



Lifestyle Empowerment
Approach for
Diabetes Remission

LEADR Participant Workbook



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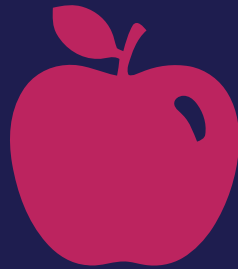
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Orientation: Welcome to LEADR

Welcome and Overview

Get Inspired: Documentary Movie, *Forks Over Knives*

Movie Discussion

In Closing

AMERICAN COLLEGE OF
Lifestyle Medicine

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

A warm welcome to the Lifestyle Empowerment Approach for Diabetes Remission (LEADR) Program from the American College of Lifestyle Medicine (ACLM). ACLM has developed this program to help healthcare practitioners, like the one leading this program, support people like you to take control of their health. You'll hear more about lifestyle medicine as we continue. We are so glad you're here!

[illegible]

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 11:

Plan Your Meals at
Home and Away



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 7:

Power Up Your
Lifestyle with
Physical
Activity

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

GET INSPIRED: DOCUMENTARY MOVIE - *FORKS OVER KNIVES*

Seeing is believing. As you begin your journey to health, it's important to have examples of what's possible. We have a few success stories we'll read throughout the program, but we're going to begin by watching the documentary *Forks Over Knives* -

a movie that explores the relationship between diet and health, and the possibility that chronic diseases, including diabetes, can be prevented or even reversed.

The main storyline trace the personal and professional journeys of Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world-renowned Cleveland Clinic. At the same time, the transformations of patients is woven in - people with disease conditions who are able to make diet and lifestyle changes and actually change their health and their lives.

What are your thoughts about the movie?

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?

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

Was there anything you saw that seemed scary or difficult when you think about your own life?

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

What did this make you think about your own life/ your own goals?



To watch the film at home, you can find the link here:

www.forksoverknives.com/the-film/

MY PURPOSE

Here are five common traps that keep people stuck just thinking about achieving a healthy lifestyle.

1. **The Search for Absolute Certainty**

Someone in this trap feels like they must know everything before taking action and will analyze things to death. They search endlessly, looking for the perfect healthy living program, which does not exist.

2. **Waiting for the "Magic Moment"**

People in this trap have an almost mystical belief that someday, somehow, a "magic moment" will happen that will be absolutely perfect to start a health journey. They tell themselves they will start "when the time is right." But when will the time be right? "When things slow down." Things, of course, never slow down.

3. **Wishful Thinking**

Wishing is the most common of all traps. "I wish getting healthy was easier." "I wish I could eat whatever I want and not gain weight." It is easier to wish for change than work toward it. How many important things have happened in your life just by wishing for them?

4. **Premature Action**

People can fall into this trap when faced with threats from "well meaning" family, friends, or doctors who say, "You need to be healthier, or else." The result is usually a half-hearted effort to be healthy that does not work, but does succeed in sending the message, "I told you it wouldn't work. So, stay off my back."

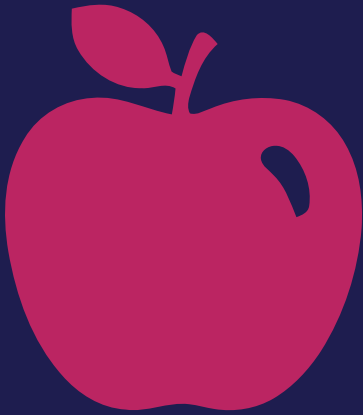
5. **Looking at the Wrong Role Models**

If you can't see it, you may not believe it's possible. Make sure you find role models in people who live healthy lifestyles and who are also happy.

MY BIG HEALTH VISION:

What your big goals for your health? What do you want to work towards throughout our time together? Now is the time to sketch out big goals; in each session of the program you'll have the chance to make manageable steps each week when you do your goal setting.

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 are no margins, text, or other markings on the paper.



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

WELCOME

A warm welcome to Session 1, your first session towards diabetes remission!

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

The image shows a screenshot of the 'Lifestyle Medicine Whole Person Health Index' survey form, Version 3. The form is titled 'Lifestyle Medicine Whole Person Health Index' and includes the logo for the American College of Lifestyle Medicine. It contains two main sections: 'Readiness to Change' and 'Motivation'. Each section has a series of questions with a scale from 0 to 10, where 0 is 'Not Ready' or 'Not Confident' and 10 is 'Very Ready' or 'Very Confident'. The questions are designed to assess a person's readiness and motivation to make lifestyle changes to improve their health. The form is presented in a clean, professional layout with a light blue header and a white body.

Though you may have already done this, but if not, please take a minute to fill out your self-assessment survey that we talked about in the Orientation session.

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

SUCCESS STORY

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.



YOUR HEALTH VISION STATEMENT

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?

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!



Session 1

Now it's time to write your health vision statement. Based on your answers above, write a short paragraph in present tense describing your health vision.

EXAMPLES:

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 can easily bend down and pick up my grandchildren, and play with them outside.

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.

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.

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 are no margins, text, or other markings on the paper.

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



Focus on whole fruits & vegetables. 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 & 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.



Eat a variety of plant protein.

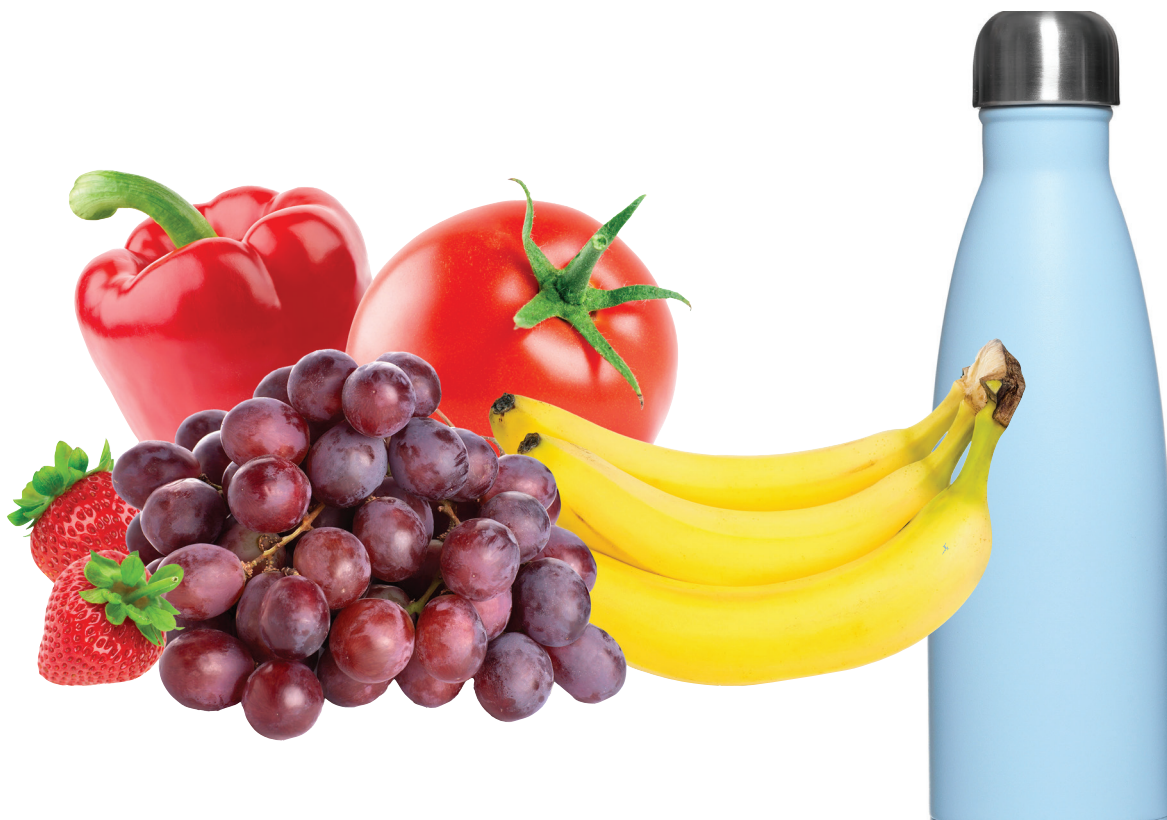
Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.



Choose whole grains.

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



COMMON NUTRITION MYTHS

MYTH 1: Carbohydrates are bad for you

FACT: Your focus should be on choosing the right type of carbohydrate sources, not getting rid of carbohydrate foods altogether. Carbohydrates from vegetables, fruits, whole grains, beans and other legumes provide energy and essential nutrients like fiber, protein, vitamins, minerals, phytonutrients, and healthy fats. They are linked to lower risk of heart disease, cancer, type 2 diabetes, and other health conditions.

Steel Cut Oatmeal - 1/2 Cup



- Higher in fiber
- Higher in antioxidants
- Higher in potassium and calcium
- Higher in phytonutrients
- Lower in sodium

Plain Bagel - 1 large



- Lower in fiber
- Lower in antioxidants
- Lower in potassium and calcium
- Lower in phytonutrients
- Higher in sodium

CARBOHYDRATES ARE THE BODY'S PREFERRED SOURCE OF ENERGY AND THE BRAIN'S ONLY SOURCE OF ENERGY.

MYTH 2: Most people do not get enough protein

FACT: The average adult person consumes 80 grams of protein per day - far more than necessary. Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrates, fats, and protein.

How much protien do you need per day?

19-51+ year old*



56g



46g

The general recommendation for protein intake is 0.8/kg or .66/pound -
J Acad Nutr Diet 2013; 113(12): 1610-1619.

