade it. You can even mix and match toppings. What kinds of toppings sound good to you?

PAUSE FOR PARTICIPANT RESPONSES

Those are all perfect additions. Some other ideas include...

SHARE TOPPING OPTIONS THAT WEREN'T ALREADY SHARED. [SPROUTS!]

What are some toppings that might NOT help with diabetes remission?

WAIT FOR PARTICIPANT RESPONSES

Sometimes toppings can get you in trouble - If you overdo it with buttery croutons, bacon bit type things, fried onion rings-- all the junk stuff they market to top salads with.

PAUSE FOR PARTICIPANT RESPONSES

Turn to Page 113 in your Workbook (salad toppings list). There, you will see a list of some of the toppings you just mentioned and some yummy swaps you can make.

Last but not least, can someone read the sixth component for me?

WAIT FOR PARTICIPANT TO READ “DRESSING”.

Dressings add flavor and texture, but this is also a component that can get us in to trouble, depending on the type of dressing we choose. Most store-bought salad dressings contain a lot of added oils, sodium, and even sugar.

The good news: you can keep it really simple and diabetes-friendly simply by adding a squeeze of citrus, a dollop of dip like hummus or black bean dip, or a drizzle of your favorite vinegar. I like balsamic vinegar and red wine vinegar. If you want to get a little fancier, you can make your own dressing.

On page 114 in your Workbook (dressings), you'll find a lot of easy, delicious dressing recipes to get you started. We're going to make a few today so you can give them a taste.

BALSAMIC DRESSING & CASHEW RANCH DRESSING: INTRODUCE EACH INGREDIENT IN THE RECIPES AS YOU ADD THEM TO THE BLENDER.

KEY POINTS TO COVER WHILE COOKING:

Making sweet dressings: Naturally sweeten dressings by blending in fresh fruit like berries or mango. You could transform the balsamic dressing into a raspberry dressing simply by adding fresh raspberries.

Making creamy dressings: You don't need dairy or lots of extra oil to make dressings creamy. In fact, most store-bought dressings are made with oil, that's really not going to help you put your diabetes into remission. Use things like blended cashews, tahini, canned chickpeas, or even hummus to make dressings creamy.

Multi-use dressings: Use dressings as a sauce for grain bowls or drizzled over roasted vegetables. Add less liquid to make a thicker dip-like dressing, and use as a veggie dip.

WHEN DRESSINGS ARE FINISHED, SET UP BUILD-YOUR-OWN SALAD BAR AND ALLOW PARTICIPANTS TO CREATE THEIR OWN FILLING SALAD.

Now it's your turn to practice the 6 components of a filling salad, **page 111!** You'll see a few choices from each category. Follow the blueprint and build your own creation.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

Session 6

We'll also take a 5-minute break. When we come back, we'll dive in to the next part of today's lesson.

ALLOW 5-MINUTE BREAK.



Movement Break: Leg Extensions

- Grab the front of your chair
- Extend a leg straight out
- Hold for a few seconds and then switch legs
- Continue for a minute or so
- Strengthens thigh muscles without impact

DIABETES EDUCATION: SLEEP AND DIABETES

Although we're focused on diabetes control through better eating and exercise, those aren't the only lifestyle habits related to diabetes. Sleep is really important too!

It affects your risk for diseases, including diabetes and obesity. Not having enough quality sleep can affect our metabolism, appetite, and decision-making abilities, so it can make our good intentions more challenging. Not getting enough sleep is a risk factor for gaining weight and for eventually developing diabetes, as well as further progression if you already have a diagnosis.

When you don't sleep enough, your body may release more cortisol, the stress hormone, that can increase sugar in the blood. It also appears that triglycerides, the circulating fat in the blood, and LDL, the so-called "bad" cholesterol in our blood, can go up when you have poor sleep habits. Research has found that people with weekday sleep deprivation are at a higher risk of having obesity, as well as having more weight gain around their midsection – what's called "central adiposity" and insulin resistance. It's worth paying

attention to for these reasons, and also because when you are tired, it's hard to make good choices with your eating and exercise.

When you don't sleep enough or don't get good quality sleep, you may feel more interested in going for the sugary desserts instead of fruit, or in skipping your walk and just watching TV. Now – we all do these things sometimes! But the more you can stick with healthy eating, and the more you can move during the day, the better chances you'll have of putting your diabetes into remission.

Sleeping less than seven hours per night is considered to be not enough for most adults, and it's not helpful to protect against diabetes either. Five hours or less of daily sleep could be even worse. It's also important to get help if you suspect you may have a sleep disorder, like interrupted breathing or sleep apnea. You can ask your doctor about sleep issues, and your doctor may want to consider a home screening test for problems like obstructive sleep apnea screening.

Session 6

Now, let's turn to our Participant Workbook and look at Healthy Sleep Habits on page 116.

PAUSE AS PARTICIPANTS TURN TO PAGE 116.

Let's take a look at this healthy sleep habits list. Can someone read this for me?

WAIT FOR VOLUNTEER TO READ

Go down the list for me please and circle that are going well for you. Now let's also think about your challenges. Put an "X" next to the ones that are challenging for you.

PAUSE 1 MINUTE FOR PARTICIPANTS TO CIRCLE AND X THEIR CHOICES. GIVE 15-SECOND WARNING.

Thanks for doing that. Now we can take a few minutes to talk through these challenges with each other and how you might address them. This could be good material for your SMART goals this time!

Healthy Sleep Habits

- ☐ Going to bed at the same time every night
- ☐ Rising at the same time each morning
- ☐ Keeping your bedroom quiet
- ☐ Avoiding screens and electronic devices before bed (an hour or less)
- ☐ Keeping your bedroom dark
- ☐ Limiting caffeine to morning
- ☐ Getting in exercise during the day
- ☐ Partaking in alcoholic drinks six 6 hours or less before sleep
- ☐ Avoiding too much food or drink close to bed
- ☐ Having enough room in your bed to be comfortable
- ☐ Setting the right temperature for you in the room
- ☐ What makes you comfy?

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set. I'll give you the one-minute warning.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups. I'll give you the one-minute warning.

ALLOW 3 MINUTES FOR GROUPS WITH A ONE MINUTE WARNING

Okay, before we set our SMART Goals for today, who wants to any reflections about sleep, and what you might like to shift to get better sleep?

ALLOW 3 MINUTES FOR PARTICIPANTS TO SHARE



DIABETES EDUCATION: STRESS

Relaxation and Mental Health: Overcoming Stress

It is no surprise that stress is linked with poor health, and there is no shortage of it in our modern lives. Stress can have a significant impact on our metabolism and therefore can contribute to high blood sugar and diabetes. Of course, short-term or acute stress is helpful. That's what our body is designed for, to keep us out of danger: A lion roaring or a tree falling triggers our body's stress response, called the "fight-or-flight" response, with blood pressure rising and a cascade of hormones flooding our body to prepare for immediate action. Modern-day acute stress reactions could be to an argument with our spouse, to crowds, loud noises, running late to an important meeting, or losing your phone, and the list is endless; I'm sure you have your own!

Chronic stress is when the stress doesn't go away or is constantly followed by another stress event, building up within our bodies and minds and putting us at risk for poor health and chronic disease, as

well as depression or emotional anxiety. Stressful states of mind can set off a chronic, low-level state of inflammation, compromising our body's immune pathways and interfering with fighting infections or overcoming disease.

Also, digestion is suppressed when under stress, so the body can route energy to respond to its fight-or-flight response. If this happens occasionally, the body recovers. If the response is triggered too often, the digestive system has a harder time, which can contribute to an irritable bowel, ulcers, or ravenous eating later, which can lead to weight gain and a path toward diabetes. Many become reliant on unhealthy self-medication like alcohol and substance use.

Fortunately, the diabetes remission diet we are learning here is associated with reduced stress and supporting our immune system to withstand the stressors of everyday life. Eating regular meals and avoiding skipping meals helps alleviate gastrointestinal symptoms and prevent ravenous hunger later.



Session 6

Now, let's turn to our Participant Workbook and look and look at some more ideas for managing stress and decreasing GI symptoms as well. Please turn to page 117 in your workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 117.

Let's take a look at ways to relieve stress and induce happiness. Can someone read this for me?

WAIT FOR VOLUNTEER TO READ

Finding Relaxation and Joy

- **Connection and involvement:** We are social animals! Meaningful connection to others can help us reduce stress and improve overall health.
- **Exercise:** Exercise is very effective at managing stress and maintaining healthy digestion. Endorphins are released to restore hormonal balance and uplift our mood.
- **Breathing:** Relaxed breathing can engage the body's relaxation response and lower the stress response
- **Relaxation:** Techniques can be used to retrain your body's response to stress and are fun, such as:
 - Yoga
 - Massage
 - Progressive muscle relaxation
 - Tai chi
 - Breathing exercises
 - Meditation
- **Cognitive Behavioral Therapy:** This is often a limited therapy training program with a therapist for stress management skills and may also help uncover psychological stress contributing to GI issues.
- **Health:** Check with your doctor to rule out other medical issues, like intestinal or physical discomfort, such as a virus, bacteria, lactose intolerance, allergic reactions, acid reflux, or more severe conditions. Addressing these can also relieve stress.
- **Fun Activities:** Making time for the things that you like engaging in

Please go down the list and circle the ones that you already find useful and engage in. Now underline what you can add or increase.

PAUSE 3 MINUTES FOR PARTICIPANTS TO WORK ON THEIR CHOICES. GIVE 15-SECOND WARNING.

Thanks for doing that. Now we can take a few minutes to talk through these ideas with each other and how you might address the stress in our lives. Think of what can become SMART goals!

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set for three minutes. I'll give you the one-minute warning.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups. I'll give you the one-minute warning.

ALLOW 3 MINUTES FOR GROUPS WITH A ONE MINUTE WARNING

Okay, before we set our SMART Goals for today, who wants to any reflections about relaxation and getting past the inevitable stressors of life?

ALLOW 3 MINUTES FOR PARTICIPANTS TO SHARE

SET YOUR SMART GOALS

Well, that brings us to setting our **SMART** Goals to work on until we meet again. Turn to the Set Your **SMART GOALS** section on **page 118** in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 118.

You learned a lot today. Reflect on one thing that you learned and what things stand out to you that you'd like to try.

PARTICIPANTS SHOULD DRAW FROM THE "SMART GOALS" THEY SET IN THE FULL PLATE CONTENT WHEN THEY SET THEIR SMART GOALS

Think of a concrete way that you will incorporate salads into your meals, or the prepping that calls for changing habits. How do the other pillars of lifestyle fit in? Decide the goal(s) that you are willing to take this week and check them off. Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to accomplish the goals that you have chosen. Take the next 2 minutes to decide how you'd like to move forward and set them.

ALLOW 2 MINUTES FOR PARTICIPANTS TO WRITE. GIVE 15-SECOND WARNING.

IN CLOSING

It was so wonderful to spend this time with you today. You are already one-quarter of the way finished with this program, can you believe it? You still have plenty of time to make a major impact on your health, so keep up the great work!



IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

You'll have 5 minutes to talk them through together. Remember to really use the **SMART** format. You can help the person you're paired with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.

Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.

I look forward to seeing all of you at our next session (DATE AND TIME) and hearing about your successes and challenges with your new **SMART** Goals.



Session 7: Power Up Your Lifestyle with Physical Activity

Diabetes Education: Remission Mechanics

Full Plate Living: Rev Up Your Healthy Life

Diabetes Education: Exercise; Personal Fat Threshold

Set Your SMART Goals

In Closing

POWER UP YOUR LIFESTYLE WITH PHYSICAL ACTIVITY

Description

In Session 7, participants will learn about the benefits of exercise for diabetes remission, how to baby steps towards more physical activity in their daily lives, and how to reward themselves without food.

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to page 17 for important reminders.

Learning Objectives

1. Understand the basic mechanisms of type 2 diabetes and the consequences of uncontrolled diabetes
2. Recognize the importance of incorporating physical activity into daily life
3. Recognize the personal fat threshold within genetic predisposition
4. Set Your SMART Goals



Session 7

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

I'm glad to see you! Welcome to Session 7.

My name is (FIRST NAME ONLY) and with the able assistance of my Facilitator Script, I'll be teaching this session.

CHECK-IN

Let's check-in on last session's **SMART** Goals and share one or two successes together. Who wants to share a success from the past week?

PAUSE FOR PARTICIPANT SHARING.

Great! Thank you for sharing. Now let's move on to challenges. Does anyone want to share a challenge that they faced last week?

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE IN THE LARGE GROUP.

Thank you for sharing your challenges. These are all totally normal parts of the change process. No journey is without its surprises and bumps in the road.

[illegible]

DIABETES EDUCATION: REMISSION MECHANICS

Welcome back! Before we take another deep dive into type 2 diabetes, please take note of the exercise in your Workbook on **page XX** about DIABETES REMISSION MECHANICS. This is for you to do on your own before our next session. In the last session, we learned how diabetes happens in the first place and what goes on inside your body when you have diabetes. Now we're going to look at some of the long-term consequences of diabetes when it goes uncontrolled.

Every square inch of your body is covered by thousands of tiny, delicate capillaries that carry and deliver blood to your cells. When blood sugars are elevated over time, these little capillaries become leaky, blocked, or covered up with sugar that sticks on them. This is at the root of many of the long-term consequences of diabetes.

You may have heard about or experienced eye issues with diabetes. The back of your eyes have a very complex network of these capillaries, and when they start leaking, fluid collects in the back of the eye and can threaten eyesight.

Malfunctioning capillaries can lead to reduced blood flow to other parts of the body too. If you've ever had your foot fall asleep or hit your funny bone, this is exactly the numbness and tingling that is caused. When you hit your funny bone, the feeling usually comes back into your arm in a few minutes. But with diabetes, this feeling can last months or may become permanent if the condition is not reversed. Other foot problems can include sores or ulcers that won't heal, and, in some cases, even the need for an amputation.

Let's talk about some more ways you can add exercise to your diabetes remission plan. Turn to **Page 123** in your Workbook.

Whenever possible, go on a short walk (at least 10-minutes) or engage in any type of light physical activity immediately after every meal (sweeping, dancing, raking, and weeding count!). This is a simple

place to get started with exercise and can have great effects on your blood sugar.

Another easy way to start: sit less. Avoid prolonged periods of sitting. Stand up for 3 minutes for every 30 minutes of sedentary activity.

Work up to at least 150–300 minutes a week of moderate-to-vigorous aerobic activity. This equals about 30-45 minutes per day of exercise like walking, running, swimming, gardening, or biking.

Fit in exercise whenever and however it is most sustainable for you. More high-intensity exercise like spurts of running or jumping may provide additional blood sugar benefits, but shorter bouts of exercise at lower intensities are better than no exercise at all!

Do at least 2-3 sessions of resistance exercises that work all major muscle groups per week. This should include lower body movements such as squats, lunges, and/or hip hinges, core exercises, and upper body pushing and pulling movements such as push-ups, shoulder presses, pull-ups, and rows. A fitness trainer can help create a plan that's appropriate for you.

Now, get into groups and share what exercise looks like for you currently, what types of exercise you have enjoyed in the past, and pick one way that you plan to add more movement into the upcoming week.

GIVE GROUPS 5 MINUTES TO SHARE.
GIVE 30-SECOND WARNING.



FULL PLATE LIVING: REV UP YOUR HEALTHY LIFE

Want to Rev Up Your Healthy Life?

The Point: Adding physical activity to eating more 75% Plate Superfoods could help you lose weight twice as fast.

Before we dive in, let's get to know the people around us a bit better by telling them about a sport or physical activity we enjoyed as children.

Maybe you played softball when you were younger, or you were a feared dodge ball competitor out on the playground. Or maybe you could skip rope like nobody's business.

As for me, an activity I enjoyed as a child was...

BRIEFLY—IN 30 SECONDS—TELL ABOUT A FAVORITE SPORT OR ACTIVITY FROM YOUR CHILDHOOD. SHARE WHAT IT WAS AND WHY YOU ENJOYED IT. MODEL THE SORT OF RESPONSE YOU'D LIKE TO SEE SHARED BY PARTICIPANTS AS THEY TALK TOGETHER.

That's what I enjoyed...but what about you?

Please huddle up into your small groups take two minutes to tell your group about a sport or activity you enjoyed as a child and why you enjoyed it.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

HELP PARTICIPANTS FORM GROUPS, IF NECESSARY. STICK TO GROUPS OF THREE IF AT ALL POSSIBLE; IT WILL ALLOW EVERYONE TO HAVE TIME TO TALK.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE

30-SECOND WARNING.

Thanks for sharing with your group.

I'm curious: with a show of hands, how many of you still do that activity you enjoyed as a child?

PAUSE.

Thanks.

Today, we're going to talk about physical activity. About finding something you enjoy doing that gets you moving and then making that activity a regular part of your life.

Some people call that play...others call it exercise.

But before you run out and join a gym, let's talk about how moving your body fits into achieving a healthy weight.

The Cost of Losing a Pound

Please do this for me: stand up and pick up your Participant Workbook.

PAUSE AS PARTICIPANTS STAND AND PICK UP THEIR PARTICIPANT WORKBOOK.

Now let's say that your book weighs exactly one pound. I don't know if that's true, but I'm counting on you to have a vivid imagination.

Hold your book in one hand and hold it at a full arm's length straight out to your side, with your book at shoulder height.

PAUSE.

Thanks. Keep holding it as we talk together.

Let's say that book is a pound you want to lose...a pound you're carrying around your middle...a pound of you.