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

FACT: Plants are the original source of calcium. Calcium and other minerals are found in the soil and are absorbed into the roots of plants. The calcium in dairy products originates in the plants animals eat. Daily recommended amounts of calcium is 1000mg for adults ages 19-50. The amount for women and ages outside this range varies.

98 mg
Soy Beans
Cooked, 1 cup



125 mg
Broccoli
Cooked, 2 cup



268 mg
Collards
Cooked, 1 cup



450 mg
Fortified
Almond Milk
1 cup



*316 mg of calcium per 1 cup skim milk

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

FACT: Plant foods such as beans, lentils, nuts, and whole grains can provide ample protein for all life stages, as well as fiber and other essential vitamins, minerals, and phytonutrients not found in animal products such as meat, poultry, eggs, and dairy. **Plant proteins have no cholesterol, minimal amounts of less healthy saturated fat and are often very low in sodium.**

18 g
Red Lentils
cooked, 1 cup



17 g
Edamame
cooked, 1 cup



15 g
Black Beans
cooked, 1 cup



6 g
Almonds
~23 nuts



8 g
Quinoa
cooked, 1 cup



15 g
Chickpeas
cooked, 1 cup



YOUR HEALTHY LIFESTYLE

The Pillars of Lifestyle Medicine

NUTRITION

Extensive scientific evidence supports the use of a whole-food, predominantly plant-based diet as an important strategy in prevention of chronic disease, treatment of chronic conditions and, in intensive therapeutic doses, remission of chronic illness. This eating pattern is fiber-filled, nutrient-dense, and antioxidant-rich. It consists of a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

PHYSICAL ACTIVITY

Regular and consistent physical activity combats the negative effects of sedentary behavior. It is important that adults engage in both general physical activity as well as purposeful exercise on a weekly basis as part of overall health and resiliency. Aim for at least 150 minutes per week.

RESTORATIVE SLEEP

Sleep is necessary for human life. Adults with chronically insufficient or fragmented sleep can experience impaired memory, cognitive processing, mood, reaction time, a high risk of dementia onset, weight gain, glucose dysregulation, and cardiovascular issues. Most adults should get 7-9 hours of quality sleep per night.

STRESS MANAGEMENT

The chronic stress of modern society has made it more difficult to practice healthy lifestyle habits and can exacerbate health issues such as cardiovascular disease, insulin resistance, sleep deprivation, depression, anxiety, weight gain, and more. Recognizing and replacing negative stress responses with healthy coping mechanisms and stress reduction techniques leads to improved wellbeing.



SOCIAL CONNECTION

Positive social connections affect our physical, mental and emotional health. Leveraging the power of relationships and social networks can bring meaning and purpose to life, while also helping to reinforce healthy behaviors.

AVOIDANCE OF RISKY SUBSTANCES

Use of tobacco and excessive alcohol consumption have been shown to increase the risk of chronic diseases and death. Treatments often take time, different approaches and many attempts. Patience and support are an important part of breaking risky substance habits.

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.

My Successes

Write down a time (or more than one) when you successfully improved a lifestyle habit that positively impacted your life or health. What strategies did you find helped?

[illegible]

I'm Up for the Challenge!

What habits from the pillars above do you see need your upgrade? List them here, along with any strategies you think of that may help.

[illegible]

IN CLOSING

Be proud of yourself for showing up and putting in the time to address your health.

Remember:

- 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.





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

Session 2

WELCOME

Welcome to Session 2!

Learning Objectives:

1. Summarize the Diabetes Remission Roadmap
2. Demonstrate several remission-supporting breakfast dishes
3. List the benefits of soy and how to incorporate it into meals
4. Explain why a healthful diet 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



ENJOY, ADAPT AND EXPLORE: THE DIABETES REMISSION ROADMAP

Familiar Plant-Based Meals

Healthy Plant-Based Upgrade



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.

TEACHING KITCHEN: OATMEAL TWO WAYS



INGREDIENTS

- ½ cup dry rolled oats
- 1 cup of water
- ¼ teaspoon cinnamon (or more, depending on taste preference)
- 1 small banana, sliced or chopped into bite-size pieces
- 4 strawberries, sliced
- 2 tablespoons chopped walnuts
- Optional: 1 teaspoon maple syrup or 1 chopped date to sweeten

STRAWBERRY BANANA OATMEAL

The ultimate healthy and easy breakfast! Creamy, naturally sweet, and fiber-rich, this oatmeal will keep you feeling full all morning long. *Serves 1*

INSTRUCTIONS

1. In a small saucepan combine oats, half the banana, water, cinnamon, and pinch of salt. Bring to a low boil and then reduce heat to a simmer, stirring often for about 5 minutes.
2. Serve in a bowl topped with additional banana slices, sliced strawberries, and chopped walnuts. Add a splash of unsweetened plant milk if desired.

NOTES

- Make this recipe your own! Feel free to top oatmeal with any fruit, chopped nuts, seeds, or nut butter.
- Want to get some veggies in at breakfast? With step one, add up to ½ cup frozen riced cauliflower or shredded kale or zucchini.



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





INGREDIENTS

Oats

- 1 banana, mashed
- 1 cup rolled oats
- 2 tablespoons chia seeds
- ½ teaspoon cinnamon (or more, depending on taste preference)
- 1 ¾ cup unsweetened plant milk
- 1 banana, sliced or chopped into bite-size pieces

Optional toppings

- Sliced strawberries
- Chopped walnuts
- Chopped peanuts
- Maple syrup

OVERNIGHT OATS

Flavorful and filling, these overnight oats are easy to prepare and perfect for busy mornings. Small but mighty, chia seeds are fiber-filled and packed with healthy omega-3 fats, giving these oats some serious staying power. Serves 2

INSTRUCTIONS

1. In an airtight container, combine the mashed banana, oats, chia seeds, cinnamon and plant milk. Stir well, then cover and place in the fridge overnight.
2. In the morning, divide oats evenly into two bowls. Top each both with half a sliced banana and any additional toppings, such as sliced strawberries or chopped walnuts.



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



TEACHING KITCHEN: TOFU SCRAMBLE TACOS



INGREDIENTS

Scramble

- ½ package (14-16 oz) organic tofu, extra-firm
- About ½ cup water
- ½ onion, chopped
- 1 garlic clove, minced
- ½ medium zucchini, finely diced
- ½ teaspoon chili powder
- ½ teaspoon cumin (optional)
- ¼ teaspoon turmeric
- Black pepper to taste
- 1 tablespoon reduced-sodium soy sauce

For serving

- ½ avocado, sliced
- Salsa
- Squeeze of lime
- Corn or whole-grain tortillas

TOFU SCRAMBLE TACOS

Scrambled tofu loaded with savory spices and fresh vegetables makes for a delicious and hearty breakfast option! Enjoy fresh or make ahead and reheat for an on the go breakfast. Serves 2

INSTRUCTIONS

Press tofu: Pat tofu dry with a clean dishcloth or paper towels and then roll in a clean, absorbent towel. Place something heavy on top, such as a cast-iron skillet, and let sit for 10 to 15 minutes. Chop produce and measure out spices while you wait.

1. Add 2 tablespoons of water to a large skillet over high heat. When the water is simmering, add onion and garlic, stirring often, until onion is soft, about 5 minutes. Add a small amount of additional water if needed to prevent sticking.
2. Meanwhile, unwrap the tofu and place it on a cutting board. Use a fork or your hands to crumble the tofu into bite-sized pieces.
3. Add chili powder, cumin, turmeric, and black pepper and let toast for 30 seconds. Add zucchini (or other green veggies such as spinach), and tofu, reduce heat and cook, stirring often, until vegetable is tender, about 5 minutes. Add a small amount of additional water if necessary to prevent sticking.
4. Stir in soy sauce.
5. Serve in corn or whole grain tortillas and topped with salsa. Lime juice and sliced avocado.



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



TEACHING KITCHEN: FLUFFY WHOLE GRAIN PANCAKES



INGREDIENTS

Pancakes

- 1 cup whole wheat or other whole grain flour
- A little less than 1 cup unsweetened non-dairy milk (7/8 cup, or 1 cup – 2 tablespoons)
- ½ teaspoon vanilla extract
- 2 ½ teaspoons baking powder
- ½ tablespoon apple cider vinegar (1 ½ teaspoons)
- Drizzle of maple syrup or honey per serving
- Pinch of salt

For serving, optional

- Blueberry compote
- Sliced bananas, sliced strawberries or raspberries
- ½ teaspoon cinnamon

FLUFFY WHOLE GRAIN PANCAKES

The fluffiest pancakes you will ever 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. *Serves 2*

INSTRUCTIONS

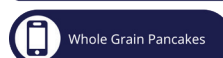
1. Combine all dry ingredients in a bowl with a whisk, then add wet ingredients and stir until smooth; don't over-mix
2. Allow the batter to rest for 5 minutes or so
3. Heat a non-stick skillet over medium heat
4. Once hot, scoop about ¼ cup of batter per pancake onto the pan. Cook until pancake is not shiny and bubbles start forming on sides until the edges start to brown. Flip and cook for another 1 to 2 minutes.
5. Repeat until all the batter is gone
6. Serve topped with blueberry-lemon compote or fresh fruit

NOTES

- Add slices or small chunks of banana to batter at the end, after mixing
- For a gluten-free batter, replace flour with your mix of whole flours; we suggest ½ cup gluten-free oat flour + ¼ cup chickpea flour + ¼ cup tapioca flour (use a bit more milk as well)
- Double the batch and freeze leftovers for a festive pancake breakfast any day of the week



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



BLUEBERRY COMPOTE



INGREDIENTS

- 3 cups frozen blueberries
- 2 tbsp lemon juice
- ½ tsp vanilla extract

BLUEBERRY COMPOTE

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

INSTRUCTIONS

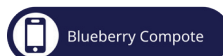
1. Place the blueberries, lemon juice, and vanilla extract in a small saucepan and over medium-high heat.
2. Bring to a boil, then reduce heat to medium-low and use a wooden spoon to mash the fruit.
3. Continue cooking for 10 to 15 minutes, stirring intermittently.
4. Remove from heat and set aside to cool. The compote will thicken as it cools.
5. Reheat to serve with pancakes, oatmeal, waffles, and more.