Session 7

You may remember from session one, if you want to lose a pound of fat, you need to cut 3,500 calories from what you eat.

Or you can keep eating like you're eating now and you can exercise the pound away.

That's what most people think.

But let's see how much exercise it takes to burn 3,500 calories.

Keep holding your book at arm's length, by the way.

If you weigh 160 pounds, and you want to lose one pound by jogging, you'll need to jog at five miles an hour for about six hours.

To lose it through high-impact aerobics, you'll need to keep at it for about seven hours.

You could lose it by swimming moderately for eight hours.

And then there's walking. A brisk pace of three miles per hour will let you lose that pound...in just 11 hours.

Or you could shop for about 20 hours to lose that pound. You might only lose one pound, but you can make up for it by the amount of money you spend.

PAUSE.

How's that extra pound feeling? If you'd like to lose it, feel free to lower your arm, drop the book, and shake out the ache.

PAUSE.

Thanks. Please have a seat.

Turn to page 124 in your Participant Workbook, "The Cost of Losing One Pound."

PAUSE AS PARTICIPANTS TURN TO PAGE 124

Fill in the blanks as I repeat the numbers.

If you don't have a pen or pencil, I've got some loaners with me. Just raise a hand, and I'll take care of you.

"Jog at 5 miles an hour for about six hours."

"Do high-impact aerobics for about 7 hours."

"Swim moderately for 8 hours."

"Walk briskly at 3 miles an hour for 11 hours."

"Shop for about 20 hours."

A quick question for us as a large group: How do you feel learning how much exercise it takes to lose just one pound?

ALLOW SEVERAL LARGE GROUP RESPONSES.

Thanks for your answers.

The reality is that it's hard to exercise enough to overcome poor food choices. The next time you're tempted by a 300-calorie donut, ask yourself if it's worth running three miles to offset those calories.

Why Bother?

Would someone read the paragraphs at the top of the page under the heading, "Why Bother?"

ALLOW UP TO 10 SECONDS FOR SOMEONE TO VOLUNTEER. IF NO ONE VOLUNTEERS, READ THE PARAGRAPHS YOURSELF.

[HERE'S THE READING ON PAGE 124 OF THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

"Why Bother?"

If it takes so much exercise to lose one lousy pound, why bother? The truth is, there are a lot of reasons to bother, and many of them are listed below. Notice the first benefit: accelerates weight loss when you change what you eat to lose weight. Eating lots of 75% Plate Superfoods is a great way to change what you eat.

Research shows if you increase your physical activity without changing what you eat, you most likely won't lose a pound. In fact you could actually gain weight. However, if you add physical activity, you could lose pounds twice as fast but only if you also change what you eat."]

Session 7

Thanks for reading.

Did you catch that last part? If you add physical activity you could lose pounds twice as fast but only if you also change what you eat.

We just learned how hard it is to exercise your way to losing just one pound, but when you add exercise to a regular diet of 75% Plate Superfoods—now that's a winning combination.

And quicker weight loss is just one of many benefits that adding physical activity to your life can deliver.

Please take the next minute to glance through the rest of **page 125** in your Participant Workbook. Check off the benefits you'd like to see in your life.

ALLOW 1 MINUTE. GIVE 15-SECOND WARNING.

Thanks.

No question about it: Adding more physical activity as you continue to eat 75% Plate Superfoods will help you on your journey to greater health, slimming down, and avoiding many other health problems.

In your group, take the next two minutes and share the three benefits that mean the most to you and why they are important to you. Go ahead.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with each other.

Powering Up

Please look at **page 128** in your Participant Workbook, "Power Up Your Day." On **page 129** you'll find "Power Up Your Evening," and on **page 128** is "Power Up Your Weekend."

PAUSE AS PARTICIPANTS TURN TO PAGES 126-128.

On each of these three pages are 10 ideas about how to increase your physical activity—day, evening, and on the weekend.

Please take the next three minutes to complete all three pages.

Check any activity you could see yourself doing in the near future. Go ahead.

ALLOW 2 MINUTES FOR PARTICIPANTS TO MARK THEIR PAGES. GIVE 30-SECOND WARNING.

Thanks for checking off your options.

It's easy to check them off, right? But why is it so hard to actually do them?

Why Is It So Hard to Be Physically Active?

Please turn to page 129

PAUSE AS PARTICIPANTS TURN TO PAGE 129.

In your group, take the next minute and come up with what you think is the main reason why it's so hard to be physically active.

Write it in the space provided.

ALLOW 1 MINUTE. GIVE 15-SECOND WARNING.

Now brainstorm as many solutions as your group can think of and write those down as well. Take the next two minutes to do that.

ALLOW 2 MINUTES. GIVE 15-SECOND WARNING.

Who would like to share what your group came up with as your main reason and your solutions?

ALLOW SEVERAL LARGE GROUP RESPONSES. DON'T LET THE SHARING RUN FOR MORE THAN 2 MINUTES.

Thanks for sharing. You came up with some good ideas.

Here are a couple more tips

Tip number 1: "Consider tracking your activity using a FitBit, smartphone or watch, or other fitness tracker. People who wear one tend to walk more, lose more weight, and have lower blood pressure."

Tip number 2: "Even if you don't feel like doing any physical activity, do something anyway, even if it's just a little. Often, the hardest part is just starting."

Session 7

You'll feel better when you're done, and you'll begin gaining those benefits you decided were important to have in your life."

Baby Steps

Would everyone please stand up? You can please place your Participant Workbook on your seat?

PAUSE.

Move to someplace in this room where you have a bit of space in front of you—ten baby steps worth of space.

Go ahead and find a place to stand, please.

ALLOW TIME FOR PARTICIPANTS TO FIND A SPOT TO STAND.

Now take ten baby steps forward and then stop.

PAUSE AS PARTICIPANTS TAKE THEIR STEPS.

Now take ten baby steps backward.

PAUSE.

This illustrates what happens to 80% of people who lose weight: They lose the weight and then gain it all back. Eight out of 10 people have a total relapse.

PAUSE.

Now let's try covering that distance again.

PAUSE.

This time, start by taking two baby steps forward and one baby step back.

PAUSE.

Now take four baby steps forward and two back.

PAUSE.

This time take six baby steps forward and one back.

PAUSE.

And finally, two steps forward.

PAUSE.

Congratulations! You made it to the same point as before...or at least you should have.

This illustrates how people successfully lose weight and keep it off: They have small slips along the way but they don't go back to where they started.

Thanks. Please head back to your seats...and you can take regular steps getting there!

Lessons from Setbacks

Since it's so easy to revert back to old habits, our friends at Full Plate Living have some words for us about what to do if that happens.

Please turn to page 131, "Lessons from Setbacks."

PAUSE AS PARTICIPANTS TURN TO PAGE 131

Who would be willing to read the left column and then someone else can read the right one?

WAIT 10 SECONDS FOR A PARTICIPANT TO VOLUNTEER.

IF NO ONE VOLUNTEERS, READ IT YOURSELF.

[HERE'S THE READING OF THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

"Lessons from Setbacks"

If you've ever been on a diet and fallen off the wagon, you're in good company. Once you know the reasons why relapse happens, you can either prevent it or dramatically shorten how long it takes you to rebound.



Session 7

Here are some important lessons to learn from relapse.

1. Achieving a healthy lifestyle usually requires more than one attempt:

Most people have the unrealistic expectation they'll master their weight problem the first time out. They mistakenly believe the path to their ideal weight is an elevator ride straight to the top. In reality, it's a journey on which they'll often take "two steps forward, one step back."

2. Achieving a healthy lifestyle holds more costs than you budgeted for:

Be prepared for reaching a healthy weight to take time, action, and effort. A set back will likely happen, especially if you fail to make a commitment, drum up support, create safe havens, and give yourself rewards—all skills you've learned in these sessions. We will add one more skill next session, which is to make over our negative thoughts. Sheer will power isn't enough.

3. One slip does not make a fall:

A slip doesn't mean you've failed. It's an opportunity to turn a negative into a positive. To get back on the weight-loss horse and keep riding.

THIS IS WHERE THE NEXT PARTICIPANT SHOULD START READING

4. But many slips do:

Many people find the weight creeps back on because of many small slips that seemed unimportant at the time. For example, having your kids' favorite cookies on hand...when you're the one who's really raiding the cookie jar. Or telling yourself, "Just this once won't make a difference," when in reality that "once" happens all the time.

5. Distress causes relapse

Research consistently finds that distress (including anger, anxiety, depression, loneliness, and other emotional issues) is involved in 60-70% of weight-related relapses. You can't avoid your emotions like you can avoid restaurants, bars, and in-laws. It's essential you learn healthy ways of coping with intense feelings. Take advantage of resources available to you such as churches, therapy, self-help books, etc.

6. Seek Support

If most of the people you hang out with are overweight and don't want to change, it's pretty certain you'll run into social pressure to NOT change. Your healthy choices can threaten someone who's not ready to lose weight. It's important to surround yourself with people who value and encourage your healthy efforts.

Thanks for reading.

Please let's get back with your group and take the next two minutes to talk about which points in this reading you could identify with from your own experience.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

Go ahead.

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Thanks for sharing. It's nice to know we can learn from our past experience.

Session 7

Give Yourself Rewards

It's time for us to take a little quiz. I'll take part as well.

If you've ever eaten a favorite food as a reward for completing a project, or getting a raise, or surviving another birthday, raise your hand.

HOLD UP YOUR HANDS, PAUSE. BRING IT DOWN.

If you've ever had a favorite food as a comfort at the end of a tough week or after a disappointment, raise your hand.

HOLD UP YOUR HAND. PAUSE. BRING IT DOWN.

If you don't really need an excuse to enjoy a favorite food—just being alive is reason enough, raise your hand.

RAISE YOUR HAND. PAUSE. BRING IT DOWN.

Thanks.

Here's what I just discovered: I'm not the only one who likes rewards...and who sometimes uses food as a reward.

Which raises a question: How do we celebrate weight loss?

Eating a pound of pound cake or downing a double-dip ice cream cone seems like a bad idea. So should we just skip the celebrations?

Absolutely not. It's important to give yourself rewards!

Some people argue they should not reward themselves for reaching a healthy weight.

They believe they should not have gained the weight in the first place. But taking steps to lose weight is a huge accomplishment and deserves to be rewarded.

The purpose of rewards is to help motivate you to resist temptations and reinforce your positive choices.

In your small group, take the next four minutes to brainstorm reward ideas for both big and small accomplishments.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

ALLOW 4 MINUTES FOR BRAINSTORMING AND WRITING. GIVE 1-MINUTE WARNING.

Thanks for creating rewards for yourselves.

Please do this for me: If you've chosen to reward yourself with something other than food, give someone a high five.

Keep those lists of rewards handy—and use them to encourage and motivate you along the way.

Full Plate
LIVING



DIABETES EDUCATION: EXERCISE FOR DIABETES REMISSION

Welcome back. We're going to continue talking about exercise and how it impacts diabetes.

All machines use energy to move. Cars need energy from gas or electricity and humans need energy from calories in food. Even just sitting still your body is using energy. Staying alive requires a lot of energy. Energy needs are usually slightly higher in males than in females. All machines, and bodies for that matter, will need more energy when moving around. However, as we just learned, the actual amount spent during exercise is much smaller than people imagine. Let's talk about how energy is burned during exercise, and how we can make exercise work in favor of diabetes remission.

All food is broken down into either glucose or fats. Glucose is tricky to store, but the body has figured out a neat trick. It essentially strings together individual glucose molecules, into packages of them which are easy to store inside of muscle or liver cells. These long chains of glucose are known as glycogen. Glycogen is used up by muscles when there's not enough glucose around, but is not long lasting and runs out in about 90 minutes. Marathoners will commonly carb-load before a race, which maximizes the glycogen present in their muscles for use on race day.

Here's a summary of how it works:

- When you eat a meal, glucose floods the blood and levels rise
- The body removes the glucose from the blood and stores it as glycogen in liver and muscles

- Liver glycogen is broken down to raise the blood sugar as needed, and muscle glycogen can also be used on the spot for sudden bursts of physical exertion (think fight or flight response). Overnight and between meals, the body can use these stores of glucose.
- "Temporary storage" is certainly the ideal here, but if we're constantly eating or snacking or we're not burning off much energy through movement, there's no time for the glycogen to be used and glucose starts to build up.
- Glucose that cannot be stored as glycogen has to find another home, and the way the body deals with it is to turn it into fat.
- So, if we eat too much, meaning more than we can use - of glucose, fat, or any food - it will be turned into fat in the liver.

Can anyone remember why this is bad news for diabetes?

PAUSE FOR PARTICIPANT RESPONSES

The liver plays a very important role in regulating blood sugar. If fat builds up in the liver, it messes up the signal to send the insulin receptor to the surface of the cell and the liver isn't able to regulate blood sugar very well.

So, how can exercise help? Exercising helps to use up glycogen stores and excess glucose in the blood. In other words, moving your body every day is a really important part of diabetes remission.



DIABETES EDUCATION: PERSONAL FAT THRESHOLD

Now we're going to shift gears and talk about something called the "personal fat threshold". Have you ever wondered why some people with overweight or obesity have type 2 diabetes and some do not? Well, type 2 diabetes is not directly caused by obesity alone. Rather, everyone has a personal fat threshold above which they might develop type 2 diabetes. This threshold is determined initially by a number of genes that dictate how much fat can be safely stored beneath the skin. However, most people's personal fat threshold has been crossed if they have an obese BMI.

Once someone is above their personal fat threshold, excess fat will be supplied by the liver to store in all tissues of the body, including the pancreas. Even if you exceed your personal fat threshold, the determining factor for type 2 diabetes is inside

your pancreatic beta cells: they may or may not be susceptible to the bad effects of fat. Even if you are doubly unlucky and have both a limited capacity to store fat under the skin, and fat-susceptible beta cells; if you don't eat too much, then there's no excess fat to deal with, and you don't get diabetes. This is one reason why lifestyle choices are the most powerful tool we have against diabetes.

The maximum capacity of our fat layer beneath our skin is determined by our genes. Because of this, our genes that we inherited determine how heavy our bodies can be before we start to store fat elsewhere and become "too heavy for our own bodies". The personal fat threshold explains why people may get type 2 diabetes at any BMI, but why is it that some obese people don't get type 2 diabetes? It all comes down to how our genes are programmed.

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The good news is that your genes are not your destiny! There are many things you can do to restore your health and one of the most impactful factors is what we eat. The WFPB diet that we're enjoying in this program is the perfect way to counteract any genetic susceptibility to developing diabetes. This way of eating is nutrient-dense but low in calories, so your body gets the nutrition it needs and you get full without overeating and exceeding your personal fat threshold.

In a past session, we also talked about how our environment impacts our health. Our current environment is one that is time-starved with the constant availability of food-like substances, everyone around us eating all the time, and it's acceptable to eat on the street, which ends up getting us to think that eating all the time is normal. That's why shifting our environment is so important!

Turn to your support person and share how you've thought about your genes in the past. Do other people in your family have diabetes? Did you assume it was your destiny too? It can bring up a lot of mixed emotions to know that your genes are not your destiny, and possibly were not for others you knew, but ultimately, many people find it empowering to know that they have the power to change them.

ALLOW 5 MINUTES FOR SHARING. GIVE 30 SECOND WARNING.

Thank you for sharing. I hope you feel really empowered and hopeful to know that you have a choice when it comes to your diabetes – it doesn't have to be your destiny.



Movement Break: Your Choice

Now let's stand up, if comfortable and take a quick movement break in any way that feels good to you right now: your choice, pick a move!

MY NOTES

SET YOUR SMART GOALS

As always, the last thing we'll do today is decide on SMART Goals. What can a new and attainable goal be. Think about today's discussion about exercise.

Let's read through a few options for this week.

Turn to page 132.

ALLOW 1 MINUTE FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.



IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I will now join you up with your support partner for two minutes and share your **SMART** Goals with each other.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.

IN CLOSING

Thank you for spending this time with me today. It's downhill from here, as you are more than halfway through this program! If you are making even more progress than you imagined, congratulations. If you hoped to be farther along in your diabetes remission journey by this time, don't worry. You still have several weeks to make a lot of progress. Use that as motivation to stick with the goals you set for this week. Take it one meal and one day at a time.

Don't forget your homework to do on **page 131** and I look forward and hearing about how you're doing.





Session 8: Set Up Your Environment for Success

Full Plate Living: Make Over Your Negatives

Diabetes Education: Setting Up Your Environment to Support Your Goals

Set Your SMART Goals

In Closing

SET UP YOUR ENVIRONMENT FOR SUCCESS

Description

In Session 8, participants will learn how to makeover negative eating habits and thoughts, and learn strategies and adjustments to their environment to support diabetes remission

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting

Please refer back to page 17 for important reminders

Learning Objectives

1. Identify ways to make over eating habits and negative thoughts
2. Apply strategies to make adjustments to your environment that support diabetes remission
3. Set your SMART Goals



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

My name is (FIRST NAME ONLY), and I'll be your facilitator for this session.

Today we will talk about what goes on in our head that could be obstacles to achieving our remission goals. We'll learn strategies to overcome them, and how to make our environment more supportive for diabetes remission.

With the help of my trusty Facilitator Script, I'm ready to go... so let's get started!



CHECK-IN

How did this past week go for everyone? Please get together with your support person and share a success since our last meeting.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to start us off by sharing a success from the week?

PAUSE FOR PARTICIPANT SHARING

Thank you so much for sharing. You have all made great progress so far. You should feel proud of yourselves. Now, turn to your support person and share a challenge you faced.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. Remember that you'll probably always face bumps in the road. The key is to not let those bumps derail you from your goals. Every meal is a new opportunity to get back on track.

FULL PLATE LIVING: MAKE OVER YOUR NEGATIVES

It's More Than Just Food

The Point: How to makeover your negative thoughts so they don't sabotage your healthy efforts.

OK, here's the question: What's a skill you currently have that took time and effort to do well?

Maybe you spent hours learning to play an instrument or there's a special food you make well. Perhaps there's a fun hobby you've mastered or maybe your job has helped you develop skills you never had...or even wanted.

For me, a skill that took time and effort to develop was...

BRIEFLY—IN 30 SECONDS—TELL ABOUT A SKILL THAT TOOK TIME AND EFFORT FOR YOU TO DEVELOP. MODEL THE SORT OF RESPONSE YOU'D LIKE TO SEE SHARED BY PARTICIPANTS AS THEY TALK TOGETHER.

That's how I'd answer...but what about you?

Let's now huddle up with the others in our small groups.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

Please take two minutes to share.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with your group. Take note: you've got some talented friends! Friends with skills!

Those skills are tools you have available to use as you go through life. Tools you can pull out to accomplish goals, help yourself, and help others.

The Value of Information

You know, when most people try to lose weight they often pick up a good book. And they think the information in the book is all they need.

But information by itself isn't enough to help people lose weight and keep it off.

To illustrate what I mean, let's try an experiment together. One that will test your balancing skills.

Everyone pick up your Participant Workbook. Now please balance your Workbook using just the tip of your index finger...like this.

TRY BALANCING YOUR PARTICIPANT WORKBOOK ON THE TIP OF YOUR INDEX FINGER. IF YOU CAN'T DO IT, DON'T WORRY ABOUT IT. IT ONLY REINFORCES THE POINT OF THE ACTIVITY.

GIVE PARTICIPANTS 10 SECONDS TO TRY TO BALANCE THEIR WORKBOOK.

Tools for Success

Pretty tough, isn't it?

Try it again. But this time use two fingers. Sorta' like this...

TRY BALANCING YOUR WORKBOOK ON TWO FINGERS. DON'T WORRY IF YOU CAN'T DO IT.

Give it a try.

PAUSE.

Was that a bit easier?

Now let's give it a try using all ten fingers. Like this...

DEMONSTRATE BALANCING THE WORKBOOK ON ALL TEN FINGERS.

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Pretty easy, isn't it?

So break up into your groups again and share with each other how this activity is like or unlike achieving permanent weight loss. Take one minute to do this.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

ALLOW 1 MINUTE WHILE GROUPS SHARE. GIVE 15-SECOND WARNING.

Thanks for sharing with each other.

When you used just one finger to balance your Workbook, it was difficult.

It's like that with weight loss, too. If all you have is good information—like you should eat more 75% Plate Superfoods—you probably won't succeed at permanent reaching a healthy weight because there's more to being healthy than just food.

Please turn to page 137 in your Participant Workbook.

PAUSE AS PARTICIPANTS FIND PAGE 137.

Remember how easy it was to balance your Workbook with ten fingers? That's just how it is with reaching a healthy weight. The more tools you use, the easier it is to slim down, look great, and be healthy.

We've already introduced you to several tools in the first three sessions, and you'll learn about more of them as we go along.

On **page 137**, you'll see all 10 listed with a brief description. We won't take time to read them now, but they're there for you to review on your own.

The important thing to remember is this: People who lose weight and keep it off use these tools whether they know it or not.

Make Over an Eating Habit

Before we move on, would you do something for me? It's something you've done hundreds—probably thousands—of times before. You won't even have to think about how to do it.

Fold your hands together, with your fingers interlaced.

DEMONSTRATE FOLDED HANDS.

Do that for me, please.

PAUSE.

Notice which of your thumbs is on top.

Now please fold your hands in such a way that the other thumb is on top.

PAUSE.

Think about how it feels to have your hands arranged differently. Some people report it's...well, strange.

Now do this please: cross your arms in front of your chest.

DEMONSTRATE.

Notice which of your arms is on top.

Now please cross your arms so the other arm is on top.

PAUSE.

Can you feel the difference? How would you describe the feeling?

ALLOW SEVERAL PARTICIPANTS TO RESPOND.

Thanks for your thoughts.

How we fold our hands and arms is a habit—we've done it so many times the same way that making a change takes deliberate thought.

Habits are shortcuts—they let us do things we've done before without having to stop and think about it.

Session 8

But habits can work against us.

All of us have eating habits, some of which don't help us lose weight. Maybe it's what we eat, or how much we eat, or maybe it's how often we eat.

Making a change to an eating habit will require thought and effort...and won't feel natural at first.

A question for you: What's an eating habit you've formed that hurts your healthy life efforts?

Perhaps you're in the habit of grabbing a snack cake when you stop to get gas. Or maybe you stop by the donut shop on your way to work. Or maybe you drink a sugar-laden soda at break time.

Whatever it is for you, take the next minute and jot down on **page 143**, one habit that's hurting your healthy efforts.

ALLOW 1 MINUTE. GIVE 15-SECOND WARNING.

Now, in your groups, take the next two minutes to help each other come up with some makeover ideas for your eating habit.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

For example, instead of grabbing a snack cake when you pay for gas, you could pay at the pump instead.

There's space provided to write down any makeover ideas for your eating habit. Go ahead.

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Thanks for helping each other.

Changing an eating habit on the surface seems simple enough. But there's something else going on at a deeper level.

For most of us, that something deeper is about the negative messages we tell ourselves—and they're habits, too.

If we want to form new habits that help us reach our weight-loss goals, it's important we give our negative thoughts a makeover, too.

Make Over Your Negatives

Please turn to **page 138** in your Workbook and follow along as I read a few examples of negative thoughts that may require a makeover if the person thinking them hopes to hit his or her weight-loss goals.

Example A: "I don't have enough time to prepare Full Plate Meals...it's just too much for me."

A healthy makeover of this thought might be: "It may not be perfect, but I can take five minutes to open a can of beans and heat them up."

Example B: "I'm just too tired to do my 30 minute workout today."

A healthier thing to tell yourself might be: "I'm tired, but I can at least go for a walk around the block."

These are just a couple of possibilities. You can also fill in some of your own examples that may not be listed.

Now, please silently read through the eight negative thoughts on **page 139**.

Circle three of them that sound most familiar to you—most like things you've said to yourself in the past.

PAUSE FOR 1 MINUTE. GIVE 15-SECOND WARNING.

Thanks.

Now let's take the next step and actually write replacement thoughts for those three items you selected.

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Don't worry about spelling or penmanship—just get your thoughts down on paper.

Take three minutes to do that now.

ALLOW 3 MINUTES. GIVE 1-MINUTE WARNING.

Now, in your groups, please share which negatives you picked—and what helpful thoughts you replaced them with. Go ahead and take three minutes to share.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

WAIT 3 MINUTES WHILE PARTICIPANTS SHARE. GIVE 1-MINUTE WARNING.

Thanks for sharing. We really are all on this journey together, aren't we?

I hope you heard some great tips from your friends as they shared the helpful thoughts they came up with.

And here's a bonus: our friends at Full Plate Living have a couple of Quick Tips for us as we move along on our journey.

Tip number one: "Learning to makeover your negatives takes time. Don't expect to do it perfectly, so go easy on yourself. You'll get better the more you practice."

Tip number two: "If you're having negative feelings about yourself and your weight, there's a good chance a negative thought is lurking nearby. You can train yourself to makeover those thoughts with more helpful ones."

Revisiting My Purpose

Please turn to **page 11** in your Participant Workbook.

PAUSE AS PARTICIPANTS FIND PAGE 11.

When it comes to questions, "What's My purpose?" is one of the most meaningful and most important.

What's surprising is that we seldom ask ourselves that question. We tend to fill our days thinking about anything but our purpose.

Today we can think this through a little further, in light of what we've learned about ourselves and about diabetes remission.

Now we will revisit our original "My Purpose" that we thought about before we started the LEADR Remission Program.

Each of you have great purpose statements because there's no right or wrong answer. Whatever matters to you, whatever is your purpose for getting up in the morning, is the right answer.

It's easy to over-think your answer and get paralyzed trying to come up with the perfect response.

Relax—write what comes naturally. And if you do get stuck, ask yourself this: "What would someone watching me live my life say is my purpose?"

The answer to that question probably won't be far off the mark.

Take two minutes to think about and then revise your original purpose statement if you need. Go ahead.

Does anyone need a pencil or an eraser?

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Connecting Purpose with Healthy Weight

Thanks. Now that you've updated your purpose, consider this question, how does reaching a healthy weight fit into your purpose for living? Or does it?

PAUSE.

Answer this question in your group: How does reaching a healthy weight fit into your purpose for living? Take a couple minutes to share.

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ALLOW 2 MINUTES FOR GROUPS TO TALK. GIVE 30-SECOND WARNING.

Thanks again for being here! I'm glad we're doing this together.

Remember, between now next session, pay attention to your thoughts and the effect they can have on your health efforts. I look forward to hearing how they help gain more energy for living life!



Movement Break: Neck Tilts

- Take a deep breath in and slowly let it out
- Gently tilt your head side to side
- Tilt forward as comfortable
- No rolling or forcing
- Improves neck mobility & circulation; reduces stiffness



DIABETES EDUCATION: SETTING UP YOUR ENVIRONMENT TO SUPPORT YOUR GOALS

Welcome back. Now that you have these ‘10 Tools for Success,’ let’s talk about some strategies for making your food environment the tool to help you move toward your diabetes remission goals. In a previous session, we talked about clearing out our pantries and getting rid of food that is working against us. Now please turn to your support person and share what that experience was like for you and if you’ve noticed any changes in your habits since then.

ALLOW 2 MINUTES FOR PARTICIPANT SHARING

Thank you for sharing. Even if we desperately want to get rid of our diabetes, it can be really hard if we’re surrounded by people, places, foods, and habits that promote diabetes. And, unfortunately, we all live in a society that promotes over-eating and eating diabetes-promoting foods. Over our 200,000 year evolution, searching out food was a top priority. We are genetically inclined to eat when there’s food because it is part of our wiring for survival. However, in modern times we have an endless supply of unhealthy food.

So, how can you set up your environment – your home, your workplace, your kitchen – to support you instead of sabotage you? Here are a few ideas. Turn to **Page 140** in your Workbook (list of strategies below) and write it in to choose a strategy to work on.

First, let’s start with your kitchen. Our first strategy is “out of sight, out of mind”. Hopefully you have already cleared out your pantry, but you might not be the only one in your home. If your household members have tempting treats in the house, ask if they can please store them out of sight. For example, put cookies on the top shelves, in the very back of the cupboard or in a cabinet that you rarely open. Store ice cream in the back of the freezer. Put any sweetened drinks in the produce bins where they are harder to see. Conversely, put the things that support your diabetes remission in plain sight. For example,

fill a bowl with fresh fruit and place it on the counter. You can do this at work, too. Replace the candy dish on your desk with some fruit. Take the veggies out of the drawers in your fridge and place them front-and-center where you can see them.

Second, change how you interact with your environment. We are all creatures of habit, but sometimes those habits don’t support our health. Let’s take the example of the candy dish again. What if it isn’t on your desk and instead it’s on a co-workers desk? If possible, change the route you take in your workplace so you don’t walk by the candy dish. You’ll be less likely to grab a piece if you let yourself forget it’s even there. Or ask co-worker to move the candy dish out of sight. Another way to change how you interact with your environment is to close down the kitchen after dinner. Put away leftovers and turn out the lights. You can even say aloud to yourself, “the kitchen is closed until tomorrow” as you turn off the lights. But remember that drinking water is always encouraged.

Third, change how you interact with the people in your environment. The people around us have a significant influence on our eating habits. By now, you have probably already encountered family, friends, and strangers who both embrace your new lifestyle and who question it. Let’s look at a few ways you can handle these situations.

First, know that you can still maintain relationships with the people in your life who choose not to join you in your new lifestyle. Look for other ways to connect with them outside of food. Is there a hobby you both enjoy or a topic you both love to talk about together? You don’t have to eat the same foods to stay connected.

Second, start building relationships with new people who are on the same lifestyle path as you are. Start by looking around this room – all of you are on this path together and have a wellspring of support you

Session 8

can offer one another. You can also look for other groups in your community or online. (SUGGEST GROUPS YOU ARE AWARE OF LOCALLY OR VIRTUALLY). These people are the ones you can discuss successes and challenges with, trade cooking tips, and enjoy healthy meals with.

Third, practice responding to questions about your new eating habits in non-inflammatory ways. When someone questions or criticizes what you're eating, it's easy to get defensive or feel as if you need to be an expert in plant-based nutrition in order to respond. But these approaches only make things worse. Instead, try replying in a non-inflammatory way. Do this by keeping the focus on your choices, not the other person's. And avoid diving in to a long explanation about your choices unless it feels comfortable for you to do so. If someone says, "Where do you get your protein?" You can say, "I'm feeling really great and my doctor says I'm not missing any important nutrients, so I'm not too worried about it." Or if someone says, "Why would you eat that way? It seems boring /not very healthy." You can say, "My doctor recommended it, so I'm trying it for a while. So far, I'm feeling great." Keep it simple and focused on yourself.

Now that we've covered these three ways to make your environment more friendly to diabetes remission, it's time to make a plan to put them into practice in your own lives. Take the next two minutes to write down one way you'll put each strategy into action to help put your diabetes into remission.

ALLOW 3 MINUTES TO COMPLETE. GIVE 30-SECOND WARNING.

Wonderful, now get back together with your support person and share how you're going to put these strategies into action.

GIVE GROUPS 3 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with each other. Even with the best intentions, your environment can sabotage your goals. Changing your environment to be supportive is key to your success.

- 1 Strategy #1:
Out of sight, out of mind**
- 2 Strategy #2:
Change how you interact
with your environment**
- 3 Strategy #3:
Change how you interact
with the people in your
environment**



MY NOTES

SET YOUR SMART GOALS

Please turn back to page 133.

PAUSE AS PARTICIPANTS TURN BACK TO PAGE 133.

In your group, please do this: share what step you intended to take and tell your friends how it went taking that step. Did you get it done? If so, how did it go? If not, what got in the way? Take two minutes to do that now.

GIVE GROUPS 2 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

Thanks for having that conversation. Like every journey, there's a next step coming. Let's talk about what that might be now.

Now let's read through a few options to consider this time, please turn to **page 144**.

CONTINUE TALKING AS PARTICIPANTS TURN TO PAGE 144.

In your Workbook on **page 144**, you'll see several choices for a next step.

Decide which goal or goals you're willing to take before our next session and check them off.

Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to achieve the goal or goals that you've chosen.

Take the next minute to decide how you'd like to move forward. Maybe you need a minute to think through what will make your goals feasible for you. If you want to talk anything through out loud, just raise your hand and we can tackle it together.

GIVE PARTICIPANTS 1 MINUTE TO WRITE. GIVE 15-SECOND WARNING. THEN CALL ON ANYONE RAISING THEIR HAND AND FACILITATE STRATEGY SESSION.



Thanks for making that commitment to yourself.

Let's now have you meet with someone here for 5 minutes and share your **SMART** Goals with each other.

IN-PERSON FORMAT: Please turn to the person or couple people next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

You'll have 5 minutes to talk them through together. Remember to really use the **SMART** format. You can help whoever you're with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.

Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 5 MINUTES FOR PAIRS OR SMALL GROUPS TO SHARE. IF PREFERRED, HELP IN-PERSON PARTNERS IN ATTENDANCE FIND EACH OTHER.

FOR VIRTUAL SETTINGS, PAIR THEM INTO BREAKOUT ROOMS. FACILITATOR CAN FILL IN AS A PARTNER IF NEEDED.

GIVE 15-SECOND WARNING.

IN CLOSING

Thanks again for being here today. I'm so glad you're here and recognize this huge effort that you are putting forth to better yourself. I look forward to seeing you at our next session.

I'm glad we're doing this together.

Remember, between now and the time we meet again, pay attention to your thoughts and the effect they can have on your health efforts. I look forward to hearing how they help gain more energy for living life!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



Session 9:

Commit to Healthy Meals and Stay the Course

Full Plate Living: Making the Most of Your Mornings, and
Your Commitment

Pantry Check-in and Upgrade

Teaching Kitchen: Stir Fry, Cowboy Caviar, and Fruit Salad

Set Your SMART Goals

In Closing

COMMIT TO HEALTHY MEALS AND STAY THE COURSE

Description

In Session 9, participants will learn breakfast strategies that will support remission, and get a rundown of stocking a healthy pantry with healthy staples. They will learn three more versatile recipes to incorporate into their healthy lifestyle.

Learning Objectives

1. Explain the benefits of eating a good breakfast for diabetes remission, and the pitfalls of skipping breakfast
2. Identify the need to make a commitment towards better health
3. Demonstrate the preparation of Cowboy Caviar and Tropical Fruit Salad
4. Set Your SMART Goals

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting

Please refer back to page 17 for important reminders

Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed



Session 9

WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Thanks for coming to session 9. My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

With a bit of enthusiasm and our trusty Facilitator Script, we'll have fun today discovering some helpful ways to overcome diabetes and gain greater health.

CHECK-IN

How is your **SMART** goals going?

IN-PERSON FORMAT: First, let's check-in with our support partners and share how each of us are doing with our goals. Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: First, let's check-in with our support partners and share how each of us are doing with our goals. I'll put you into your breakout rooms for two minutes.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to share one of their successes with the whole group?