NOTES

Citrus option: Orange juice or lime juice will also work. Feel free to experiment with other frozen berries! Raspberries, strawberries, and cherries work great as well.



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



TEACHING KITCHEN: SWEET POTATO TOAST



INGREDIENTS

- 1 large sweet potato, round in shape

Optional toppings

- Peanut butter and banana slices
- Sliced avocado, salt, pepper, and fresh lemon juice
- Almond butter, blueberries and cinnamon
- Hummus and sliced cucumber
- Guacamole and sliced tomatoe

SWEET POTATO TOAST

Sweet potato toast is a nutritious, warming, and gluten-free breakfast option. In this recipe, you will par-bake sweet potato slices so in the morning all you need to do is toast them and top them with your favorite ingredients. Serves 2

INSTRUCTIONS

1. Preheat the oven to 350° F and line a baking sheet with parchment paper to help prevent sticking.
2. Slice the sweet potato lengthwise into even slices, about ¼ to ½ inch-thick. Alternatively, use a mandolin for the most uniform slices. Arrange sweet potato slices on the baking sheet.
3. Bake until tender but not fully cooked, approximately 15-25 minutes depending on size.
4. Allow to completely cool and store in an air-tight container.
5. When ready to eat, heat in a toaster or toaster oven on high heat for one cycle or until cooked through.
6. Top sweet potato toast with desired toppings and enjoy!



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



EATING ON A BUDGET, SNAP AND OTHER FOOD BENEFITS

Although we are here for better overall health and to put diabetes into remission, there is an added benefit to our healthy dietary practice, which is that it can be cheap!

The other common myth is that eating a plant-based diet is expensive – False! It can be, but shouldn't. Whole unrefined foods like dried or canned beans, brown rice, potatoes, quinoa, fresh produce like bags of apples and fresh spinach are more affordable than meat, fish, eggs and cake.

Though fast food can be cheap because such unhealthy food is subsidized for high-volume consumption, generally note that the more processed, the more expensive a product becomes. For instance, meat alternatives like frozen veggie burgers are more expensive compared to the simple bean burger recipe we will be making in our next session. And consider that pastries are more expensive than pears.



FIND AFFORDABLE RECIPES:

EASY, HEALTHY, AND LOW-COST MEALS FOR EVERY DAY OF THE WEEK.

Whole Food Plant-Based

A vibrant collage of fresh, whole-food plant-based ingredients. In the foreground, there are several large, ripe red tomatoes with green stems. Behind them are purple radishes, a bowl of cooked chickpeas, and other fresh vegetables. The background shows more produce in a market setting.

Extensive scientific evidence supports the use of a whole-food, plant-based (WFPB) dietary pattern as treatment for diet-related chronic diseases

AMERICAN COLLEGE OF
Lifestyle Medicine

Find the entire guide at:

connect.lifestylemedicine.org/viewdocument/wfpb-eating-on-a-budget

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.

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.

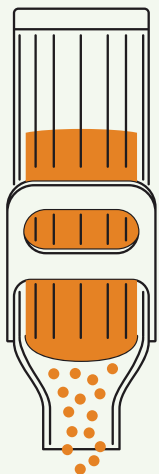
It is sometimes more economical to purchase frozen over fresh or canned fruits and veggies. Frozen produce tastes better than canned and is less likely to have added sugars, salt, or chemicals. If you do buy canned, avoid those with syrups and high salt content.

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.



Buying in bulk can be a cost-effective strategy, especially for dry pantry staples like grains, beans, nuts, and seeds, which are often cheaper when purchased in large quantities at grocery stores or supermarkets.

For fresh items, however, it's essential to buy in bulk only if you can use or freeze the amount purchased before it spoils. Some people buy fresh items in bulk and split them with neighbors or community members.

Bulk bins or jars at markets allow you to purchase only what you need, which is especially helpful for items like herbs and spices that are expensive in full jars or may go unused.

Bulk bins are also a good way to try small amounts of new beans or grains before buying in larger quantities.

HEALTHY SHOPPING ON A BUDGET CONT.

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.



THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

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:

<https://www.fns.usda.gov/snap/recipient/eligibility>

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.

MAXIMIZING SNAP BENEFITS

SNAP Eligible foods include:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat

These foods fall under the category set by the USDA called “staple foods,” which are basic foods that make up a significant portion of a person’s diet and are usually prepared at home and eaten as a meal. SNAP benefits can also be used to purchase “accessory foods” which are foods that do not fall under the “staple food” category such as snack foods, desserts, non-alcoholic beverages, and condiments.

Items that are not eligible for SNAP benefits are:

- Beer, wine, liquor, cigarettes, or tobacco
- Vitamins, medicines, and supplements. If an item has a Supplement Facts label, it is considered a supplement and is not eligible for SNAP purchase.

- Live animals (except shellfish, fish removed from water, and animals slaughtered prior to pick-up from the store)
- Foods that are hot at the point of sale

Luckily, foods that comprise a WFPB diet are eligible for SNAP benefits except for any supplements that may be consumed. Fruits, vegetables, beans, and grains all fall under the “staple food” category even if the items are fresh, canned, or frozen. However, it is important to note that hot foods or prepared foods are not eligible for SNAP benefits.



USDA SNAP STANDARDS

Here is a snapshot of what SNAP may offer in your state, though amounts may change yearly. These allotments reflect only the 48 contiguous states. Check here for Alaska, Hawaii, Guam and the US Virgin Islands: <https://fns-prod.azureedge.us/sites/default/files/resource-files/snap-fy-2023-cola-adjustments.pdf#page=2>

Net Monthly Income Eligibility Standards

Household Size	Income
1	\$1,133
2	\$1,526
3	\$1,920
4	\$2,313
5	\$2,706
6	\$3,100
7	\$3,493
8	\$3,886
Each additional member	\$394

Maximum SNAP Allotments

Household Size	Income
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691
Each additional member	\$211

You can find more information here: <https://www.cbpp.org/research/food-assistance/snap-state-by-state-data-fact-sheets-and-resources>



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.

COMMIT TO YOUR HEALTH: INTRODUCING SMART GOALS



Each week, we will challenge you to set three goals – one goal for nutrition, one goal for physical activity, and one goal for other health habits, like healthy sleep, stress management, staying connected to people, or reducing or quitting smoking or drinking.

LEADR is a program designed to support you in working towards a goal of remission for type 2 diabetes. What you eat and how much you move are really important things to shift – they're so important that without working on them, it will be pretty hard to make good progress. But sleeping well, managing stress, avoiding drugs and alcohol, and staying connected to people are also factors that can help you both stick with your nutrition and physical activity goals and also help your blood sugars.

We will use the SMART goals format to create goals with 5 important elements. SMART is an acronym coined by Peter Drucker in 1954 for project managers, but it works just as well for health goals.

This will help you create a plan for achieving your goals that is concrete and clear.



SMART stands for:

Specific – What would you like to change or do?

Measurable – How will you know you've accomplished your goal? How much or how many will you add, eliminate, or change?

Achievable – Is this a goal that you will feel inspired to do, or will it be overwhelming?

Relevant – Is this goal something that is meaningful to you, and moves you towards your bigger goals?

Time-Bound – Can you schedule yourself, give yourself a time limit, or decide how many times per week or per day you'll do this? How long will it take you to make this change or do this?

Session 2

Finally, we will ask you to identify any strategies you will use to help you reach your goals. This may not be something you need for every goal, but it can be helpful to think about whether there are things you can do, people you can share your goals with or talk to, places you can go, adjustments you can make to your environment, or other ways that will help you follow-through and reach your goals.

We will also ask you to rate your confidence about your ability to reach your goals before the next session on a scale of 1-10. If you aren't feeling very confident, we'll work together to rewrite your goal so that you do feel confident about it.

SMART Goal Example

Here is a great example of SMART goal-setting – we'll use an example with stocking your kitchen with healthy food to improve your diabetes.

Goal: I will buy a supply of brown rice for my pantry this week, and when I run out of white rice, I will start using brown rice going forward.

Specific: This goal is specific because the person is stating exactly what they will buy, and exactly what they will do when their previous supply of white rice runs out.

Measurable: This goal is measurable because we will easily be able to tell whether or not they met the goal – did they buy the brown rice? Did they start using the brown rice when the white rice ran out?

Achievable: This goal is achievable for this person – and probably for most people – because it is simple, straightforward, and just one action. However – it's important to remember that if someone were on vacation during this week and wasn't able to go shopping, or wasn't anywhere near their kitchen, this goal might not be achievable at all, and it probably wouldn't be the right goal for this week.

Relevant: All the goals we'll encourage you to set will be relevant to improving your diabetes. This goal is relevant because eating whole grains like brown rice instead of white rice means you are eating more fiber and nutrients, which will help you control your blood sugar better and also help you get to a healthy weight.

Time-Bound: This goal has two clear time points – first, the person is going to buy the brown rice this week. Next, we know exactly when they will start using it – when the white rice runs out.

Strategies:

I will put brown rice on my shopping list right now so I don't forget. I'll delete "rice" from my phone's grocery list so I don't use that in the future, and I'll just use "brown rice".

This is a great, simple strategy to help the person achieve their goal!

Confidence

Please rate your confidence about your ability to reach your goals before the next session on a scale of 1-10. If your rating is below a 7, let's rethink this goal to make it achievable.

I'd say 9! Great to see that this person is feeling confident!

Session 2

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will add regular rolled oats to my shopping list

I will prepare and enjoy oatmeal for ___ breakfasts this week

I will add a simple side of vegetables to dinner in ___ dinners this week

I will eat a big salad ___ times this week

Moving More

I will take a leisurely walk after dinner ___ days this week

I will start my day with running ___ days this week

Well-Being and Rest

I will make the time to start my day with a yoga video ___ days this week

I will text _____, (a relative or friend who I haven't caught up with recently) to say a quick hello this week

I will set my phone alarm to 9:30 to remind me to wind down and prepare for bedtime ___ times this week

I will buy my favorite gum and replace one cigarette per day with gum this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



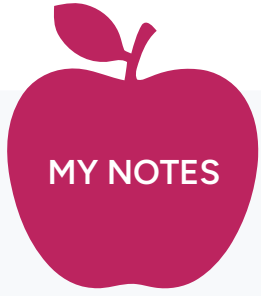
On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

We are as successful as the effort that we put in. We will make discoveries together.
Thank you for being here!

[illegible]



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

WELCOME

Welcome to Session 3!

Learning Objectives:

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



CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

FULL PLATE LIVING: GETTING WHOLE FIBER FOODS ONTO YOUR PLATE

How can this program actually help me achieve my health goals?"

Here are powerful ways it can help you reach your health goals:

1. You'll learn how to gradually add whole, fiber foods to your plate that will help you feel satisfied and full.
2. You will explore your purpose for wanting to make a lasting change.
3. You will learn concepts designed to help you improve health and lose weight through a small step approach. For lasting change that is sustainable, it's not necessary to make giant leaps.
4. You'll find that this is a positive approach to change. No guilt. You will be supported by your facilitator and others as you learn how to create a pathway for good health that is doable for life.

Food = Diet

Have you ever felt this way?

1 ____ = 3,500 ____



NATURAL FIBER FOODS

Thousands of healthy choices fall within the following 5 food groups (cooked whole grains, fruits, vegetables, beans, and nuts and seeds). Here are a few popular ones:

Fruits

- ☐ Apples
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Grapes
- ☐ Guava
- ☐ Kiwis
- ☐ Mangoes
- ☐ Oranges
- ☐ Plantain
- ☐ Pomegranate
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Raspberries
- ☐ Strawberries

Beans & Peas

- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Cranberry Beans
- ☐ Garbanzo beans
- ☐ Green beans
- ☐ Kidney beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Navy beans
- ☐ Pidgeon peas
- ☐ Pinto beans
- ☐ Purplehull peas

Cooked Whole Grains

- ☐ Brown rice
- ☐ Buckwheat
- ☐ Millet
- ☐ Oats
- ☐ Pearl barley
- ☐ Quinoa
- ☐ Rye flakes
- ☐ Wheat
- ☐ Whole-grain cornmeal
- ☐ Wild rice

Vegetables

- ☐ Acorn Squash
- ☐ Avocado
- ☐ Beets
- ☐ Bok choy
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Carrots
- ☐ Collard greens
- ☐ Corn
- ☐ Green cabbage
- ☐ Kale
- ☐ Potatoes
- ☐ Pumpkin
- ☐ Romaine lettuce
- ☐ Spaghetti squash
- ☐ Spinach
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Zucchini

Nuts & Seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Hazelnuts (Filberts)
- ☐ Peanuts
- ☐ Pecans
- ☐ Pistachios
- ☐ Pinenuts
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts

Nuts and seeds are special. We'll learn more as we go.

PRO-TIP
Cut this list out and use as a shopping list.



CAN ALL FIBER FOODS HELP YOU REACH A HEALTHY WEIGHT?

Natural Fiber Foods

Fruits



Strawberries



Bananas



Peaches

Vegetables



Collard greens



Zucchini



Cabbage

Beans



Pinto beans



Garbanzos



Lentils

Whole Grains



Oatmeal



Brown rice



Cracked wheat

Nuts & Seeds



Walnuts



Peanuts



Pecans

POWERING UP

Oatmeal



Oatmeal	4g
Grams of Fiber	4g

Oatmeal	4g
Apple	4g
Almonds	4g
Grams of Fiber	12g

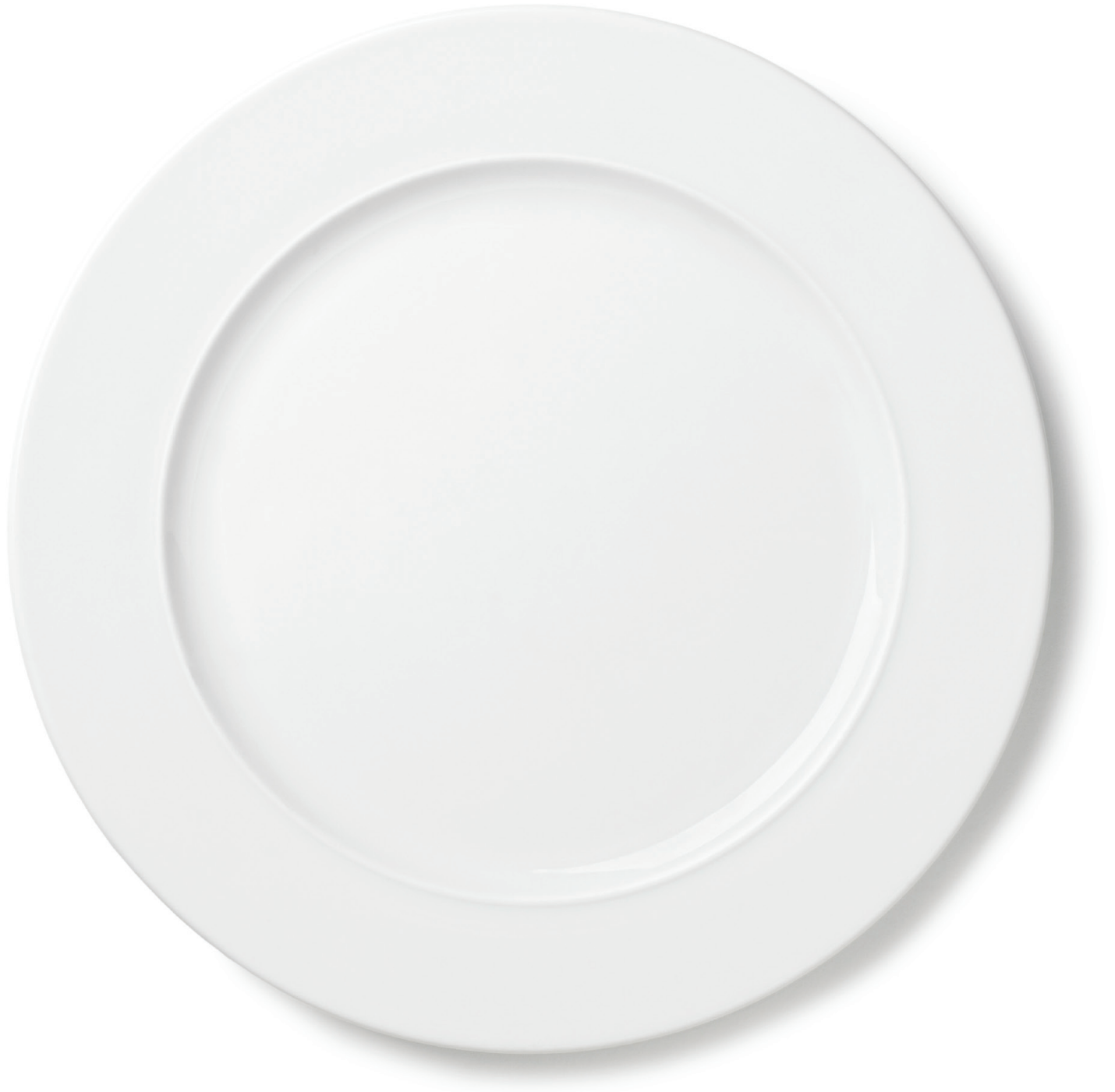
Baked Potato



Baked potato, with skin	4g
Butter	0g
Sour cream	0g
Grams of Fiber	4g

Baked potato, with skin	4g
Chili Beans	12g
Salsa	1g
Grams of Fiber	17g

POWERING UP PRACTICE



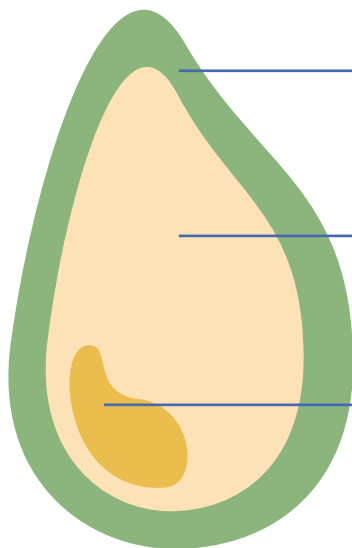
WHOLE GRAINS TO LIVE BY

What is a Whole Grain

Grain refers to a variety of plant-based foods like oats, wheat, quinoa, brown rice, barley, and rye. Whole grains are grains that haven't been processed, so they still contain all the nutritious parts.

When grains are refined, the outer layers that are high in fiber and vitamins are removed, leaving just the starchy center. This process creates refined grains like white flour and white rice.

Whole Grains are a Healthier Choice



BRAN

The outermost layer of the grain kernel, and contains antioxidants, B vitamins, and soluble or insoluble fiber, depending on the grain.

ENDOSPERM

The core of the grain and the largest portion. It contains primarily carbohydrates, but also some protein, vitamins, and minerals.