PAUSE FOR PARTICIPANT SHARING

Thank you for sharing. I hope you all find inspiration in each others' success stories. I know I certainly do.

ADD AS A CONTINUANCE FROM PREVIOUS CLASS:

Today, we'll take a look at our pantries and learn what needs to be in them, and what to purge! We will revisit breakfast time in the Full Plate segment to make the most of our mornings with healthy breakfast strategies and also consider our commitment to our personal health journey.

Turn to your support person and share a challenge you faced.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. We still have a few weeks to work through challenges together as a group, so keep bringing your challenges each week.

FULL PLATE LIVING: MAKING THE MOST OF YOUR MORNINGS

Making the Most of Mornings

The Point: How eating breakfast can help you lose weight

Let's get started!

In the beginning sessions of this program we learned recipes for healthy breakfasts and now in our Full Plate Living segment we will learn why they are so important for diabetes remission, and re-commit to making them a part of our lifestyles. But before we dive in, let's get to know each other a bit better by talking about what we ate for breakfast when we were children.

Think back to your childhood, if you would.

When you were young, on most mornings, maybe you wandered into the kitchen and found a hearty, hot breakfast waiting for you. Waffles...or bacon and eggs...or a big bowl of oatmeal that someone got up early to prepare for you.

Or maybe, at your house, breakfast was a pour-it-yourself bowl of Captain Crunch that you wolfed down before rushing off to school.

Or maybe, breakfast wasn't even that. You just ran out the door and figured you'd make up for lost time at lunch.

As for me, breakfast was...

BRIEFLY—IN 30 SECONDS—DESCRIBE A TYPICAL BREAKFAST YOU ATE AS A CHILD. WHERE DID YOU EAT IT? WHO FIXED IT? WHAT DID YOU LIKE OR DISLIKE ABOUT IT? MODEL THE SORT OF ANSWER YOU'D LIKE TO SEE SHARED BY PARTICIPANTS.

That's what breakfast was like for me...but what about you?

Let's form into our small groups.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

Tell the others in your group about what breakfast was like when you were a child. Take two minutes to share.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with your group.

Let's take a little poll.

The past few sessions we've talked about 75% Plate Superfoods. I'm curious, when you think about what you usually ate for breakfast as a child, how many of you had at least 75 percent of your breakfast plate covered with 75% Plate Superfoods?

Raise your hand if that was true for you.

[ONLINE: find the "raise hand" button in "reactions" below]

PAUSE.

Another quick poll: No matter what you actually ate for breakfast, how many of you grew up hearing that breakfast is the most important meal of the day?

PAUSE.

Well, what you heard is right...and now let's find out why.

Session 9

What's So Great about Breakfast?

Now, please turn to **page 149** of your Participant Workbook, "What's So Great about Breakfast?"

PAUSE AS PARTICIPANTS TURN TO PAGE 149.

You'll notice there are six statements about the benefits of eating a good breakfast. Each statement has two missing words.

At the bottom of the page you'll see six different pairs of words. In your groups, decide the correct pair of words for each statement and write them in your Workbook. Go ahead and take a couple of minutes and do this. And if you need a pen or pencil, just let me know.

ALLOW 2 MINUTES FOR PARTICIPANTS TO COMPLETE THE PAGE. GIVE 30-SECOND WARNING.

Here are the answers for each statement.

Number one: Eating a good breakfast helps you burn calories all day by jump-starting your metabolism.

Number two: Eating a good breakfast helps you lose weight, especially the dreaded belly fat.

Number three: Eating a good breakfast helps you keep weight off once you've lost it.

Number four: Eating a good breakfast increases energy so you can do more things you enjoy.

Number five: Eating a good breakfast increases brain power by improving concentration, memory, problem solving, and hand-eye coordination.

Number six: Eating a good breakfast decreases your risk of three major killers: heart disease, diabetes and cancer.

There's no doubt about it. There are a lot of great benefits to eating a good breakfast.

Believe it or not, four percent is the same small chance you have of reaching a healthy weight and keeping it off if you skip breakfast.

Why It's So Easy to Skip Breakfast

If breakfast is so important, why do so many people skip it?

If you would, turn to **page 150** in your Participant Workbook, "Why It's So Easy to Skip Breakfast."

CONTINUE SPEAKING AS PARTICIPANTS FIND PAGE 150.

Let's get in our small groups and let's first take the next minute and decide what you think is the main reason people skip breakfast and write it in your Participant Workbook.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

ALLOW 1 MINUTE FOR WRITING. GIVE 15-SECOND WARNING.

Now as a group, brainstorm as many solutions to this reason as you can. Write them in the space provided. Take three minutes to do this.

ALLOW 3 MINUTES FOR GROUPS TO BRAINSTORM AND WRITE. GIVE 1-MINUTE WARNING.

Breakfast Power Up Challenge

Thanks for helping each other. A few minutes ago we discovered all the benefits of eating a good breakfast. So how do you know what makes a good breakfast?

Here's a simple answer: A good breakfast is one with lots of 75% Plate Superfoods.

So huddle up in your groups again and please turn to **page 151** in your Participant Workbook, "Breakfast Power Up Challenge."

Session 9

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

PAUSE AS PARTICIPANTS TURN TO PAGE 151.

On the left side of the page you'll see four typical American breakfasts and the amount of fiber in each meal.

You might want to notice that none of the meals contain more than a "whopping" two grams of fiber, and they contain no 75% Plate Superfoods!

As a group, pick one of these four breakfasts and in a moment I'll tell you what you're going to do with it.

VIRTUAL FORMAT: When you get in your groups, take thirty seconds to do that together.

Your task is to **Power Up** the breakfast you chose, creating a new fiber-rich, low-fat meal you could actually see yourself eating.

There are two ways you can Power Up:

- You can leave the meal "as is" and just add 75% Plate Superfoods to it, or
- You can replace any food items with 75% Plate Superfood options.

Once you've Powered Up, get a new fiber total for your creation. To help you do this, use your handy dandy Fiber Guide on **page 63-74**.

VIRTUAL FORMAT: I will now break you all into small groups for four minutes.

Go ahead and take the next four or so minutes.

PAUSE 30 SECONDS AS GROUPS SELECT THEIR BREAKFAST.

ALLOW 4 MINUTES. GIVE 1-MINUTE WARNING.

VIRTUAL FORMAT: I will now break you all into small groups for 4 and a half minutes or so.

DIVIDE THEM INTO SMALL GROUPS AND GIVE THEM 4 AND A HALF MINUTES TOGETHER. GIVE 1-MINUTE WARNING.

Thanks.

VIRTUAL FORMAT: Bring groups back together.

I'm curious: which breakfasts did you pick to Power Up? And how did you add 75% Plate Superfoods? We have time for three groups to tell us what they did. Who would like share?

ALLOW THREE GROUPS TO SHARE.

Thanks for sharing your Power Up creations! And if an opening appears on my personal staff for a breakfast chef, I'm giving you a call first!

PAUSE.



Session 9

Now turn for a couple of tips:

Tip number one: “If the 75% Plate Superfoods on your breakfast plate are mostly fruit, you’ll probably get hungry again quickly.

So toss in some whole grains and a small handful of nuts, or even some veggies and beans. They stick with you longer.”

Tip number two: “An old German proverb reads, “Eat breakfast like a king, lunch like a prince, and supper like a pauper.

Simple advice: start your day with a hearty breakfast and then eat less at lunch and even less for dinner. This will help you burn calories throughout the day instead of storing them as fat at night.”

You’re Preparing to be Healthier

It’s time to take another look at the stages on your healthy living journey.

Let’s pretend we’re going on a vacation with family or friends.

What are some of the things you need to prepare for in order to have a great time? This doesn’t have to pertain to food.

One example might be booking a hotel.

So let’s talk about this for a moment as a large group. What are some things you need to prepare, in advance, in order to have a great vacation? Who has an idea?

ALLOW FOR SEVERAL LARGE GROUP RESPONSES.

Thanks for sharing. As you can see, it’s important to plan ahead if you’re going to have a great vacation.

Now, in your groups, discuss how preparing for a great vacation is like preparing to lose weight.

Go ahead and take the next two minutes.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Please turn to page 152 in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 152.

Would someone please read, “You’re Preparing to Be Healthier?”

ALLOW SOMEONE TO READ.

HERE’S THE READING IN THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

“You’re Preparing to be Healthier”

Often, when people know they need to lose weight, they skip this stage and rush into action without proper preparation. We have all heard the saying, “If you fail to plan, you plan to fail.” The same can be said for permanent weight loss.

The purpose of this stage is to prepare you to take action and learn how to handle unexpected challenges.

Here are a few questions that need to be answered before you’re ready to take action:

- How much time and energy are you willing to budget for health right now?
- How is it going to fit into your daily schedule?
- What are you willing to give up in order to lose weight?

What are the potential challenges that could throw you off?

Failure to find positive answers to these questions is one big reason why people fail to achieve a healthy weight—they take action before they’re prepared.

The good news is preparing to lose weight should be brief. It should not last more than a month because this is a bridge between thinking about reaching a healthy weight and taking action to do it.”]

Thanks for reading. Just like it takes planning to have a great vacation, so it takes preparation to lose weight and keep it off.

Session 9

Make a Commitment

In this session, we've discovered a lot of good information about breakfast. But as we discussed last session, information is only one tool, and by itself is not enough to help you slim down and keep it off.

So let's add another tool.

Stay on page 152 in your Participant Workbook.

PAUSE.

Would someone please read aloud, "Make a Commitment."

ALLOW UP TO 10 SECONDS FOR SOMEONE TO VOLUNTEER. IF NOBODY HAS VOLUNTEERED IN THAT TIME, READ THE SECTION ALOUD YOURSELF.

[HERE'S THE READING FROM THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

"How long would a marriage last if the couple made a solemn vow to stay together as long as everything was fun and easy? This is what most people do when trying to lose weight. Without commitment, the likelihood you'll succeed at reaching a healthy weight lies somewhere between slim to none.

Once you make a commitment to reaching a healthy weight, you greatly increase your chances of success because it changes the way you think about it. This doesn't mean you must have absolute certainty. If you're waiting for that kind of certainty, you'll never make a commitment. There will always be questions.

As important as making a commitment is, it's not wise to make one until you're ready. So, how will you know when you're ready?"

Thanks for reading.

Let's take a few minutes to decide if we're ready to make a commitment to health. That might sound funny since we're here at the Full Plate Living Healthy Lifestyle Program.

But just being here doesn't necessarily mean you're ready to commit to reaching a healthy weight, which is OK.

Turn to page 153 of your Participant Workbook and take the next three minutes to answer all six questions on this page. This will help you find out if you're ready to make a commitment to reaching a healthy weight. Go ahead.

ALLOW 3 MINUTES FOR PARTICIPANTS TO WRITE. GIVE 1-MINUTE WARNING.

Now please turn to page 153.

PAUSE AS PARTICIPANTS TURN TO THE PAGE.

As I read the following, fill in the blank.

"If you circled 7 or more to both questions 5 & 6, you're ready to make a commitment to reaching a healthy weight. If you did not, you're probably not ready now."

PAUSE.

Whether you're ready to make a commitment or not is OK. We're all in different stages on our journey to lose weight.

PAUSE.

Now in your group, discuss why you answered questions 5 and 6 as you did. What did you discover about your readiness and ability to commit to reaching a healthy weight?

Take three minutes to share.

ALLOW 3 MINUTES FOR GROUPS TO SHARE. GIVE 1-MINUTE WARNING.

Session 9

Thanks for having that conversation.

Now follow along as I read the next two statements on **page 153**.

PAUSE.

Number one: "If you're ready to make a commitment, 'Setting Healthy Goals' can help you set your goals."

Number two: "If you're not ready, continue to use the tools you've been learning until you're ready to make a commitment."

Please know this: Even though we're in different places on our journey, we're all in this together.



Movement Break: Leg Lift Balance

- Take a deep breath in and slowly let it out
- Stand or sit tall
- Hold one leg up, if comfortable using chair support
- Alternate sides
- Improves balance and helps prevent falls

PANTRY UPGRADE

Something you'll learn more about in this program is creating Safe Havens. Safe Havens are places that support your health goals. We'll talk more about this in a few weeks, but for now let's focus on the foods that are in your kitchen right now. Turn to **page 154** in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE .

Take a few minutes to start making a list of the foods that are in your kitchen right now. You can add to this list when you get home. Think about what's in your refrigerator and freezer, your cabinets, your pantry, and on your counter tops.

ALLOW 1 MINUTE FOR PARTICIPANTS TO MAKE A LIST. GIVE 15-SECOND WARNING.

Thanks for making your list. Now, look at your list and compare it to the foods we learned about today. Circle the foods on your list that fit in with the foods you just learned about.

ALLOW 30 SECONDS FOR PARTICIPANTS TO CIRCLE ITEMS ON THEIR LIST.

Raise your hand if you circled more than 1 thing.

PAUSE AS PARTICIPANTS RAISE THEIR HANDS

Session 9

Raise your hand if you circled more than 5 things.

PAUSE AS PARTICIPANTS RAISE THEIR HANDS

Raise your hand if you circled more than 10 things.

PAUSE AS PARTICIPANTS RAISE THEIR HANDS.

This is great. Let's take a moment to consider what you have in your kitchen. Are there ways in which your own kitchen might not be supporting your goals? Let's change that and turn your kitchen into a Safe Haven. This week, I want you to set aside some

time to clear out the foods in your kitchen that will not help you put your diabetes into remission.

THE NEXT PART IS OPTIONAL IF FOOD WILL BE PROVIDED IN THE PROGRAM.

Then, bring those foods with you to our next session, and you can trade them in for new pantry items. Tada! Your kitchen will be transformed into a Safe Haven.

TEACHING KITCHEN: EASY VEGGIE STIR FRY



Today we're going to make an easy Veggie Stir Fry. This nutrient-rich stir fry is made with colorful vegetables and protein-packed tempeh. This dish comes together quickly for a weeknight meal and is perfect to prep ahead.

EASY VEGGIE STIR FRY: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO. PREPARE THE BROWN RICE AHEAD OF TIME SO IT IS READY TO GO.

KEY POINTS TO COVER WHILE COOKING:

What is tempeh? Tempeh is made from fermented soybeans and has an appealing crumbled texture similar to ground meat, and slightly nutty flavor. Because of its firm, dry texture, it can be easily sliced, cubed, and crumbled for a wide array of culinary uses similar to ground beef, bacon slices, and kabobs.

Note: Tempeh sometimes has a slightly bitter flavor, but steaming it for 5-10 minutes before other cooking will remove this.

Swaps: Feel free to switch up the vegetables based on what's in season or what you have on hand. Instead of tempeh, try different plant-based protein foods like tofu or edamame or chickpeas. Swap the brown rice for other whole grains like quinoa.

WHEN STIR FRY IS READY, DIVIDE INTO ENOUGH SERVINGS FOR ALL PARTICIPANTS.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: COWBOY CAVIAR & POTATO CHICKPEA CURRY (5 MIN SCRIPT OR 25 MIN LIVE DEMO)



Today we're making two recipes that are multi-functional: Cowboy Caviar & Fruit Salad. Both of these delicious recipes can be eaten as snacks, side dishes, or as a meal. They're also perfect options to bring to potlucks. Let's start with the Cowboy Caviar. This fresh and vibrant plate combines wholesome black beans, crisp vegetables, zesty spices, and zippy cilantro for the ultimate make-ahead dish. The flavors meld over time and are even better the next day.

COWBOY CAVIAR: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

This makes a flavorful topping for salads or bowls because it already includes many of the categories right in one dish. Today, we're going to enjoy it as a meal wrapped in corn tortillas and lettuce boats.



Now, let's make our fruit salad. A big bowl of fruit is delicious on its own, but we're making this extra special with lime, mint and toasted coconut!

POTATO CHICKPEA CURRY: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

ALLOW PARTICIPANTS TO SERVE THEMSELVES THE TWO DISHES, TRYING THE COWBOY CAVIAR WRAPPED IN A CORN TORTILLA AND IN LETTUCE BOATS.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>





SET YOUR SMART GOALS

We touched on many potential ways to add in healthy foods today! Think about our discussion on breakfast, and hearken back to our first Teaching Kitchen in Session 2. Are you ready to add in another? How about lunch? Caviar anyone?

ALLOW 1 MINUTE FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I will now join you up with your support partner for two minutes and share your **SMART** Goals with each other.

ALLOW 2 MINUTES FOR GROUPS TO SHARE.

GIVE 15-SECOND WARNING.

IN CLOSING

You're all doing wonderfully! I'm really impressed and happy for all you - it's amazing to see your progress.

Remember that if you want to put your diabetes into remission, breakfast is your friend. And the more your plate matches the diabetes remission eating pattern we've been learning about, the more likely you are to achieve your goals. You may not be able to control how everyone eats breakfast, but you can control what you do for yourself. My hope is that you'll see what a difference a healthy breakfast can make.

Remember to meet with your support partner this week, and I'll look forward to talking about grocery shopping next time.

MENTION GROCERY STORE TOUR COMING UP IN THE NEXT SESSION

Looking ahead to Session 10, I'm going to introduce a shopping exercise as a great way to reinforce the

life skills that we will learn here to affordably improve health and support your long-term remission goals. You can pick a recipe and go through the workbook exercise anytime on your own, or as a fun outing together as a LEADR support group.