GERM

Another layer of the grain kernel. Germ contains more B vitamins, as well as protein, minerals, fats, and antioxidants.

REFINED GRAINS

- Digest quickly, causing a faster rise in blood sugar and insulin levels.
- Are less filling, leading to potential overeating.
- Are higher in calories but lower in nutrition.
- Some nutrients, like folate, are added back, but it's impossible to replace all the vitamins, fiber, and nutrients lost in processing.
- Be cautious with food labels; many processed foods claiming to have "whole grains" may contain mostly refined grains with only a small amount of whole grains.
- Even products labeled "100% whole grain" can be high in added sugars, like certain types of granola.

Terminology

WHOLE WHEAT

The words "whole" or "brown" are added to grains that are sold both as refined and whole, like wheat or rice. If the wheat has been processed, it's often called "enriched."

MULTI-GRAIN

This means more than one type of grain is used, like corn, oats, or rice. However, "multi-grain" doesn't always mean the grains are whole.

Whenever you can, choose whole grains in their least processed form.

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Basic Method For Cooking Whole Grains

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.

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

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.

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.

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 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. In a lunch bag, it also doubles as the ice pack!



Session 3

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.

1 CUP DRY WHOLE GRAIN	WATER	COOKING TIME	PRE-SOAK TIME	YIELD	STANDING TIME
RICE					
Brown	1 3/4 cup	35-40 mins.		3 cups	10 mins.
Wehani	1 3/4 cup	35-40 mins.		3 cups	10 mins.
Wild	2 1/2 to 2 3/4 cups	50-55 mins.			10 mins.
Forbidden	1 1/2 to 1 3/4 cups	30 mins.		3 cups	10 mins.
OTHER GRAINS					
Quinoa	1 3/4 cups	12-15 mins.		3 1/2 cups	Fluff - 10 mins
Amaranth	2 to 2 1/2 cups	20-25 mins		3 to 3 1/2 cups	10 mins.
Teff	3 1/2 to 3 3/4 cups	15 mins.		3 cups	Fluff - 10 mins
Millet	2 1/4 to 2 1/2 cups	25-30 mins.		3 1/2 cups	Fluff - 10 mins
Buckwheat	1 3/4 to 2 cups	20 mins.		3 1/2 cups	10 mins.
Barley, hulled	3 to 3 1/2 cups	60 mins.		3 1/2 to 4 cups	10 mins.
Barley, pearled	3 to 3 1/2 cups	60 mins.		3 1/2 to 4 cups	10 mins.
Kamut	2 1/2 to 3 cups	90 mins.	30-45 mins.	2 3/4 cups	10 mins
Oat groats	1 1/2 to 2 cups	1 hour	35 mins.	2 1/2 cups	10 mins.
Rye	3 3/2 cups	90 mins.		3 cups	10 mins.
Spelt	2 1/2 to 3 cups	1 1/2 to 2 hrs.	45 mins.	2 1/2 cups	10 mins.
Wheat Berries	2 1/2 to 3 cups	1 1/2 to 2 hrs.		3 cups	10 mins.
Bulgur	1 3/4 cups	10 mins.		3 cups	10 mins.
Wheat Cracked	2 3/4 cups	20 mins.		3 cups	10 mins.
GRAINS THAT CAN STEEP (DON'T RINSE, JUST STIR IN BOILING WATER, COVER AND REST FOR TIME GIVEN FOR "STANDING")					
Couscous, Whole Wheat	1 1/4 to 1 1/2 cups	1 min.		2 1/2 cups	10 mins.
Bulgur	2 cups			3 cups	1 hour

*1 cup uncooked, dry, whole grains weighs approximately 170-185 g; **1 cup water is measures ~240 ml or ~0.25 L by volume; ***1 cup cooked grain weighs ~200 g and by volume measures about 0.25 L

[illegible]

SET YOUR SMART GOALS

Time for you to set your **SMART** goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will add a whole grain (brown rice, quinoa, millet, etc.) to a meal _____ days this week

I will swap brown rice for white rice this week in _____ meals

I will purchase and make sweet potatoes in advance for _____ breakfasts this week

Moving More

I will take the stairs instead of the elevator on _____ (specify days) at work this week.

I will take a lunchtime walk 4 times this week at work.

I will try a new exercise/yoga/activity class or video this week

Well-Being and Rest

I will substitute my regular glass of wine for sparkling water with a splash of fruit juice _____ days this week

I will reward myself with a gift of time (specify day and how many hours, etc.) to do what I want, as a reward for sticking to my goals

I will drink herbal tea in the evening instead of coffee _____ times this week, to help myself fall asleep more easily.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident					Very Confident		

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10

Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident					Very Confident		

STRATEGY 3: _____

IN CLOSING

Think about having a movie night with important people in your life. Will this help to gain support you on your health journey? Will it reinforce what you've learned?

Thank you for your participation!

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 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

WELCOME

Welcome to Session 4!

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



CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

FULL PLATE LIVING: WATER FIBER PRINCIPLE



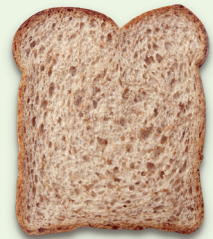
Cooked
brown rice



Broccoli



Peanuts



Whole
wheat bread



Cooked lentils



Cooked
oatmeal



Whole
wheat bun



Whole wheat
crackers



Apple



Spinach



Corn tortillas



Whole wheat
tortillas



Melon



Cooked beans



Granola



Fiber bar



Sweet potato



Blueberries



Sunflower
seeds



Whole wheat
bagel



Collard greens

FULL PLATE FIBER GUIDE



Full Plate
LIVING

How to use this Fiber Guide

The next few pages feature water-fiber foods, providing fiber grams and calories per serving. These are the health-promoting foods you want to fill 75% of your plate with to accomplish your health goals. There are thousands of water-fiber foods, we are featuring commonly available foods in this guide.

Where Did We Get The Numbers?

The numbers are taken from the USDA nutritional database.

No Decimals

We find it easier to work with the fiber grams and calories without decimals, so we rounded to the nearest whole number.

Remember the Serving Sizes

The fiber and calories are for a specific serving size of each food, so if you eat more or less than that specified amount, the values will change.

Special Cases

Technically some foods pass the water-fiber test while also being a bit processed or containing added ingredients.

These foods are tricky because you could argue for them to fit in both zones. They're generally plenty healthy but can pack more calories.

It's best to treat these as a 25% food because they are heavily processed and calorie dense.

These are foods like vegetarian baked beans, hummus, whole wheat or bean pastas, and canned vegetable or bean soups.

When creating meals with these, be mindful of other 25% zone items and fill the remainder of your meal with water-fiber foods.

If you're ever unsure, treat it as a 25% item, and your meal will be extra healthy.

THE FULL PLATE APPROACH

The Full Plate Approach is all about helping you fill 75% of your meal with some combination of whole, unprocessed fiber foods – fruits, vegetables, beans and cooked whole grains. Why? Because eating more whole, unprocessed fiber foods helps people live longer, healthier lives.

What Foods Go in the 75% Zone of My Meal?

Water-fiber foods should fill the 75% zone of your meal. Two important characteristics to remember:

1. These foods naturally contain fiber, which means the fiber has not been artificially added or taken away.
2. They also contain at least 60% or more water in their edible form. In other words, they are rich in water.

These foods are fruits, vegetables, beans, and cooked whole grains, such as brown rice, oatmeal, and quinoa.

What About the 25% Foods?

These are foods and beverages that go in the remaining 25% zone of your meal because they don't meet the two essential characteristics of 75% zone foods: naturally contain fiber and are rich in water.

You can always choose healthy versions of 25% zone foods.

Why Fiber Foods for Reaching a Healthy Weight?

Fiber foods are weight loss foods because of the fiber and all the water, both of which do not have calories. That makes them lower calorie foods, which means you can fill your plate with them and still lose weight. This is the essence of the Full Plate Approach.

And by the way, fiber foods happen to be great sources of vitamins, minerals, antioxidants, and phytochemicals.

Are You Eating Enough to Reach a Healthy Weight?

The typical American eats about 10 grams of fiber a day. The Full Plate Approach recommends working your way up to about 40 grams a day, primarily from natural, fiber-rich foods. That's four times more.

Caution: When you add natural fiber foods to what you eat, go slowly. If you go too fast, you'll have more gas.

You Need a Drink

The more fiber foods you eat, the more water you'll need to drink. Six cups of water a day is a good start, but if you drink more than that—great. An easy goal is to keep your urine pale yellow.

Beware of Sabotaging Your Fiber Foods

Fiber foods can be sabotaged by adding sugars and fats, such as syrups, butter, cheese, sour cream, and salad dressings, etc. And we're not even going to mention deep-fried foods. Eating whole fiber foods with sabotaging foods added to them doesn't give the same health benefits as whole fiber foods alone.