IF YOU PLAN TO HOLD A GROCERY STORE TOUR, PROVIDE THOSE DETAILS.

IF NOT, OFFER AS AN INDIVIDUAL EXERCISE OR SOMETHING PARTICIPANTS CAN ORGANIZE ON THEIR OWN.

For those interested we will gather as a group at (GROCERY STORE LOCATION) on (DATE AND TIME) You will have the opportunity to a Teaching Kitchen recipe of your choice to guide a grocery store tour. Feel free to peek on page 218 in your workbook if you'd like to start thinking about it. We expect that the tour and shopping will take a couple of hours.



Session 10: Master Shopping and Label Reading

Diabetes Education: Decoding Food Labels

Full Plate Living: Smart Grocery Shopping

Set Your SMART Goals

Bonus Session: Grocery Store Tour

In Closing

MASTER SHOPPING AND LABEL READING

Description

In Session 10, participants will learn how to navigate the grocery store, including reading and interpreting product labels to get the healthiest bang for their money.

Learning Objectives

1. Analyze food labels to determine if foods are appropriate for diabetes remission
2. Review strategies for successful shopping navigation and decisions
3. Set your SMART goals

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to page 17 for important reminders.



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Hello and welcome to session 10. My name is (FIRST NAME ONLY) and I'll serve as your facilitator for today's session.

Today we'll decode food labels together to help us make smart shopping and grocery choices.

I've got our Facilitator Script and I can tell that you're ready to dive in—so let's begin.

CHECK-IN

How did this past week go for everyone? Turn to the person next to you and share a success from the week.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to start us off by sharing a success from the week? Remember, nothing is too small. Every win matters.

PAUSE FOR PARTICIPANT SHARING

I love all of these successes. Great work! Turn to the same person you shared with before, and share a challenge you faced this past week.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. I can tell you're all getting better and better at navigating challenges and not letting them stand in your way.



DIABETES EDUCATION: DECODING FOOD LABELS

Welcome back. We'll continue our discussion on nutrition by talking about something that you encounter almost every day – food labels. How many of you find food labels confusing?

PAUSE WHILE PARTICIPANTS RAISE THEIR HANDS

You are not alone! Between splashy front-of-package claims and all those numbers on the back panel, it can be really confusing to know whether a food will help or hurt your diabetes. Can anyone guess the best way to avoid this confusion?

PAUSE FOR PARTICIPANT GUESSES

The best way to avoid food label confusion is to mostly buy foods without a label! Have you noticed that fruits and vegetables don't have food labels? I know it isn't realistic to completely avoid foods without labels. After all, many healthy foods do have labels. So, let's learn how to decode those labels so we make good choices.

I asked all of you to bring a food with a food label with you today. If you have that, pull it out now. If you forgot, partner up with someone else. We'll start with the nutrition facts panel on the back of the package.

First, let's look at serving information. At the top of a food label, you'll find the suggested serving size and the number of servings per container. This is important information because oftentimes a container that is assumed to be a single serving may actually contain 2-3 servings! Serving sizes are standardized and are supposed to reflect the amount that a person typically consumes (though they don't always!).

Next, let's look at calories. This number reflects the amount of calories in one serving – not the number of calories in an entire container (unless the container is labeled as one serving).

Next is saturated fat. Saturated fat is a nutrient we want to minimize, so the lower the better.

Next is trans fat. Trans fat is a human-made ingredient that is used to help foods be more shelf stable. It has commonly been used in microwave popcorn, snack cakes, and other processed foods. Because of all the negative health consequences associated with trans fat – including a link to diabetes, the FDA recently decided that there is no safe limit of trans fats and manufacturers are no longer allowed to have trans fats in their products. However, there is a loophole! Because food manufacturers are able to round down to zero even if their product contains up to 0.5 grams per serving of trans fat, you also want to check the ingredient list which we will discuss in a minute.

Next is fiber. By now you know just how important fiber is for diabetes remission. Remember that fiber is only found in plant-based foods. Fiber is not listed on food labels!

Next is added sugars. Listing added sugars is a newer addition to the food label. Ideally, this number is zero or as low as possible.

Next is sodium. A helpful rule with sodium is to aim to keep the amount of sodium per serving less than or equal to the number of calories per serving. For example, if a frozen dinner contains 500 calories per serving, then ideally the sodium should be 500mg or lower per serving. This can help keep sodium generally at or below calories consumed for the day which for many people is an average of 2000 calories per day.

Last is cholesterol. Although there is currently no standardized limit for cholesterol intake, this number should be as low as possible. Cholesterol is only found in animal foods, so if a product contains cholesterol, then you know it is not WFPB.

Now it's your turn! Look at all of these components on your food label. Is this a diabetes remission food or a food that should be avoided?

Session 10

GIVE PARTICIPANTS 2 MINUTES TO REVIEW THEIR FOOD LABEL. GIVE 30 SECOND WARNING.

Now let's decode the ingredient list. Ingredients are listed in order by weight. First, we want the ingredient list to be made up of mostly recognizable whole food ingredients. Second, when we're looking at a grain product we want to look for the word "whole" in products like breads and pastas. And last, we want to look deeper for trans fats. If the ingredient list includes "partially hydrogenated oils" then that's a sign that it contains trans fats and should be avoided.

Look at the ingredient list on your food label. Is this a diabetes remission food or a food that should be avoided?

GIVE PARTICIPANTS 2 MINUTES TO REVIEW THEIR INGREDIENT LIST. GIVE 30 SECOND WARNING.

Who thinks they have a diabetes remission food?

WAIT FOR VOLUNTEERS. ASK PARTICIPANTS TO SHARE WHY THEY THINK IT IS A GOOD CHOICE AND PROVIDE FEEDBACK IF APPROPRIATE.

Okay, who thinks they have an UN-friendly food?

WAIT FOR VOLUNTEERS. ASK PARTICIPANTS TO SHARE WHY THEY THINK IT IS NOT A GOOD CHOICE AND PROVIDE FEEDBACK IF APPROPRIATE.

Every trip to the grocery store is a chance for a new start. We'll dive into Smart Grocery Shopping next, but first:



Movement Break: Seated Spinal Twist

- Take a deep breath in and slowly let it out
- Sit sideways on your chair
- Grab the chair back with both hands
- Gently twist your torso to the side
- Look over shoulder if comfortable
- Rotate to the other side and repeat
- Improves spinal mobility and supports digestion



1	→	Nutrition Facts 6 servings per container Serving size 1 cup (230g)	
2	→	Amount per serving Calories 245	
3	→	% Daily Value* Total Fat 12g 14% Saturated Fat 2g 10% Trans Fat 0g	
4	→	Cholesterol 8mg 3% Sodium 210mg 9% Total Carbohydrate 34g 12% Dietary Fiber 7g 25% Total Sugars 5g Includes 4g Added Sugars 8%	
		Protein 11g Vitamin D 4mcg 20% Calcium 210mg 16% Iron 3mg 15% Potassium 380mg 8%	
		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

1 Serving Size and Servings Per Container

2 Calories

3 Saturated Fat

4 Trans Fat

5 Fiber

6 Added Sugars

7 Sodium

8 Cholesterol

FULL PLATE LIVING: SMART GROCERY SHOPPING

Smart Grocery Shopping

The Point: Creating a weight-loss friendly home starts with your grocery cart

Friendship Question

Having a health-promoting home really starts in the grocery store. So let's pause and reflect on some of our favorite 75% Plate Superfoods at our local supermarket.

HOLD UP GROCERY BAG.

All of us have favorite Superfoods we enjoy popping into our grocery bags. Maybe it's apples or corn-on-the cob or perhaps black beans.

Imagine you've won a lifetime supply of the 75% Plate Superfood of your choice from your local grocery store. What specific fiber-rich Superfood would you pick and how do you like to eat it?

BRIEFLY—IN 30 SECONDS—TELL ABOUT YOUR SUPERFOOD CHOICE. MODEL THE SORT OF RESPONSE YOU'D LIKE TO SEE SHARED BY PARTICIPANTS AS THEY TALK TOGETHER.

That's my choice...but what's yours?

Please form groups of three. It's okay to turn or move your chairs around so you can sit close together.

HELP PARTICIPANTS FORM GROUPS, IF NECESSARY. STICK TO GROUPS OF THREE IF AT ALL POSSIBLE; IT WILL ALLOW EVERYONE TO HAVE TIME TO TALK ABOUT A FAVORITE FOOD.

Now it's your turn to tell the others in your group about a 75% Plate Superfood you'd like a lifetime supply of and how you like to eat it. Please take one minute.

ALLOW 1 MINUTE. GIVE 15-SECOND WARNING.

Thanks for sharing with your group. I was eavesdropping...and now I'm hungry!

Many people report that some of their most frustrating and guilt-inducing moments happen when they walk out of a grocery store.

They know they should have passed on the Zippy Whip Pizza Chips and bought something healthy instead. But somehow those little calorie bombs landed in their carts...again.

Today we'll learn strategies for making great decisions at the grocery store. Decisions that can help us lose weight—and keep it off.

To List or Not to List?

Please turn to **page 86** of your Participant Workbook, "Best-Ever Recipe Card."

PAUSE AS PARTICIPANTS TURN TO PAGE 86.

In your group, here's your 90-second challenge: write down a recipe for a world-class, Best-Ever Zucchini Bread. Include the ingredients and directions. Be sure it's clear so even a novice baker can be successful.

You have just ninety seconds, so please get started.

ALLOW GROUPS 90 SECONDS TO CREATE THEIR RECIPE.

IT'S OK IF PEOPLE ARE FRUSTRATED AND DON'T KNOW WHAT TO DO. THAT'S THE POINT OF THE ACTIVITY. SH-H-H-H



Session 10

GIVE 15-SECOND WARNING.

Thanks for taking on that challenge!

Now in your groups please discuss this question: How was this activity like shopping at the supermarket with limited time—and no shopping list? Take one minute.

ALLOW GROUPS 1 MINUTE TO SHARE. GIVE 15-SECOND WARNING.

Thanks for sharing with each other.

Follow along as I read the statement at the bottom of **page 86**:

“Our friends at Full Plate Living say preparing a blank is a critical first step to getting out of the supermarket with foods that will help you fill your plate to lose weight.”

What do you think the two missing words are? Any guesses?

PAUSE FOR LARGE GROUP RESPONSES.

CORRECT ANSWER: “SHOPPING LIST.”

The correct answer is: “shopping list.” Go ahead and write those words in the blanks.

PAUSE WHILE THE PARTICIPANTS WRITE THOSE WORDS IN THEIR WORKBOOK.

Without a list it’s easy to fill a cart and not include any 75% Plate Superfoods...and that’s certain to set us back on our journey toward slimming down and getting healthier.

Let’s talk about some other practical strategies for getting the biggest bang for our grocery buck.

You Get What You Pay For

Maybe this has happened to you too: You saved a few dollars on a purchase only to discover that it cost you far more in the long run.

Perhaps it was finding a bargain on a shirt, only to find out after you washed and dried it that it barely fit your dog. Or you found a fantastic deal on a hotel, only to discover upon your arrival there were more cockroaches than people.

Let’s answer a question as a large group: Has anyone ever had an experience like that? When you saved a few dollars only to discover it would have been far better to pay more for better quality? Who would like to share?

ALLOW SEVERAL LARGE GROUP RESPONSES. DON’T LET THE SHARING GO LONGER THAN 2 MINUTES.

Thanks for sharing those stories.

The principle that sometimes it’s worth investing more is also true when it comes to living healthy. Except you’re not investing in a shirt or a hotel room—you’re investing in yourself.

Your Food Budget

Your health is worth the investment.

As you lose weight you’ll have more energy, enjoy better health, and feel more confident. You’ll get the bounce back in your step.

But that won’t happen by accident. It requires you to plan what you’ll eat and that starts with planning what foods you’ll buy.

The food you select at the grocery store is what you’ll have at home when you get hungry. And that food will either help you get the benefits or make it very difficult to lose weight.

There’s a lot at stake when you’re shopping!

And when it comes to shopping for fiber-rich Superfoods, many people think it’s a lot more expensive.

Session 10

But the truth is, this is often not the case. And with a bit of planning you can keep your grocery costs down even as you fill your cart with Superfoods.

I've even got some coupons to help you!

Turn to page 87 in your Participant Workbook, please, to find five money-saving "75% Plate Superfood Tip Coupons."

PAUSE AS PARTICIPANTS TURN TO PAGE 87.

In your group, take the next two minutes to read each coupon out loud and discuss which ones you're most likely to use. Go ahead.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing.

Using these money-saving tips can make your next trip to the grocery store health and budget friendly!

Problem Foods

Now please turn to page 167 in your Participant Workbook and find a picture of chips and cookies.

And, no, don't get your hopes up. Chips and cookies haven't magically transformed into 75% Plate Superfoods!

Most of us have some problem food we struggle with. You know—those foods that, once you take one bite, it's hard to stop until you've finished off the whole bag or container.

In the space provided, take one minute to list the problem foods that often trip you up at home.

ALLOW PARTICIPANTS 1 MINUTE TO LIST PROBLEM FOODS. GIVE 15-SECOND WARNING.

Now let's review our lists.

Please raise your hand if you wrote down "broccoli?"

PAUSE.

How about kidney beans?

PAUSE.

Hmmm...it doesn't look like Superfoods made it on your lists.

Let's take it one step further. Take the next fifteen seconds to review your list and then circle your biggest problem food, the real monkey on your back.

PAUSE FOR 15 SECONDS WHILE PARTICIPANTS CIRCLE THEIR BIGGEST PROBLEM FOOD.

Now please take the next minute and write down some healthy alternatives. Go ahead.

PAUSE FOR 1 MINUTE WHILE PARTICIPANTS COMPLETE PAGE 88. GIVE 15-SECOND WARNING.

Thanks.

Now, in your groups, take two minutes to share both your challenge and your solution.

ALLOW GROUPS 2 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing everybody.

It's good to know that you're not alone, isn't it? We all have problem foods...and I hope you'll give your solution a try in the next few days. Remember, a healthy life is worth the effort!

Where Are the 75% Plate Superfoods in Your Supermarket?

Let's take a trip to the virtual supermarket now.

Turn to pages 168 in your Participant Workbook, "Where Are the 75% Plate Superfoods in Your Supermarket?" That's where you'll see an overhead diagram of a grocery store.

PAUSE AS PARTICIPANTS TURN TO PAGES 168.

Look up and down each aisle and check off all the Full Plate Superfoods you can find.

Remember, those are the foods that naturally contain fiber and 60 percent or more water. If you need to review what they are, check out your Fiber Guide.

Session 10

Take three minutes to complete your Superfoods Shopping Spree.

You can do this as a group or by yourself.

Get those shopping carts a'rollin'!

ALLOW PARTICIPANTS 3 MINUTES TO CHECK OFF SUPERFOODS. GIVE 1-MINUTE WARNING.

Now let's go through the grocery store section by section and see how you did.

We'll start with the "FRESH PRODUCE" section at the top. You should have checked everything: apples, oranges, bananas, avocados, sweet potatoes, tomatoes, broccoli, carrots, lettuce, grapes, and strawberries.

Now let's look at the "FROZEN FOODS" section. You should have checked off fruits and vegetables.

How about the "BREAD ITEMS"?

Some of you might have checked off bread or tortillas because you were thinking they were 100% whole grain. But because they have less than 60 percent water, they're not weight-loss friendly foods.

Bottom line: There are no Full Plate Superfoods in the bread aisle.

What about "SNACKS & CANDIES?" You might have been tempted to check nuts or seeds, but remember: They're not actually Full Plate Superfoods because they contain just three percent water. So, once again, there are no Superfoods there.

And there are no fiber-rich Superfoods in the "CONDIMENTS" section either.

However, the "CANNED GOODS" section is a different story. Some canned fruits and vegetables and canned beans are Full Plate Superfoods. But there are some cautions that we'll read about in our Quick Tips coming up.

Next we turn to the "PACKAGED PRODUCTS" aisle.

You should have checked off dried beans, pastas, and rice.

But keep in mind that only whole wheat pastas and brown rice are counted as a Full Plate Superfoods. A lot of the fiber has been removed from white pastas and white rice.

What about "PACKAGED MIXES"? Nothing there.

The "CEREALS" section does have oatmeal as a Full Plate Superfood. Hurray, we found one.

By the way, grits don't usually qualify as a fiber-rich Superfood because most of the fiber has been removed. And if you checked granola, thinking it's like oatmeal, remember it also contains added oil and sugar and hardly any water.

PAUSE.

Finally, the last three food sections: "BEVERAGES," "MEATS," "DAIRY & EGGS." Any Full Plate Superfoods there? Zero. Zip. Nada.

This doesn't mean you can't shop from these aisles. Just remember, if you want to lose weight, it's best that 75% or more of your plate be filled with Full Plate Superfoods.

A question for us as a large group: What are the four sections of the supermarket where most of the Full Plate Superfoods hang out?

ALLOW SEVERAL LARGE GROUP RESPONSES.

CORRECT ANSWERS: FRESH PRODUCE, FROZEN FOODS, CANNED GOODS, AND PACKAGED PRODUCTS.

So the moral of the story is this: If you want to have 75% Plate Superfoods at home to help your healthy journey, they have to be in your shopping cart first. It all starts with your cart.

Tip number one: "When it comes to fruits and vegetables, fresh or frozen are best. Canned fruits often have added sugar. Canned vegetables often have too much sodium."

Tip number two: "Canned beans, like pintos and black beans, are often high in sodium. So it's better to rinse and drain them, or buy low- or no- sodium canned beans."

Session 10

Tip number three: “When you’re buying soups, it’s best to look for soups that are loaded with vegetables and beans and lower in sodium. A low amount is 140 mg of sodium or less per serving.

Now it’s time to reflect on the lessons we discussed on setbacks. You’ve taken action and you’re achieving your goals. But some days are harder than others.

- **Failing to Plan For Success** almost always requires that you invest time and energy to reach and maintain your goal. If you fail to plan, or your plans don’t involve enough change, you’re almost sure to regain your weight.
- **Believing in a Magic Bullet** - The airwaves are crowded with commercials promising a simple, single solution for quick, easy weight loss. But no such solution exists. There’s no single “magic bullet” that will let you reach your goal.

Review page 137 - Let's re-iterate using 5 of our 10 tools to sustaining a healthy lifestyle

1. Make a Commitment
2. Makeover Your Negatives
3. Create Safe Havens
4. Drum Up Support
5. Give Yourself Rewards

So remember: you’ll be successful reaching a healthy weight and keeping it, if you use these five tools to help you keep eating Full Plate Superfoods!

PAUSE FOR ANY COMMENTS

Let’s do an activity together that highlights the importance of using the five tools we’ve just listed.

If you would, lay your pen or pencil down on page 169 and don’t touch it.

PAUSE AS PARTICIPANTS POSITION PENS OR PENCILS.

In a moment, I’ll ask you to do something you’ve done thousands of times. But this time it’s going to be a little different.

Using just one finger, try to pick up your pen or pencil. Then, with only that one finger, sign your autograph on the page. Go ahead and do that now. You’ve got fifteen seconds.

PAUSE 15 SECONDS AND CALL TIME.

Times up. Please lay down your pen or pencil again.

Let’s bring an additional tool to the task.

This time use only your thumb and pinky to pick up your pen or pencil and write your name on page 169. Take another fifteen seconds to sign your name on line two using only your thumb and pinky.

PAUSE 15 SECONDS AND CALL TIME.

Times up. Pens and pencils down, please.

With a show of hands, how many of you found it easier to pick up your pen or pencil and sign your autograph using two fingers rather than one?

PAUSE.

Okay, once more—but this time you can use all of your fingers to pick up your pen or pencil and write your name on line three. Give that a try now.

PAUSE FOR 5 SECONDS.

Outstanding! When you made use of all five of your fingers—your five tools—it was much easier to sign your name.

Likewise, when you’re losing weight, you’re much more likely to keep it off if you use the five tools listed on this page while you’re eating fiber-rich Superfoods.

When it comes to reaching a healthy weight, “Five is Better than One.”



BONUS SESSION: GROCERY STORE TOUR

The grocery store tour is bonus material for a non-billed session. Participants in past sessions have expressed that they found the tour very helpful and valuable. If you are able to offer the tour, turn to **page 179** in the Facilitator Script to introduce the tour details. If feasible, consider bringing a thank you card addressed to the grocery store staff who helped with the tour and ask participants to sign it.

SET YOUR SMART GOALS

As always, the last thing we'll do today is decide on our SMART Goals. What can a new and attainable goal be? Think about today's grocery shopping discussion.

Every trip to the grocery store is a chance for a new start. We've learned several new strategies today that can help us move forward—but let's talk about what our next step might be.

Now please turn to page 170 in this session, "Set Your SMART Goals."



ALLOW 1 MINUTE FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.

VIRTUAL FORMAT: I will now join you up with your support partner for two minutes and share your **SMART** Goals with each other.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.

IN CLOSING

Thanks again for joining us for session 10.

Let's all remember that the first step in having a diabetes remission-friendly home is filling a diabetes remission-friendly shopping cart— with 75% Plate Superfoods.





Session 11:

Plan Your Meals at Home and Away

Diabetes Education: Meal Planning and Cooking Strategies

Tips for Eating Out

Full Plate Living: Restaurants

Set Your SMART Goals

In Closing

PLAN YOUR MEALS AT HOME AND AWAY

Description

In Session 11, participants will learn meal planning, cooking strategies, and how to navigate restaurants and still eat a WFPB diet. These strategies are key for following their diabetes remission diet at home after the program ends.

Learning Objectives

1. Identify meal planning and cooking strategies for eating at home and away
2. Summarize knowledge of a diabetes remission diet when eating in a restaurant
3. List 10 tips for upholding your health when not at home
4. Set your SMART goals

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to page 17 for important reminders.

During this session, you'll be asked to describe, in about 30 seconds, a favorite restaurant and what you enjoy eating there. Think about what you'll say before the session begins.



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome to session 21! My name is (FIRST NAME ONLY) and I'll be your facilitator for today's session.

Today we're going to check-in on your goals from last week and learn how to navigate restaurants during your diabetes remission journey.

Today, with the help of our trusty Facilitator Script, we'll discover how to navigate this tricky terrain.

CHECK-IN

Let's begin with our check-in. Turn to your support person and share a success from the week.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Can someone please share one of their successes with the rest of us?

PAUSE FOR PARTICIPANT SHARING

Thank you so much for sharing. Now, those inevitable challenges. Turn to your support person and share a challenge you faced.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to share a challenge they faced last week?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Thanks for sharing. Next week I'm going to ask you to reflect on all of the successes and challenges you've encountered during this program. Take some time this week to look back at how far you've come and be ready to share your favorite successes and any lingering challenges with the group.

Today we'll start by learning some meal planning and cooking strategies to help us with eating in and away from home, and navigate through the tricky terrain of restaurants!

DIABETES EDUCATION: REMISSION MEAL PLANNING AND COOKING STRATEGIES

Welcome back. Since we are nearing the end of our sessions and soon you will be practicing your new eating habits on your own, I want to spend some time going over a few simple strategies that you can implement as you start planning and cooking your own diabetes remission meals. Please turn to **page 175** in your Workbook.

The first strategy is to plan ahead. If you have a plan for your meals each week, you will be much more likely to stay on track. Use meal planning apps or a simple calendar to plan meals in advance.

Look at the upcoming week's schedule and determine how many meals you will need to plan for. Plan quick meals or leftovers for the most hectic days of the week. Be sure to set aside time to batch cook ingredients so meals can be thrown together quickly on busy weeknights. What are some ingredients or recipes that you think might work well for batch cooking?

Soups and casseroles are great make-ahead options. So are sauces and dressings. You can also batch cook beans, whole grains, and roasted vegetables. If you do this, you can easily build bowls and salads throughout the week in just a few minutes. The second strategy is to “make the healthy choice the easy choice”. Remember all of our discussions on how your environment can sway you to eat things that are either good or bad for diabetes? That’s what this strategy is all about. Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you reach for when wanting a snack. Smoothie bowls are a great treat to batch-freeze for later; they will definitely help you stay on track and not feel like you’re missing out on anything. Stock your pantry with staple ingredients that can be assembled into a quick meal. Has anyone made any changes to their environment yet?

PAUSE FOR PARTICIPANT RESPONSES

PAUSE FOR PARTICIPANT RESPONSES.

REMISSION MEAL PLANNING AND STRATEGIES

- 1 Plan Ahead
- 2 Make the ‘healthy choice’ the easy choice.
- 3 Game plan for eating away
- 4 Include the entire family
- 5 Lastly; set weekly goals



Session 11

The third strategy is to always have a game plan when you know you'll be eating away from home or traveling. We already talked about many strategies you can use in restaurants like checking the menu ahead of time and looking for those diabetes remission foods hidden in the sides menu. When traveling, try to pack your own meals and snacks, or stop at grocery stores instead of a fast food restaurant. We also learned that grocery stores are full of the foods that we want to be eating if you know where to look!

The fourth strategy is to include your family in meal preparation. If you have children, allow them to select a new fruit or vegetable to try from the store each week. You can also start a garden, a kitchen counter seed sprouting jar, or even just a small herb plant indoors that children can help take care of. If you find yourself doing all the cooking, assign age-appropriate kitchen tasks to everyone in the family. And remember that if your family is still not on board, that is okay. You can still move forward with your own changes and continue reminding them how important this is to you.

And the last strategy is to keep setting weekly goals. Set aside time each week to reflect on the past week's successes and challenges, and set new goals. This will help keep you motivated and on track.

Take a minute to review these strategies on **page 178**. Which one haven't you tried yet? Which one will you try this upcoming week?

ALLOW 2 MINUTES. GIVE 30 SECOND WARNING.

Now turn to your support person and share which one you plan to try.

ALLOW 2 MINUTES. GIVE 30 SECOND WARNING.

Have one more bonus strategy for you: remember to celebrate success each and every step of the way!

[illegible]

FULL PLATE LIVING: RESTAURANTS

Restaurants: A Dilemma

The Point: You can still eat out—and here's how

Since achieving a healthy weight is a journey toward a slimmer waistline, a restaurant can be a risky place on that journey.

Today, with the help of our trusty Facilitator Script, we'll discover how to navigate this tricky terrain.

Friendship Question

Before we jump in, let's describe our favorite restaurant. Why we like to eat there and what we enjoy ordering on the menu.

A favorite restaurant of mine is...

BRIEFLY—IN 30 SECONDS—TELL ABOUT A FAVORITE RESTAURANT AND WHY YOU LIKE TO EAT THERE, AND DESCRIBE YOUR FAVORITE DISH. MODEL THE SORT OF RESPONSE YOU'D LIKE TO SEE SHARED BY PARTICIPANTS AS THEY TALK TOGETHER.

That's one of my favorites—but how about you?

Please form groups of three. It's okay to turn or move your chairs around so you can sit close together.

When you're in your small group, please take turns describing a restaurant you like—and why it's a favorite place to eat. What's your favorite dish to order? Take two minutes to do that.

HELP PARTICIPANTS FORM GROUPS, IF NECESSARY. STICK TO GROUPS OF 3 IF AT ALL POSSIBLE; IT ALLOWS EVERYONE TO HAVE TIME TO TALK ABOUT A FAVORITE RESTAURANT.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing with your group. It sounded as if we all have a favorite spot we like to visit now and then.

But as much as we may like our favorite restaurants, when it comes to reaching a healthy weight and keeping it, our favorite restaurants may not like us nearly as much.

Let's see what happens when people eat out.

Eating Out by the Numbers

Please turn to **page 176** in your Participant Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 181.

Would someone be willing to read aloud, "Eating Out by the Numbers?"

ALLOW 10 SECONDS FOR A VOLUNTEER TO SPEAK UP. IF NOBODY HAS VOLUNTEERED IN THAT TIME, READ THE SECTION ALOUD YOURSELF.

[HERE'S THE READING ON PAGE 97 OF THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

"American households spend 55 percent of their total food budget on foods prepared outside of the home, up from 25 percent in 1970. Because this marked increase occurred as obesity rates were rising, researchers and policymakers speculate that eating out leads to excess caloric intake and poor diet quality."

"Although it is possible to eat healthy away from home, studies have shown that the foods people select when they eat out generally have more calories, fat, and saturated fat than at-home meals and snacks."

"...Each additional meal or snack eaten away from home adds an average of 134 calories that day, compared with the same meals or snacks prepared at home. Holding all else constant, one additional meal away from home each week translates to roughly 2 extra pounds each year."]

Thanks for reading.

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Now please turn to **page 178** and let's do a little math.

Think about the number of times, on average, you eat out each week. Write that number in the space provided. If anyone needs a pen, I have a few extras to share.

PAUSE FOR 10 SECONDS.

Now multiply that number by two and jot down the total.

PAUSE.

That total is the number of pounds you could gain in one year just by eating out.

PAUSE.

As you can see, for the average person, eating out means gaining weight. In fact, there are many health professionals who tell you to avoid restaurants altogether if you want to lose weight.

In this session, we'll discover some ideas that will give you the best chance of not gaining weight when you eat out.

Why It's So Easy to Gain Weight

Now let's think about why it's so easy to gain weight when we dine in restaurants.

Take the next minute and come up with what you think is the main reason why it's so easy to gain weight when you eat out. Write it in the space provided.

ALLOW 1 MINUTE FOR WRITING. GIVE 15-SECOND WARNING.

Now let's break into small groups of 3 or 4 and brainstorm as many solutions as your group can think of, and write those down as well. Take two minutes to do this.

VIRTUAL FORMAT: I will now break you all into small groups for two minutes.

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Who would like to share what your group came up with as your main reason and your solutions?

ALLOW SEVERAL LARGE GROUP RESPONSES. DON'T LET THE SHARING RUN FOR MORE THAN 2 MINUTES.

Thanks for sharing. You came up with some good ideas.

Hara Hachi Bu

One of the biggest temptations we face at restaurants is overeating.

Actually, that's a temptation we face whenever we eat—at a restaurant, at home, anywhere.

Please turn to page 100 of your Participant Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 100.

You'll see the words, "Hara Hachi Bu."

PAUSE.

With a show of hands, let's see if you know what that means.

Raise your hand if you think hara hachi bu is an ancient form of kung-fu that disables anyone carrying a dessert tray.

PAUSE.

Raise your hand if you think it's a new brand of stay-sharp-forever steak knives available for just \$19.99 plus shipping. And you get a free butter dish if you order before midnight tonight.

PAUSE.

Now raise your hand if you think hara hachi bu is a philosophy practiced by citizens from the Japanese island of Okinawa, which means eating until you're 80 percent full—and then stopping.

PAUSE.

Session 11

Let me repeat that. This time please fill in the blanks on the page. Hara hachi bu is “Eating until you’re 80% full and then stopping.”

PAUSE.

Thanks for taking that test!

Okinawans are among the healthiest, longest-lived people on the planet. And one of their secrets to a long, healthy, active life is not over-eating.

It’s easy to overeat because it takes our brains about 20 minutes to realize how full our stomachs are. That means, if you keep eating until you feel full, you’ll overeat and gain weight.

But, if you practice hara hachi bu, and give your brain time to catch up with your stomach, you’ll feel pleasantly full about 20 minutes after your meal.

Now obviously, you can’t look inside your stomach and see how full it is, so how do you know when it’s 80% full?

The answer: It takes practice to know how to stop eating when you’re satisfied but could still eat more.

On this page, there are five ways to help you practice hara hachi bu in different settings.

If you would, get in your group and take two minutes to read through these suggestions. And then add a few of your own to the list. Go ahead.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I’ll now break you up into pairs or small groups.

ALLOW 2 MINUTES FOR GROUPS TO WRITE. GIVE 30-SECOND WARNING.

I’d love to hear the suggestions you added to your list. If you would, please call out some of the strategies you jotted down. And, by the way, if you hear one that you think would be helpful to you, write it down. Who would like to share?

ALLOW SEVERAL GROUP RESPONSES.

Thanks for your ideas.

Your suggestions will help me avoid overeating the next time I’m tempted. I appreciate the help!

Let’s have a quick cheer for hara hachi bu. Here’s how it goes: “Hara hachi bu allows a healthier you.” Please say this with me: “Hara hachi bu, allows a healthier you.”



Movement Break: Arm Swings

- Take a deep breath in and slowly let it out
- Sitting or standing breath in again and lift arms in front and to the sky
- Lower all the way down and behind as you breath out
- Repeat a few times
- Can be done sitting or standing
- Helps reduce stress and promote relaxation

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Restaurant Power Up

As we mentioned earlier, restaurants are risky places for people trying to lose weight.

So when we eat out we need the help of our friends, the 75% Plate Superfoods. That's how we can eat a full plate and not gain weight at a restaurant.

The following sixteen pages list these eight menus along with a picture of an empty plate. Do you see those? They include many different restaurant choices.

As a group, choose any one of the menus. Your goal is to find as many 75% Plate Superfoods on the menu as you can. Don't worry about an exact number. Just list as many as you find on the empty plate.

Then total the number of food items and write it in the space provided.

To show you how to do this, let's go over one example.

Turn to the Mexican restaurant menu on page 182.

PAUSE AS PARTICIPANTS FIND MEXICAN MENU ON PAGE 182.

At the top of the right column you'll see, "Baja Chicken Fajitas." Did everyone find it?

Go ahead and read the description of the entrée to yourself and count the number of ingredients that are 75% Plate Superfoods.

Take ten seconds to do this.

WAIT 10 SECONDS.

So who would like to tell me the number of fiber-rich Superfoods you found and specifically what they are?

WAIT FOR RESPONSE.

The correct answer is 6: sautéed red onion, red bell peppers, zucchini, yellow squash, pico de gallo, and avocado.

PAUSE.

When you do this in your groups, you'll write all the Superfoods you find on the empty plate opposite the menu.

If a food item is listed more than once, just write it on the plate one time. Review your entire menu and look everywhere for 75% Plate Superfoods. Be sure to check out the side dishes.

That's where you'll often find them the most.

If you need to refresh your memory about what 75% Plate Superfoods are, check your handy dandy Fiber Guide, **pages 63-72**.

Take the next six minutes to do this as a group.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

Choose one menu, and remember: don't worry about an exact number. Just list as many fiber-rich Superfoods on the empty plate that you can find. Go ahead.

ALLOW 6 MINUTES. GIVE 1-MINUTE WARNING.

Did any group do the Mexican menu? If you did, please read off the Full Plate Superfoods you found and tell us the total number.

WAIT FOR RESPONSE. IF MORE THAN ONE GROUP RESPONDS, PICK ONE.

IF NO GROUP DID THAT MENU, GO TO THE ITALIAN MENU.

Did any group do the Italian menu? If you did, please read off the 75% Plate Superfoods you found and tell us the total number.

WAIT FOR RESPONSE.