Session 4

Fiber Guide

BEANS & PEAS

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Baked beans vegetarian	½ cup, cooked	5	0	120
Baked beans	½ cup, cooked	6	1	137
Black beans, canned	½ cup, cooked	8		168
Black-eyed peas (Cowpeas)	½ cup, cooked	3	1	100
Black-eyed peas canned	½ cup, cooked	2	0	77
Broadbeans (Fava beans)	½ cup, cooked	4	1	120
Cannellini beans (White Kidney)	½ cup, cooked	4	0	100
Chili beans, canned	½ cup	4	5	132
Cranberry beans, cooked	½ cup, cooked	8	0	121
Cranberry beans, canned	½ cup	8	0	108
Garbanzo beans (Chickpeas)	½ cup, cooked	6	2	135
Garbanzo beans, canned	½ cup	5	2	105
Great Northern beans	½ cup, cooked	6	0	105
Great Northern beans, canned	½ cup	6	0	105
Green peas, fresh or frozen	½ cup, cooked	4	0	63
Green peas, canned	½ cup	4	1	55
Hummus, home-prepared	½ cup	5	11	218
Hummus, commercial	½ cup	7	22	292
Kidney beans, red	½ cup, cooked	7	0	113
Kidney beans, red, canned	½ cup	5	1	96
Lentils, cooked	½ cup, cooked	7	6	154
Lima beans, large	½ cup, cooked	7	0	108
Lima beans, large, canned	½ cup	12	0	95
Lima beans, baby	½ cup, cooked	7	0	115

BEANS & PEAS

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Navy beans	½ cup, cooked	10	1	128
Navy beans, canned	½ cup	7	1	148
Peanuts, shelled,	½ cup, dry-roasted	6	36	429
Food	Serving size	Fiber Grams	Fat Grams	Calories
Pigeon peas	1 cup cooked	6	0	102
Pink beans	½ cup, cooked	4	0	126
Pinto beans	½ cup, cooked	8	1	123
Pinto beans, canned	½ cup	6	1	94
Refried beans, canned, traditional	½ cup	4	2	107
Refried beans, canned, fat-free	½ cup	5	1	91
Refried beans, canned, vegetarian	½ cup	6	1	101
Split peas	½ cup, cooked	8	0	116
Soy beans	½ cup, cooked	5	14	202
Coffee, regular & decaf, unsweetened	8 oz	0	0	2



What About Bean Pasta?

Bean pastas are made by turning dried beans and legumes into fine flour, adding water to the bean flour to make dough, which is then kneaded and made into pasta. To enjoy the many health benefits of bean pastas, be sure the only ingredients in the ingredient list are the name(s) of beans or bean flours. While a healthy pasta choice, it's best to treat these as a 25% food because they are heavily processed and calorie dense.

Fiber Guide

BEVERAGES

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Smoothies (fruit-veg example)	8 oz	2	1	146
Tea, black, unsweetened	8 oz	0	0	2
Tea, herbal, unsweetened	8 oz	0	0	2
Water	8 oz	0	0	0



What About Smoothies

Smoothies can be a wonderful and even sneaky way to pack in a variety of water-fiber foods. From sweet potato to navy beans, even spinach. Be mindful of the amount of 25% ingredients when making or ordering your smoothie. These 25% items could include yogurt, juice, sweeteners, nut butters, chocolate, or syrups.

Session 4

Fiber Guide

BEVERAGES

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Brown rice	1 cup, cooked	3	0	238
Buckwheat groats	1 cup, cooked	5	1	155
Cornmeal, whole grain, yellow	1 cup, cooked	9	4	442
Millet, cooked	1 cup, cooked	2	2	207
Old-fashioned oatmeal	1 cup, cooked	8	5	300
Pearl barley	1 cup, cooked	1	1	193
Quinoa	1 cup, cooked	5	4	222
Bulgur	1 cup, cooked	6	0	108
Whole wheat, hot cereal	1 cup, cooked	3	1	113
Wild rice	1 cup, cooked	3	1	166

What About Cornmeal, Grits & Cream of Wheat?

These grains are often highly processed with fiber and other nutrients removed, and they are no longer in their whole grain form, which makes them a 25% food.



Session 4

Fiber Guide

FRUIT

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Apple, fresh	1 medium	4	0	122
Applesauce, unsweetened	½ cup	1	0	52
Apricots, raw	2 (35 g ea)	1	0	34
Apricots, canned, water pack, no skin	½ cup, water pack	1	0	25
Avocado	½ medium	7	15	161
Banana	1 medium (126 g)	2	0	122
Blackberries, fresh frozen	1 cup	7	0	90
Blueberries, fresh frozen	1 cup	3	0	80
Boysenberries, frozen	1 cup	7	0	66
Cantaloupe	½ medium wedge from medium melon	1	0	35
Carambola, (Starfruit), fresh	1 medium (91 g)	3	0	28
Casaba melon	1 cup, cubes	2	0	48
Chayote, boiled, without salt	1 cup	4	1	38
Cherries, sour, frozen, unsweetened,	1 cup, pitted	2	1	71
Cherries, sweet, raw	1 cup, pitted	3	0	97
Cranberries, raw	1 cup, whole	4	0	46
Figs, raw	2 medium (50 g each)	3	0	74
Fruit cocktail, canned	1 cup, juice pack	2	0	207
Grapefruit	½ of whole (154 g)	2	0	65
Grapefruit sections, canned	1 cup, juice pack	1	0	223
Grapes, red or green	1 cup (151 g)	1	0	104
Guava	1cup, cubes (170 g)	2	0	48
Honeydew melon	1/8 melon, wedge (125 g)	1	0	45
Kiwifruit	1 medium	2	0	63

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FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Lemon	1 fruit (65 g)	2	0	19
Mandarin oranges	1 cup, canned, juice pack	2	0	92
Mango	1 fruit (336 g)	5	1	202
Nectarine, raw	1 medium (142 g)	2	0	63
Orange, fresh	1 medium (140 g)	3	0	73
Papaya, raw	1 small (157 g)	3	0	68
Passion fruit, purple	1 fruit (18 g)	2	0	18
Peach, fresh	1 medium (173 g)	3	0	80
Peaches, canned, sliced	1 cup, juice pack	3	0	100
Pear, fresh	1 medium (178 g)	6	0	112
Pears, halves, canned	1 cup, juice pack	4	0	124
Persimmon, Japanese	1 fruit (168 g)	6	0	118
Pineapple, fresh	1 cup, chunks	2	0	83
Pineapple, canned	1 cup, chunks, juice pack	2	0	118
Plantains, green	1 cup, boiled	4	0	166
Plums, fresh	2 medium (66 g each)	2	0	61
Plums, canned	1 cup, pitted, juice pack (252 g)	2	0	146
Pomegranate seeds	½ cup	3	1	60
Raspberries, raw	1 cup	10	1	78
Strawberries, raw	1 cup, whole (150 g)	3	0	53
Tangerine, raw	1 fruit (109 g)	2	0	58
Watermelon, fresh	1½ cups, diced (152 g)	1	0	68



Fruits Packed in Juice

Choose fruits that are packed in their own juice without added sugar. Adding sweeteners moves them from the 75% zone to the 25% zone.

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Fiber Guide VEGETABLES



FOOD	SERVING SIZE		FAT GRAMS	CALORIES
Artichoke, globe, fresh	1 medium, boiled (120 g)	7	0	61
Artichoke hearts, canned	½ cup, boiled (84 g)	5	0	43
Asparagus, cooked	6 spears	2	3	43
Asparagus, frozen	1 cup, cooked	2	0	17
Beets, fresh	½ cup, slices, boiled (85 g)	2	0	37
Beet greens	1 cup, cooked	6	4	72
Black-eyed peas	½ cup, cooked	5	1	120
Bok Choy (Chinese cabbage)	1 cup, cooked	2	0	20
Broccoli, raw	1 cup	2	0	30
Brussels sprouts, frozen	1 cup, cooked (155 g)	6	1	65
Brussels sprouts, fresh	1 cup, cooked (155 g)	6	0	70
Cabbage, red, raw	1 cup, shredded (70 g)	2	0	65
Cabbage, green	1 cup, cooked	4	0	39
Callaloo	1 cup, cooked	6	5	102
Carrots, fresh	1 cup, grated	3	0	45
Carrots, frozen	1 cup, sliced, boiled	5	1	54
Cauliflower, raw	1 cup, chopped	2	0	27
Cauliflower	1 cup, pieces, cooked	3	5	78
Cauliflower, frozen	1 cup, pieces	5	0	34
Celery, raw	1 cup, chopped	2	0	14
Celery,	1 cup, cooked, diced	2	0	27
Collard greens	1 cup, cooked	6	1	44

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Fiber Guide VEGETABLES



FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Corn, fresh	1 cup, cooked	3	2	142
Corn, canned	1 cup cooked	3	2	111
Cucumber, pared	1 cup chopped	1	0	129
Dandelion greens, raw	1 cup	2	0	25
Edamame, frozen	½ cup	4	6	112
Eggplant	1 cup cooked	3	0	26
Green beans, canned	1 cup cooked	3	1	34
Green beans, frozen	1 cup cooked	4	0	39
Jackfruit, canned	1 cup	2	0	164
Kale	1 cup, raw	1	0	7
Kale, fresh	1 cup, cooked	6	2	60
Kale, frozen	1 cup, boiled	3	1	43
Lettuce	1 cup, shredded	1	0	10
Lima beans, baby, frozen	½ cup, cooked	6	0	100
Lima beans, Butter beans, Fordhook, frozen	½ cup, cooked	5	0	100
Mushrooms, portabella, raw	1 cup, diced	1	0	19
Mushrooms, white, fresh	1 cup, boiled, pieces	3	1	44
Mushrooms, canned	1 cup, cooked	4	5	75
Mustard greens, fresh	1 cup, cooked	3	0	29
Okra, fresh	1 cup, cooked	5	0	56
Onions, raw	1 cup	3	0	64
Onions,	1 cup, cooked	1	0	44

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Fiber Guide

VEGETABLES

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Parsley, fresh	1 cup, chopped	2	0	22
Parsnips, fresh	1 cup, sliced	7	0	100
Peas, green	1 cup	8	1	117
Peppers, sweet, green, fresh	1 cup, sliced	2	0	18
Potato, russet	1 medium, baked	4	0	164
Potatoes	1 cup, boiled, without skin	3	0	134
Potatoes	1 cup, mashed	3	10	285
Pumpkin, canned	1 cup	7	1	83
Radishes, fresh	½ cup, sliced	1	0	9
Rhubarb, fresh	1 cup, diced	2	0	26
Spinach, raw	1 cup	1	0	7
Spinach, fresh	1 cup, cooked	3	1	59
Spinach, frozen	1 cup, cooked	7	2	65
Squash, summer, raw	1 cup, sliced	1	0	19
Squash, summer	1 cup, boiled, sliced	3	1	36
Squash, zucchini	1 cup, sliced, boiled	2	1	27
Squash, zucchini, fresh	1 cup, cooked, sliced	2	1	27
Squash, acorn	1 cup, baked	9	0	115
Squash, butternut	1 cup, baked	7	0	82
Squash, hubbard	1 cup, baked	20	1	102
Squash, spaghetti	1 cup, baked	2	0	42
Sweet potato	1 medium, baked (150 g)	5	0	135

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Fiber Guide VEGETABLES

FOOD	SERVING SIZE	FIBER GRAMS	FAT GRAMS	CALORIES
Swiss chard, fresh	1 cup, boiled	4	0	35
Tomatoes, raw	1 cup	2	1	36
Tomatoes, canned	1 cup, stewed	3	0	66
Turnips	1 cup cooked	3	0	34
Turnip greens, fresh	1 cup cooked	5	0	29
Yam	1 cup, boiled/baked (135 g)	5	0	158
Zucchini	1 cup, cooked, sliced	2	1	27



MORE THAN JUST FIBER

Here are some of the health benefits of eating lots of fiber foods. Check the ones that are important to you.