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IF NO GROUP DID THAT MENU, GO TO THE ASIAN MENU.

How about the Asian menu?

WAIT FOR RESPONSE.

IF NO GROUP DID THAT MENU, GO TO THE STEAK/ GRILL/ SEAFOOD MENU.

How about the Steak/Grill/Seafood menu?

WAIT FOR RESPONSE.

IF NO GROUP DID THAT MENU, MOVE ON.

What about Fast Food? Did any group do that menu? If you did, please read off the Full Plate Superfoods you found and tell us the total number.

WAIT FOR RESPONSE. IF MORE THAN ONE GROUP RESPONDS, PICK ONE.

IF NO GROUP DID THAT MENU, GO TO THE CREOLE MENU.

Did any group do the New Orleans Creole menu? If you did, please read off the 75% Plate Superfoods you found and tell us the total number.

WAIT FOR RESPONSE.

IF NO GROUP DID THAT MENU, GO TO THE HAITIAN MENU.

How about the Haitian Restaurant menu?

WAIT FOR RESPONSE.

IF NO GROUP DID THAT MENU, GO TO THE SOUTHERN/ SOUL FOOD MENU.

How about the Soul Food Menu menu?

WAIT FOR RESPONSE.

Remember, if you don't want to gain weight when you eat out, pile your plate with 75% or more Full Plate Superfoods.

PAUSE.

So what about your favorite restaurant? The one you

talked about at the beginning of the session?

Does your favorite restaurant have the number of superfoods you need to make better choices? If not, you might want to consider choosing a restaurant that offers more fiber-rich Superfoods.

Ten Tips for Holding Your Own

In addition to choosing a restaurant loaded with 75% Plate Superfood options, you'll notice on **page 196** tips for holding your own when you're eating out.

PAUSE.

Maintain the Progress You've Made

Now it's time to shift gears and take another look at the Stages on Your Healthy Living Journey.

So please turn to **page 178**.

PAUSE AS PARTICIPANTS TURN TO PAGE 180.

Who would like to read this page out loud?

ALLOW 10 SECONDS FOR A VOLUNTEER TO SPEAK UP. IF NOBODY HAS VOLUNTEERED IN THAT TIME, READ THE SECTION ALOUD YOURSELF.

HERE'S THE READING ON PAGE 180 OF THE PARTICIPANT WORKBOOK FOR YOUR CONVENIENCE:

Being in this stage means you've achieved your weight and health goals and maintained them for at least six months. All the things you did until now when you were losing weight are now becoming a part of your new lifestyle.

Here are four principles to help you maintain:

1. Protect your progress

Maintaining safe havens is critical even when you've lost all the weight you want. Even if "problem food" seems like a distant memory, it's still best to keep a healthy distance. When a stressful event happens and a problem food is nearby, it can trigger old habits.

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2. Creating a new lifestyle

Since stress can often trigger old eating habits, developing new habits where food is not the focus of the activity is the key. Some of your best options would be ones that would include physical activity.

3. Check your thinking

What you think and say to yourself has an enormous effect on your attitude and behavior. Your attitude towards reaching a healthy weight is as important as your ability to lose weight, so pay close attention to your thinking.

4. Help someone else

Helping someone else lose weight will also help you lose weight and keep it off."

Thanks for reading.

Now I'd like us to try something that may seem a little odd. I'd like you to imagine that while you're asleep tonight a miracle takes place: You wake up in the morning with all the weight you wanted to lose gone. You're right where you want to be. Amazing!

Besides the way you look and what the scale says, what would be different in your life? How would your life improve?

Take the next two minutes to think about these questions. Then write down your answers on page 181.

ALLOW 2 MINUTES FOR INDIVIDUALS TO THINK AND WRITE. GIVE 30-SECOND WARNING.

Now please break up into your groups and take the next two minutes to talk about what you wrote down.

ALLOW 2 MINUTES FOR GROUPS TO SHARE. GIVE 30-SECOND WARNING.

Thanks for sharing. Imagining how life will be better after we reach our goals can help us stay motivated on our journey toward health.

Drum Up Support

We all know reaching a healthy weight and keeping it is very hard to do alone. You'll find it's far easier if you ask others for their help—especially when you're feeling stressed and overwhelmed.

But don't expect people to read your mind. Create a circle of support by telling people what you need.

Here's an example of how to have a conversation with your support team.

"I'm on a journey to lose weight, and I'd love to have your support. Here's how you can help me:

- Offer help when you see I'm overwhelmed and I'm eating to manage my stress.
- Regularly tell me you're proud of me. A little encouragement goes a long way.
- Don't keep asking me how I'm doing.
- No nagging. I need you as a friend, not an accountability partner to check my progress.
- I'm asking for your help because I value your friendship. Thank you for walking with me on my health journey."

This is a perfect time to consider who might come alongside you to support you on your continued health journey.

Closing Thoughts

Though we are nearing the end of our Full Plate Living segments, for most of us it's not the end of our health journey. We haven't yet arrived at our ultimate goal—the place we'll feel good about giving ourselves that big reward we identified.

I want to thank you for being here—for caring enough about your health and your families that you're willing to look at getting healthier.

Again—thank you for being here and for all you've done to support each other and me. We're on our way ...together.

Session 11

And a quick reminder: If you want to rev up your healthy life, keep moving by adding some physical activity while you're filling your plate with 75% Plate Superfoods. You'll see what a difference it makes.

Best wishes as you continue on your journey!

Resources on Dining Out:

USDA Economic Research Service. *Food Prices and Spending*. November 6, 2020. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

USDA Economic Research Service. *Eating out increases daily caloric intake*. 2011. <https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=74986>



SET YOUR SMART GOALS

As always, the last thing we'll do today is decide on SMART Goals. But this one is special, because these are the last SMART goals that we will set to work on during our LEADR program time frame. Next session we will be looking long-term and setting broader goals to sustain ourselves beyond the program going forward! So for now, what can a new and attainable goal be?



Think about today's discussion about restaurants, eating out and take-out food.

What could your Goal 1 be to make it healthier? Goal 2 could be centered on the ten tips we covered. You decide.



IN CLOSING

We are nearing the end of our time together. But this journey doesn't end with this program – my hope is that you all continue on long after our time together ends.

Remember to reflect on your favorite successes from our past sessions. Also, think about any lingering challenges you're facing. Bring them next week so we can work through them together. I hope you all have an excellent week!



Session 12: Prepare for the Journey Ahead

Diabetes Education: Remission Review

Teaching Kitchen: Loaded Veggie Sandwich,
Chickpea of the Sea, Quesadillas

Preparing for Your Journey Ahead

Creating Safe Havens

Success Story

Setting Long-term SMART Goals

In Closing

PREPARE FOR YOUR JOURNEY AHEAD

Description

In Session 12, participants will solidify their commitment to a diabetes remission lifestyle by reviewing what they've learned in the program. They will hear a final inspiring success story about someone like themselves and prepare for their health journey ahead with tips to avoid setbacks and set long-term goals.

Notes to Facilitator

Thanks for facilitating this session! As facilitator, you'll create an environment that's safe, supportive, and accepting.

Please refer back to page 17 for important reminders

Refer to the LEADR Planning Guide for Teaching Kitchen supplies if needed.

Learning Objectives

1. Identify and review key strategies in putting diabetes into remission
2. Implement new strategies for following a WFPB after the program ends
3. Setting long-term SMART goals



WELCOME

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

Welcome everyone! Can you believe that we're already approaching the end of our LEADR program together?

My name is (FIRST NAME ONLY) and I'll be your facilitator for this session.

I'll do my best to see that we have fun as we discover more about how to overcome diabetes and gain

greater health. I've got my trusty Facilitator Script with me and some good stuff to share—so let's dive in!

Today we're going to reflect on your journey through this program. It's so important to pause and look back on how far you've come. We're also going to cover our three last recipes, including another template - sandwiches and talk about creating safe havens for ourself. We'll end by learning a few more tricks of the trade for putting diabetes into remission and setting long-term goals to prepare for your journey ahead.



CHECK-IN

How has your goal achievements been going for everyone? Let's share challenges and successes with our partners for two minutes.

IN-PERSON FORMAT: Please turn to the person next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to start us off by sharing a success from the week? Nothing is too small. Every win matters.

PAUSE FOR PARTICIPANT SHARING

Now, turn to the same person you shared with before, and share a challenge you faced.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Now, who wants to share a challenge they faced last week?

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP. INVITE OTHER PARTICIPANTS TO OFFER SUGGESTIONS. IF THE CHALLENGE IS SOMETHING THAT WILL BE ADDRESSED IN A FUTURE SESSION, LET THE PARTICIPANT KNOW THIS.

Now, let's take a step back and look at your journey as a whole. Last week I asked you to think about some of the successes and challenges that really stand out to you from the last twelve weeks. Turn to your support person and share some of your greatest successes from the program.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

I would love to hear some of your favorite successes. Who wants to start?

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE. MAKE SURE EVERY PARTICIPANT SHARES AT LEAST ONE SUCCESS.

What about challenges? What challenges have persisted throughout the program for you? Share with your support person.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

I would also love to hear about your biggest challenges. Who wants to start?

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE. MAKE SURE EVERY PARTICIPANT SHARES AT LEAST ONE CHALLENGE. IF APPROPRIATE, ASK IF THE PARTICIPANT WOULD LIKE TO TROUBLESHOOT THEIR CHALLENGE WITH THE GROUP.

Remember that facing challenges doesn't mean you're doing something wrong. Bumps in the road are part of every journey and you will continue to experience them as you keep going on this journey. The key is to remember that every new meal, every new day is a new opportunity to start fresh. Also, you can return to the material from this program at any time if you need a refresher.

DIABETES EDUCATION: REMISSION REVIEW

Let's do a little review of what we've learned about diabetes remission. Then, we'll talk about a few more strategies to help you keep going on your journey.

First, we learned that your susceptibility to type 2 diabetes is related to your personal fat threshold, your genetics, and how much energy you're taking in as well as how much or little you're burning. We also learned that your genes are NOT your destiny! You have the power to rewrite your future, and that's what you've been doing in this program.

We also learned that when the little locks (insulin receptors) in your cells get "rusted" or clogged with fat, then the key (insulin) won't unlock the door and glucose can't get in. This eventually leads to high blood sugar and insulin resistance.

The best way to clean out the locks? A WFPB eating pattern – the way you've been eating during this program. Remember that a WFPB diet is an eating pattern that emphasizes a variety of nutrient-dense, minimally processed vegetables, fruits, whole grains, beans and legumes, and nuts and seeds. Eating this way has been a big change for many of you, but it doesn't need to be complicated or hard. You now have many recipes to choose from when you're meal-planning for the weeks ahead. This way of eating is high in filling fiber and low in fat – the perfect recipe for diabetes remission.

Not only did you create strategies for sticking to this eating pattern at home, you also learned how to shop for WFPB foods and how to eat this way when you're dining out or in social situations. In other words, you can do this – you have everything you need to stick with this. The best thing you can do is plan ahead.

That being said, you will definitely encounter challenges along the way. Whether it's a negative thinking, an unsupportive family member, or a hectic day, it's okay to make mistakes. Don't let them derail you. Simply start again at your next meal. And you now have a toolbox filled with ways to handle tricky

situations! You know how to let people in your life know how important this is to you. You know how to makeover negative thoughts. Next time you think "I don't have enough time to prepare WFPB meals... It's just too much for me." Replace it with, "it may not be perfect, but I can take five minutes to open a can of beans and heat them up."

In addition to what you eat, you also learned that how much we move also factors in to diabetes remission. You learned to take a 10-minute walk after meals, to take frequent breaks from sitting, and to schedule 150-300 minutes of aerobic exercise and strength training into your week. This is so important for your diabetes remission journey.

Take some time to flip through your workbook and think about all the strategies you've learned to put your diabetes into remission. Pick one strategy that feels most important and impactful to you. We will all take turns sharing our favorite strategy. It will be helpful to hear others' choices. It will remind you of all that you've learned and all that you have to lean on as you moved forward.

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Okay, who wants to get us started?

ALLOW EACH PARTICIPANT TO SHARE THEIR FAVORITE STRATEGY. DISCOURAGE LONG ANSWERS SO THAT EVERYONE HAS A CHANCE TO SHARE. IF YOU HAVE A LARGE GROUP, BREAK THEM INTO SMALLER GROUPS TO SHARE THEIR STRATEGIES.

See how much knowledge you've gained? You have everything you need to continue on your journey. It's right here in this workbook.

Now, take a moment to look back at your Vision Statement that you wrote at the beginning of this program. In what ways are you getting closer to that vision? How will you continue to move closer to it?

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Session 12

Get together with your support person and take turns reading your Vision Statements out loud. Share how you’ve gotten closer and how you plan to continue moving towards it. Now I want you to rethink your vision and refresh it. How has it changed and what would you refine after all that you’ve learned about yourself during this program?

ALLOW 4 MINUTES. GIVE 30-SECOND WARNING.



Challenges along the way:

- First thing: Plan Ahead
- Expect challenges
- Mistakes okay - simply start again

Toolbox:

- Remind others how important this is
- Makeover negative thoughts
- Add movement
- Remember your own strategies



TEACHING KITCHEN: LOADED VEGGIE SANDWICH



TO SAVE TIME, PRE-ASSEMBLE ENOUGH SANDWICHES FOR THE PARTICIPANTS SO THEY ARE READY TO SERVE.

Today I'm going to demonstrate that you can make a delicious, satisfying sandwich without any meat or cheese. A Loaded Veggie Sandwich is a great lunch option when you're craving something substantial. And just like many of the recipes we've made in this program, the options are endless. You can switch up this sandwich with different ingredients to make it your own.

LOADED VEGGIE SANDWICH: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

KEY POINTS TO COVER WHILE COOKING:

How to choose a whole grain bread: The bread aisle can be really overwhelming! Unfortunately, you

can't simply rely on the front of the package – just because a package says “made with whole grains” or the product looks darker in color doesn't mean it is actually whole grain. The best way to choose a whole grain bread is to turn the package over and look at two things:

1. **Ingredient list:** The first ingredient in the list should start with “whole”. Example: “whole wheat flour”. You might also see the term “sprouted” as in “sprouted wheat”. This also indicates that it is a whole grain.
2. **Fiber amount:** Try to choose bread that has at least 3 grams of fiber per slice. You'll also want to look at the serving size to make sure 1 serving = 1 slice.

Swaps: Instead of hummus, spread your sandwich with Cowboy Caviar or black bean dip. Use any veggies you'd like to load up your sandwich with. For extra flavor, add a splash of your favorite vinegar, a few slices of avocado, or a sprinkle of dried herbs.

Sides: Instead of potato chips which tend to be high in fat and salt, try something else crunchy like sliced carrots or bell peppers. If you prefer something sweet alongside your sandwich, try a whole piece of fruit or a serving of the fruit salad we made in the last session.

SERVE SANDWICHES



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: CHICKPEA OF THE SEA

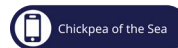


Today we're going to make another recipe that's perfect for a quick lunch. It's also very versatile – you can enjoy it in many different ways. Chickpea of the Sea, which is a play on tuna salad, only takes 5 minutes to make and there is no cooking involved! How great is that?

CHICKPEA OF THE SEA: INTRODUCE EACH INGREDIENT IN THE RECIPE AND FOLLOW THE RECIPE, READING EACH STEP OUT LOUD AS YOU GO.

Just like our Cowboy Caviar from a couple of weeks ago, we're going to try today's recipe in a few different ways. First, you could eat this piled on top a slice of toasted bread or sweet potato toast as an open-faced sandwich. Second, you could pile it into lettuce boats for some extra crunch and extra leafy greens. Today you'll get to try both!

ALLOW PARTICIPANTS TO SERVE THEMSELVES TWO VARIATIONS OF THE MEAL. WHEN EVERYONE IS SERVED, SPEND A FEW MINUTES ASKING PARTICIPANTS TO SHARE THEIR FAVORITE RECIPES FROM THE PROGRAM SO FAR. ASK THEM WHAT THEY LIKE ABOUT THEIR FAVORITE RECIPES AND HOW THEY PLAN TO EAT THEM AT HOME.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

TEACHING KITCHEN: SWEET POTATO BLACK BEAN QUESADILLAS (5 MIN SCRIPT OR 30 MIN LIVE DEMO)



For our last session in the kitchen, we're going to make one of my favorite recipes: Sweet Potato Black Bean Quesadillas. They are simple to prepare and absolutely delicious. These quesadillas are protein-packed, fiber-rich, and the perfect addition to your weeknight rotation.

SWEET POTATO BLACK BEAN QUESADILLAS:
INTRODUCE EACH INGREDIENT IN THE RECIPE
AND FOLLOW THE RECIPE, READING EACH STEP
OUT LOUD AS YOU GO.

KEY POINTS TO COVER WHILE COOKING:

Substitutions: Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato. There are now so many varieties of sweet potatoes to choose from in the grocery store. Look for purple Japanese potatoes (a milder version), and white flesh sweet potatoes. Swap black beans for black-eyed peas, pinto beans, or kidney beans.

Choosing whole grain tortillas: Use the same guidelines as when choosing whole grain bread. Look for the word "whole" in the first ingredient on the ingredient list and aim for at least 3 grams of fiber per serving.

Cooking Method: If you don't have a grill, you can make these quesadillas on a stove top.

Serving ideas: Serve quesadillas with guacamole, salsa, non-dairy plain yogurt (unsweetened), or sliced bell peppers.