- ☐ Provides blood sugar control
- ☐ Lowers the risk of cancer
- ☐ Helps you look better
- ☐ Decreases the risk of hemorrhoids
- ☐ Lowers "bad" (LDL) cholesterol
- ☐ Reduces triglycerides (fat in your blood)
- ☐ Lowers blood pressure
- ☐ Reduces the risk of constipation
- ☐ Lowers the risk of Type 2 diabetes
- ☐ Improves sleep
- ☐ Decreases the risk of pre-diabetes
- ☐ Increases energy
- ☐ Reduces the risk of heart disease & stroke
- ☐ Improves memory
- ☐ Raises "good" (HDL) cholesterol
- ☐ Reduces the risk of gallstones and gallbladder disease
- ☐ Decreases the risk of acid reflux
- ☐ Lowers the risk of stomach ulcers
- ☐ Helps you lose weight and keep it off
- ☐ Reduces the risk of osteoarthritis
- ☐ Helps improve mood



HOW TO COOK DRIED BEANS

If you ask 10 seasoned cooks how to prepare beans, you'll probably get 10 different answers. There are many ways to successfully cook beans. A few tried, and true, methods follow.

To Soak or Not to Soak:

Soaking beans overnight before cooking helps reduce cooking time and save energy, but it is not necessary. The length of time to soak beans doesn't have to be precise—several hours on the countertop to a few days in the fridge both work as well as soaking overnight. To soak beans ahead of cooking, rinse beans and pick out any debris. Place desired quantity of beans in a container that has room for them to triple in size, fill with water, and cover. If soaking longer than overnight, place in the refrigerator. There is much debate over whether it is better to use the soaking water for cooking or discard it and cook in fresh water—neither option is right or wrong.

The Quick Soak Method:

This is an alternative to the soaking method to that described above. After rinsing beans and picking out debris, place desired quantity of beans in a pot that has at least 4 times the amount of space required for the dry beans. Cover beans with a couple inches (or more) of water, bring to a boil for 2 minutes, turn off heat, cover and allow to stand for 2 hours. Then, proceed with cooking below just as you would with beans soaked overnight.

Cooking Method #1: Boiling on the Stove Top:

Place soaked or rinsed dry beans in a pot that has room for soaked beans to expand somewhat and dry beans to triple or quadruple in size. Cover soaked beans with 1-2 inches of water (or cooking liquid) or dry beans with a few inches of water. Bring to a boil, and then reduce heat so that liquid is gently simmering. Cook uncovered or partially covered until beans are tender. Time will vary greatly based on age of the beans, soaking, variety, and size of the beans.

Cooking Method #2: Slow Cooker:

It is best to use soaked or quick soaked beans for cooking in a slow cooker or they will take far too long to cook. Soaked beans can generally be cooked on high for 4 hours or low for 8 hours in a slow cooker. Putting them on low to cook right before bed so that they're done when you wake up is a great time-saving tip. Avoid cooking kidney beans in a slow cooker. This is because kidney beans contain a high level of a toxic protein called phytohemagglutinin that requires boiling for at least 15 minutes (though the USDA recommends at least 30 minutes) to reduce to undetectable levels and allow safe eating. This is not a concern with other beans. Slow cookers often don't cook at high enough temperatures to eliminate this toxic protein.

Cooking Method #3: Pressure Cooker or Instant Pot:

There are two main types of pressure cookers—stove top and electric. The former generally cooks at higher temperatures and faster than the latter. An Instant Pot is a type of electric pressure cooker when used with the pressure cooker setting. Because pressure cookers vary from model to model, it is best to follow the instructions for cooking beans that came with your particular unit. Soaked or unsoaked beans of any type can be safely cooked in a pressure cooker. However, soaked beans cook more quickly and are more likely to stay intact, while unsoaked beans tend to split apart in a pressure cooker. For kidney beans, make sure to use the high-pressure (generally 15 psi) setting to ensure they are safe to eat. You will need at least a 6-quart pressure cooker to cook 1 pound of dry beans.

How to tell when beans are done:

Beans are done cooking when they are tender in the center and do not taste overly starchy or gritty. However, they should not be cooked so long that they are all falling apart. To get all beans completely cooked, some will generally fall apart. Just make sure they're not all mushy (unless that's what you want!).

Session 4

Salting beans:

As mentioned elsewhere in the curriculum, from a health perspective, it is best to minimize salt use and cook beans without salting. From a culinary perspective, salt is used to enhance the flavor of beans. However, there is a lot of debate about whether or not to add salt when cooking beans or only during the last few minutes cooking, owing mainly to the concern that salt may prolong cooking time. Either is fine. Adding salt earlier in cooking doesn't actually prolong cooking substantially and can help season them more fully.

Avoid adding acids early:

Do NOT add acidic ingredients—this includes tomato products—until beans are done or nearly done as acid toughens their skins and prolongs cooking.

How to amplify flavors:

To amplify the flavor of beans, add dried or fresh herbs or spices and other aromatics while cooking. A common combination is onion, carrot, celery, bay leaf, thyme, and peppercorns. These flavoring ingredients can be discarded or eaten with the beans, with the exception of bay leaves and whole peppercorns, which should always be discarded.

Food safety:

Make sure not to just transfer a large hot pot of beans to the fridge after cooking as it will not cool quickly enough to ensure food safety. This is also true of large pots of other hot dishes, like soups. Divide up into smaller containers to refrigerate or freeze for later use. Also, avoid cooking kidney beans in slow cookers as described above.

Using dry beans in place of canned:

A pound of dried beans usually yields 5-6 cups of cooked beans. This is equivalent to nearly 4 cans of store-bought beans. Since a pound of dry beans often sells for about the price of a can of cooked beans, dry beans are about ¼ the price. Additionally, it is much easier to control the amount of salt in a dish using dry versus canned beans as most canned beans contain high levels of sodium.

Storing cooked beans and tips for later use:

Cooked beans can be stored in the refrigerator for about 5 days or frozen for months. To make it easy to cook beans ahead for quick use another day, drain cooked beans and divide into 1-1/2 cup portions for freezing using your choice of container or storage bag. This is the amount of beans found in a typical 14.5-ounce standard-sized can. You can remove a container of frozen beans and replace 1:1 for canned beans in recipes this way. It is fine to put frozen beans directly into a soup or stew without thawing. If you want to make a cold preparation, like a salad or hummus, you can soak frozen beans in warm water to thaw quickly.



TEACHING KITCHEN: NOURISH BOWLS

1 Leafy Greens

2-3 handfuls, raw or lightly cooked

arugula, spinach, kale, lettuce, swiss chard, shaved brussel sprouts, spring mix, shredded cabbage

2 Vegetables

1 cup, raw, steamed or roasted

artichoke hearts, broccoli, cauliflower, carrots, bell pepper, cucumber, green beans, red onion, zucchini, summer squash, snap peas, tomatoes

3 Protein

½ - 1 cup

garbanzo beans, black beans, kidney beans, lentils, edamame, organic tofu, organic tempeh

4 Fiber-Rich Carbs

½ - 1 cup

whole grains: quinoa, brown rice, millet, farro
sweet potato, winter squash, corn, peas

fruit: berries, apples, oranges

5 Healthy Fats

limit to 1-2 topping options

avocado (¼), olives (5)

nuts: walnuts, almonds, pistachio (1 tbs.)

seeds: pumpkin, hemp, sesame (1 tbs.)

hummus (2 tbs.), dressing (1 tbs.)

6 Toppers

flavor elements

lemon/lime juice

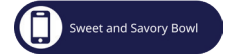
fresh herbs: mint, parsley, cilantro, chives
nutritional yeast

vinegars: balsamic, apple cider, white
spice blends
salsa



Session 4

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, carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. Try different herbs, spices and sauces to add variety throughout the week.



Burrito Bowl

Romaine + grilled peppers + roasted sweet potato + black beans + salsa, cilantro, & lime juice



Mediterranean Bowl

Arugula + chopped tomato, cucumber, & red onion + garbanzo beans + quinoa + avocado + lemon juice



Asian Peanut Bowl

Massaged kale (with lime juice) + sliced cucumber & shredded carrots + edamame + brown rice + chopped peanuts + lime juice

Tofu Nicoise

Bibb lettuce + steamed green beans & sliced tomato + baked tofu + steamed new potatoes + sliced olives + Dijon dressing

Tahini Bowl

Spring mix + roasted broccoli & cauliflower + farro + lentils + mint & lemon tahini dressing

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



TEACHING KITCHEN: BEAN BURGERS



INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- ¼ cup quick oats
- ¼ cup barbecue sauce
- Optional: salt and pepper to taste, additional herbs and spices (paprika, parsley, chili powder, garlic or powder, cumin, etc.)