SERVE QUESADILLAS. WHILE PARTICIPANTS ARE EATING, ASK THEM TO SHARE ANY NEW PLANT-BASED INGREDIENTS OR RECIPES THEY'VE TRIED SINCE STARTING THE PROGRAM.



Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

PREPARING FOR YOUR JOURNEY AHEAD

Setting Up Supportive Social Networks

We have almost completed our LEADR program together, and each of you has made such progress as we've learned the habits of remission together. Soon you will go solo without the support and reinforcement of our group meetings. Note how helpful this has been through the weeks we've had together.

A crucial key to success is keeping that support up by creating our own support system. Congratulate yourself on starting this network around you! Now let's think about how to continue and sustain a supportive network. Let's take a minute to consider those special people who have supported our healthy lifestyle choices and whom we can count on as we go forward. Please turn to page 207 in your workbook.

PAUSE AS PARTICIPANTS FIND THE WORKBOOK PAGE

Think about the people in your life and jot down those who might be on your trusted supporter list. They could be a lifelong family member or a newfound friend. Take a couple of minutes to jot down all potential people on your list.

ALLOW 2 MINUTES FOR PARTICIPANTS TO THINK AND WRITE

Now let's get in our small groups and share a bit about how you have set up a support system. You can strategize together to come up with plans to solidify a support plan.

IN-PERSON FORMAT: Please break into small groups and share for two minutes

VIRTUAL FORMAT: I will now break you into your groups for two minutes

ALLOW 2 MINUTES.

Now let's get back together.

GIVE 30-SECOND WARNING TO COME BACK TOGETHER

Before you leave this session, please arrange with one or more of your LEADR friends here to keep in touch with. Make sure you have their phone numbers(s) so that you can check up on each other. Choose to meet regularly to find out how each of you is doing with your goals. Now think of the rest of the people in your life; who are the people who are supportive of your health and remission journey? Can you think of trusted friends or confidants who can also become accountability buddies? Having people to verbalize your goals with will keep you on track and set you up for a lifetime of improvement.

Continue with Setting Goals

Keep making new SMART goals for yourself. Write them down in a journal or keep track of them in your calendar.

Today we will talk about maintaining safe havens in your life, another fundamental key to successful remission. If the foods that don't support your goals of improved health are not around, you won't eat them. So remember to keep your pantry, kitchen, and workplace as supportive as possible to help you maintain your goals. In addition~

- Remember your movement and exercise goals, as these should stay in your daily life to build upon
- Recognize and be mindful of the stresses and triggers in your life
- Gift yourself the sleep you need and deserve to heal and support immune function and remission

In summary, as we've learned here, it's not just one thing that gets you into remission; it's a combination of healthy eating, a self-caring attitude, and a healthy lifestyle pattern. As you know, this can take time, but each part affects the others to improve health or encourage disease, and though we can't control everything in our lives, we do have control over many habits and environmental factors. Be proud of what you've accomplished on your journey, and keep going!

CREATING SAFE HAVENS

Let’s end with a little more about an important tool that we’ve talked about. Think of it as a mind-set: creating your safety zones.

Please turn to page 208 in your Workbook.

PAUSE AS PARTICIPANTS TURN TO PAGE 208.

Who would like to read, “Create a Safe Haven at Home”?

ALLOW A VOLUNTEER TO READ ALOUD. IF NOBODY VOLUNTEERS IN 10 SECONDS, READ IT YOURSELF.

[HERE’S THE READING ON PAGE 207 OF THE PARTICIPANT GUIDE FOR YOUR CONVENIENCE:

“If you are trying to eat a healthier diet and reach new health goals, how helpful would it be to keep a gallon of Super Chunky Chocolate Chip Double Fudge Swirl Delight in your freezer? If living a healthy lifestyle is your goal, how will keeping a bowl of jelly beans on your desk help you succeed?

To a great degree the environment you live in determines your behavior. If living a healthy lifestyle is important to you, it’s vital you make your home and work place as supportive as possible.”]

Thanks for reading.

Now take the next four minutes to complete page 208 and 209 on your own.

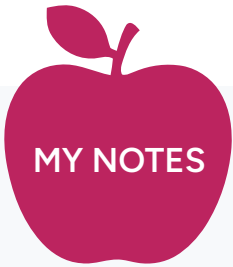
ALLOW 3 MINUTES FOR PARTICIPANTS TO COMPLETE PAGE 208 and 209. GIVE 30-SECOND WARNING.

In your group, take the next three minutes for each one of you to share the most important thing you would need to do to create a safe haven at home and at work.

ALLOW GROUPS 3 MINUTES TO SHARE. GIVE 1-MINUTE WARNING.

Thanks for sharing with each other

READ SUCCESS STORY ALOUD





Movement Break: March & Stretch

- Take a deep breath in, and slowly let it out
- Briefly march in place
- Add light upper and lower body stretches as you march or in between marches; whatever feels best
- Reinforces movement as a daily habit

SUCCESS STORY:

I want to share another story about someone who was able to put their diabetes into remission.

READ SUCCESS STORY ALOUD

VISHNUKU

I had lived with Type 2 Diabetes for over 15 years, treated with medication. Initially I was taking 500 mg of Metformin, 1 tab a day with food. My HbA1c level was around 6.2. This level slowly started increasing in 2022, with the Metformin dosage steadily increasing from one 500 mg tab/day to two tabs/day, then three tabs/day, and ultimately four tabs/day.

While I did walk regularly, my diet at the time included a lot of fast food, burgers and sandwiches. While we ate traditional Indian food at home and my wife didn't eat meat, I would have meat, including red meat, at least two or three times per week. In restaurants. Pizza was also a favorite.

In January 2023, my HbA1c level increased to 7.2, and I was informed by my primary care doctor that we may have to change the medication to stronger ones, including taking daily Trulicity insulin shots for the rest of my life. This kind of jolted me. I was fortunate enough to have a lifestyle medicine doctor as a family friend who was also my cardiologist. When I went to see him, he shared the benefits of this diet for diabetes as well as heart health. I decided to try lifestyle change doctor allowed me to try this lifestyle intervention for three

months, but I ended up continuing it as a permanent lifestyle change.

In January 2023 I changed my diet completely, eliminating simple carbohydrates: no sugar, bread, or rice. I had salads daily, and for proteins, I mainly ate pulses and lentils, which are common Asian Indian foods, but added tuna or chicken into my salads at times; about twice a week.

Unfortunately, in September 2023 an angiogram revealed 80% blockage in three left arteries, two were left LAD, and one was the left circumflex. I went through triple bypass surgery and am now doing well as I finish up rehabilitation.

My diet now is based on traditional Indian food. I usually eat a light breakfast with one egg, vegetables, and a large glass of tea with milk – Indian chai. In the afternoon, I eat a light lunch, one of Indian items my wife makes, with wheat flour with vegetables and at least a piece of fruit, very minimal use of use oil. Evening is a regular meal – chapati Indian bread, one or two vegetable dishes, and frequent lentils, rice, and dal/lentils. Overall, we eat a lot of vegetables, rice, lentils,

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fruit, a little bit of milk, no cheese, not much oil. I no longer add chicken or tuna to my salads.

I continue to walk every day, mostly an hour, and twice a week two. I notice that when I don't walk, my blood pressure goes up. One thing that my LM cardiologist suggested which has been very helpful for me is to maintain a period of fasting between dinner and breakfast the next morning – I usually finish dinner by 6pm, and then I next eat at breakfast at 8am the next day.

Today my HbA1c level is now 5.9. My fasting sugar level in the morning is around 80-100 and my weight

has now decreased by 24 pounds, from 198 pounds in 2022 to the current 174 lbs (Feb. 2024). I am no longer in danger of needing insulin. Though I continue to take the same dosage of Metformin, I plan to slowly reduce this along with my blood pressure and cholesterol medications.

From my experience, I can share that diabetes can be controlled in just a few months of following a strict diet. It's not easy but can be done. Food, in my opinion, is the most important thing to watch.



WHAT'S CHANGED?

This is our last activity before we set our long-term goals, and for many of us it's a new beginning to our health journey. We have the opportunity and the tools to strive for our ultimate goal, which for many of us is remission from diabetes and a lifestyle of wellness.

I want to thank you for being here—for caring enough about your health and your families that you're willing to continue your journey.

For our last activity, please turn to page 211.

PAUSE AS PARTICIPANTS TURN TO PAGE 211.

Please take the next two minutes to answer the seven questions on that page.

ALLOW 2 MINUTES. GIVE 30-SECOND WARNING.

Now please huddle up one last time in your groups and take the next two minutes to share what has changed for you since the beginning of the program?

ALLOW 2 MINUTES. GIVE 30- SECOND WARNING.

Thanks for doing that. There's a good chance you've discovered the slow, steady baby steps you've been taking have moved you forward.

And that's good news



SETTING YOUR LONG-TERM PLAN USING SMART GOALS



Remember that this last meeting today is not the end of your journey but the beginning of a lifetime of diabetes remission. Like every journey, there's always a next step. Let's talk about your future goals, not only for the coming week, but for the upcoming month and then the next six to twelve months, using our **SMART** Goals format. So turn to **page 212** and let's think about how you will continue your journey of remission into the near future, and the rest of your life!

CONTINUE TALKING AS PARTICIPANTS TURN TO PAGE 212.

Take a look at the examples in your workbook and think about your long-term goals. What steps will support them?

This is your invitation to create creates long-term strategies for success. For these goals please keep in mind your updated vision statement to identify future steps to take towards achieving it, and in your long-term goals, make sure to include how you will hold yourself accountable to each one. Also consider what support system you will need to achieve them, and the people you can call on to keep you on the right track.

So here, I'd like you to decide on your goal or goals for the upcoming week and then goal or goals for the coming month, and then consider what is doable in the next six to twelve months. I'll give you 5 minutes and then we'll break up into smaller groups to discuss them.

ALLOW 5 MINUTES FOR PARTICIPANTS TO WRITE.

GIVE 15-SECOND WARNING.

Thank you for making that commitment to yourself.

Let's now have you meet with someone here for 5 minutes and share your **SMART** Goals with each other.

IN-PERSON FORMAT: Please turn to the person or couple people next to you and share the goals you set.

VIRTUAL FORMAT: I'll now break you up into pairs or small groups.

You'll have 5 minutes to talk them through together. Remember to really use the **SMART** format. You can help whoever you're with by checking that their goals are specific, measurable, action-oriented, relevant, and time-limited.

Remember that whether you are talking to your support partner right now or not, you should definitely plan to be talking to them at your regular time between now and our next session.

ALLOW 5 MINUTES FOR PAIRS OR SMALL GROUPS TO SHARE. IF PREFERRED, HELP IN-PERSON PARTNERS IN ATTENDANCE FIND EACH OTHER.

FOR VIRTUAL SETTINGS, PAIR THEM INTO BREAKOUT ROOMS. FACILITATOR CAN FILL IN AS A PARTNER IF NEEDED.

GIVE 15-SECOND WARNING.

IN CLOSING

Again, though this is our last time together, it is only the start of each of our health journeys. Remember to think of this as a life-long journey that never really ends, but does get easier with time.

I want to thank you for being here—for caring enough about your health and your families that you're willing to work on getting healthier.

As you may remember, we asked you to fill out some surveys at the beginning of the program. It's very important that we be able to track the changes that happen for participants - this will help make the program better and it will help demonstrate the value.

Please take the next 10 minutes to complete the surveys we just emailed to you. Thank you for your input!

Thanks for doing that. There's a good chance you've discovered the slow, steady baby steps you've been taking have moved you forward.

Again—thank you for being here and for all you've done to support each other. We're on our way ...together.

Finally, your support network is a powerful piece of sticking with this long-term. I have sent an email invitation for you to add your contact information if you would like to stay in touch with this group. After I have everyone's information who wants to participate, I will send out an email to share it with the group.

PASS AROUND CONTACT INFO SHEET. MAKE IT CLEAR THAT SHARING INFORMATION IS NOT REQUIRED, AND ONLY THOSE WHO SHARE THEIR INFORMATION WILL RECEIVE THE EMAIL.

We have one more date to meet again, which is (DATE AND TIME OF FOLLOW-UP SESSION) where we will check in with one another, and to get another dose of inspiration from the Game Changers movie.

Best wishes as you continue on your own journey in health!





Program Follow-up Session

Continue Your Success

Follow-Up and Group Support

Get Inspired All Over Again: Documentary Movie, Game Changers

Movie Discussion

In Closing

PROGRAM FOLLOW-UP SESSION

Description

In the follow-up session, participants will watch the film *The Game Changers* and discuss the movie as a group.

Learning Objectives

1. Review and discuss the main points and outcomes of the documentary film *The Game Changers*
2. Formulate **SMART** Goals

PREPARATION FOR FOLLOW-UP SESSION

Items Needed by Facilitator:

- Facilitator Script
- Extra pens or pencils
- Timer for timing each activity
- Name tags for participants (optional)
- The Game Changers movie

Notes to Facilitator

This movie session will run longer than most. The movie runs 86 minutes and the whole session will run about 2 hours

Welcome and Follow-up

Welcome back to our LEADR group! It's great to see you again. I appreciate you coming back to our safe place to get inspired all over again!

We will spend our time together watching an inspirational movie but first I want to run a quick check-in with you to learn how it's been keeping up your health goals. Let's do this together as a group. Does anyone have thoughts or experiences to share with the group about any challenges or successes? Remember, nothing's too small as every step counts.

PAUSE FOR PARTICIPANT SHARING. OFFER WORDS OF ENCOURAGEMENT FOR EACH CHALLENGE SHARED. IF APPROPRIATE, ASK IF THE PARTICIPANT OR THE GROUP WOULD LIKE TO TROUBLESHOOT A CHALLENGE.



MOVIE: THE GAME CHANGERS

Now we get to sit back, relax among old friends, and enjoy today's inspiring movie, *The Game Changers*. This documentary follows professional athletes who eat the way you are eating in this program and are top-performers in their sport. You'll see some familiar faces like Arnold Schwarzenegger, Jackie Chan, and the Tennessee Titans football team. This movie is also going to bust a lot of myths about protein, strength, and meat.

PLAY THE GAME CHANGERS. YOU CAN FIND THE LINK TO IT [HERE: https://gamechangersmovie.com/the-film/where-to-watch/](https://gamechangersmovie.com/the-film/where-to-watch/). WHEN THE MOVIE IS FINISHED, ALLOW PARTICIPANTS TO TAKE A 10 MINUTE BREAK.

MOVIE DISCUSSION

USE THE QUESTIONS IN THE PARTICIPANT WORKBOOK AS A WAY TO GUIDE THE DISCUSSION. YOU DO NOT HAVE TO FOLLOW THE QUESTIONS WORD FOR WORD. ALLOW THE PARTICIPANTS TO GUIDE THE DISCUSSION AS MUCH AS POSSIBLE. ALLOW THEM TO SHARE REACTIONS, QUESTIONS, AND THOUGHTS.

I'm looking forward to hearing your thoughts about the movie. First, I'd like for you to turn to the person next to you and share your general thoughts about it.

ALLOW 2 MINUTES FOR PARTICIPANTS TO SHARE

Who wants to share their thoughts about the movie?

Was there anything you heard or saw that surprised you?

PAUSE FOR PARTICIPANT RESPONSES.

What did you like most in the movie? For example, was there a message you really liked or a certain person's story?

PAUSE FOR PARTICIPANT RESPONSES.

What parts of the movie seemed challenging or difficult?

PAUSE FOR PARTICIPANT RESPONSES.

After today's session, you'll be halfway finished with this program. After watching the movie, how are you feeling about going through the second half of this program?

PAUSE FOR PARTICIPANT RESPONSES.

What questions do you have after watching the movie?

PAUSE FOR PARTICIPANT RESPONSES. HELP ANSWER ANY QUESTIONS OR POINT PARTICIPANTS IN A DIRECTION TO FIND AN ANSWER.

IN CLOSING

Again I want to thank you for your participation in this session, and for prioritizing your health. Remember to seek support from those you can and stay on your path towards remission and better health!

BONUS SESSION: GROCERY STORE TOUR

IF YOU ARE ABLE TO OFFER A GROCERY STORE TOUR, USE THE SCRIPT BELOW.

IF NOT, INTRODUCE THIS EXERCISE AS SOMETHING THE PARTICIPANTS CAN ORGANIZE TOGETHER AND DO ON THEIR OWN, INDIVIDUALLY OR IN A GROUP

Please turn to page 219 in your Workbook to find our Grocery Tour Guide. For those interested we will gather as a group at (GROCERY STORE LOCATION) on (DATE AND TIME) for our own tour to find food items that affordably support your remission goals and reinforce the shopping skills that we have learned here.

Please choose a LEADR Teaching Kitchen recipe that you are interested in trying and make a list of needed ingredients. Add any pantry upgrade items that you would like to purchase to the list and bring that list with you on the tour.

You will see these instructions to prepare for the tour as well as questions to answer as you go through the store.

1. Choose a recipe and make a shopping list of items needed to be purchased.
2. Add items to your list that you would like to purchase and have around for your pantry upgrade.
3. Choose the best options in the store for each item on your shopping list, according to the exercise questions in your Workbook.
4. During the tour you will have the opportunity to ask questions of the staff that you may never had the opportunity to ask before.
5. Make sure to gather the names of all store staff members who helped on the tour
6. Make sure to take a photo of the group. Ask the store manager in advance if photos of the tour are allowed.
7. Walk outside the store as a group and allow each participant to share something that they learned during the tour that will help in their remission goals.





with support from Full Plate Living and the Ardmore Institute of Health



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