BEAN BURGERS

A fork, a bowl, and three ingredients - the easiest bean burgers you'll ever make! Hint: make a big batch of these burgers and freeze them. When you're ready to eat them, simply reheat them in the oven or pop them in the toaster until warm throughout.

Makes 4 burgers

INSTRUCTIONS

1. In a large bowl, combine all ingredients and mash with a fork until a chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt/pepper/seasonings to your liking. If you have time, refrigerate the dough for 30 minutes.
2. Preheat oven to 400F. Divide and shape dough into 8 patties. Arrange on a parchment paper-lined baking sheet. Bake for 8 minutes, flip, and bake for another 5-6 minutes until a golden brown crust forms.
3. Serve with sliced tomato, pickles, onion, and your other favorite burger toppings. Refrigerate leftovers for up to one week or freeze in an airtight container for up to 3 months.

NOTES

- Swap the black beans for different beans. Try kidney, pinto, or cannellini beans
- Try adding some chopped veggies, for instance some frozen mirepoix (diced celery, onions, and carrots) or some chopped spinach
- If you don't have thin or quick oats, simply pulse rolled oats in a blender or food processor
- Swap the barbecue sauce for other sauces for an entirely different cuisine. Try peanut sauce, a combination of ketchup and mustard, or a tahini-lemon sauce



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



SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

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 (heartrate 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.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

What ingredients will you try in your next nourish bowl? What new grain might you try this week? Consider that quinoa only takes a few minutes to simmer on the stove top!

You are making big strides; thank you for your participation.

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 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

WELCOME

Welcome to Session 4!

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

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges



DIABETES EDUCATION: THE BASICS

Understand the basics of diabetes so that you can kick it to the curb!

1. 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.

2. 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.

3. 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.

4. BODY CELL:

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

5. 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.

6. INSULIN RESISTANCE:

When our cells become less responsive to insulin so that cells can't use the available glucose for energy very efficiently. 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 get 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?

Session 5

7. 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.

8. TYPE 2 DIABETES:

The pancreas is creating more than enough insulin keys but the locks in the cells are resistant to open 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.

9. DIABETES REMISSION:

Diabetes is considered to be in remission when: 1) hemoglobin A1c, a measurement that shows your blood sugar control over about the past 3 months, and 2) you have a fasting blood sugar that is in the normal range for at least 3 months. In remission, these numbers are achieved without the help of things like surgery, medications, or other devices.



REFLECTING ON YOUR OLD EATING HABITS

The Standard American Diet, or “SAD Diet”, is the common eating pattern in the United States and other developed countries that contributes to chronic diseases like diabetes. These foods are usually difficult to trace back to whole food ingredients.

Reflecting on the foods you used to eat will help you make the connection between the food on your plate and your health. As you change your eating habits, you can return to this page to see how far you’ve come!

Standard American Diet Foods:

- French fries
- Cheeseburgers
- Hot dogs
- Potato chips
- Candy
- Ice cream
- White bread
- White pasta
- Fried chicken
- Fried fish
- Pizza
- Pastries
- Donuts
- Soda
- Juice
- Bacon
- Sausage
- Onion rings
- Corn chips
- Sugar-sweetened breakfast cereal



Session 5

What are some reasons why you ate these foods?

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, or were there any negative effects from these foods like bloating, a stomachache, or tiredness?

If I keep eating these foods, what will my life look like?

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

MEAL MAKEOVERS: PIZZA



Meal #1

- Cheese Pizza
- Breadsticks
- Marinara Sauce

Fat Grams: _____

Calories: _____

Meal #2

- Cheese Pizza
- Breadstick
- Marinara Sauce
- Salad
- Fat-Free Dressing

Fat Grams: _____

Calories: _____





Meal #3

- Cheese Pizza
- Salad
- Fat-Free Dressing
- Minestrone Soup
- Fruit Salad

Fat Grams: _____

Calories: _____

Meal #4

Diabetes Remission Plate

- Roasted Vegetable Pizza
- Split Pea Soup
- Salad
- Fat-Free Dressing
- Mixed Berries

Fat Grams: _____

Calories: _____



MEAL MAKEOVERS: HAMBURGERS



Meal #1

- ½ lb. Hamburger with Cheese on White Bun
- Potato Chips
- Cookies

Fat Grams: _____

Calories: _____

Meal #2

- 1/4 lb. Hamburger with Fat-Free Cheese on Whole Wheat Bun
- Coleslaw
- Baked Beans
- Cookies

Fat Grams: _____

Calories: _____





Meal #3

- One Half 1/4 lb. Hamburger on Whole Wheat Bun
- Roasted Vegetables
- Baked Beans, Low Fat
- Pear

Fat Grams: _____

Calories: _____

Meal #4

Diabetes Remission Plate

- Black Bean Burger on Whole Wheat Bun
- Roasted Vegetables
- Baked Beans
- Pear

Fat Grams: _____

Calories: _____



MEAL MAKEOVERS: SPAGHETTI



Meal #1

- 3 cups White Spaghetti
- 2 cups Meat Sauce
- Garlic Bread

Fat Grams: _____

Calories: _____

Meal #2

- 2 cups Whole Wheat Spaghetti
- 1 cup Meat Sauce
- Whole Wheat Baguette
- Broccoli

Fat Grams: _____

Calories: _____





Meal #3

- 1 cup Whole Wheat Spaghetti
- ½ cup Marinara Sauce
- Lentil Soup
- Broccoli
- Raspberries with Whipped Topping

Fat Grams: _____

Calories: _____

Meal #4

Diabetes Remission Plate

- 2 cups Squash, Carrots and Zucchini Noodles
- 1 cup Mushroom Marinara Sauce
- 1 cup Broccoli
- 1 cup Lentil Soup

Fat Grams: _____

Calories: _____



MEAL MAKEOVERS: CHICKEN



Meal #1

- 4 Fried Chicken (Breaded and Deep Fried)
- 1 ½ cups Cooked White Rice with 2 tb Butter
- ½ cup Peas with 1 tb Butter

Fat Grams: _____

Calories: _____

Meal #2

- 2 Pieces Grilled Chicken
- 1 cup White Rice with 1 tb Butter
- ¾ cup Peas, No Butter
- 1 cup Mixed Greens Salad
- 5 Grape Tomatoes
- 5 Slices Cucumber
- 2 tb Salad Dressing

Fat Grams: _____

Calories: _____





Meal #3

- 1 Piece Grilled Chicken Breast
- 1 cup Brown Rice
- 3/4 cup Peas, No Butter
- 1 ½ cups Mixed Greens Salad
- 8 Grape Tomatoes
- 1 ½ tb Fat-Free Dressing
- 10 Slices of Cucumber
- ½ cup Vegetarian Baked Beans

Fat Grams: _____

Calories: _____

Meal #4

Diabetes Remission Plate

- 1 Piece Grilled Tofu (85 g)
- 1 cup Brown Rice
- 3/4 cup Peas, No Butter
- 1 cup Mixed Greens Salad
- 5 Grape Tomatoes
- 5 Slices Cucumber
- 2 tb Salad Dressing

Fat Grams: _____

Calories: _____



MEAL MAKEOVERS: BREAKFAST



Meal #1

- Three-Egg Scrambled Eggs or Omelet with Cheese, Cooked with Butter
- 3 Strips of Bacon, Pan-Fried
- 2 Slices White Toast with 1 tb Butter on Each Piece (2 tb Butter Total)

Fat Grams: _____

Calories: _____

Meal #2

- Three-Egg Scrambled Eggs or Omelet with No Cheese, Cooked with Oil with 1/4 cup Cooked Frozen Spinach and 5 Grape Tomatoes
- 1 Strip Bacon

Fat Grams: _____

Calories: _____



Meal #3

- Two Scrambled Eggs with No Cheese, Cooked in Oil with 1/4 cup Cooked Frozen Spinach and 5 Grape Tomatoes
- 1/2 cup Sliced Avocado
- 1 1/2 cups Cooked Oatmeal made from Thick Rolled Oats
- 1/2 cup Unsweetened Fortified Almond Milk
- 1/2 cup Strawberries or Other Fruit

Fat Grams: _____

Calories: _____



Meal #4

Diabetes Remission Plate

- Tofu Scramble -
8 oz of Tofu with: 1/4 cup Cooked Frozen Spinach
- 1/2 Onion
- 5 Grape Tomatoes
- 1/2 Avocado, Sliced
- 1 cup Cooked Oatmeal made from Thick Rolled Oats
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Strawberries or Other Fruit

Fat Grams: _____

Calories: _____



MEAL MAKEOVERS: STEAK



Meal #1

- 3/4 lb Grilled Beef Steak
- 1 cup Mashed Potatoes made with Butter and Whole Milk
- 2 tb Butter on Top
- 1 Large Slice of Cheesecake (1/6 of a 17 oz Cake)

Fat Grams: _____

Calories: _____

Meal #2

- 1/2 lb Grilled Beef Steak
- 1 1/2 cup Mashed Potatoes made Only with Whole Milk, Not made with Butter (and No Butter on Top)
- 8 Boiled Asparagus Spears
- 1 Small Slice of Cheesecake (1/10 of a 17 oz Cake)

Fat Grams: _____

Calories: _____





Meal #3

- ½ Fillet Grilled Salmon Steak
- 1 Large Baked Potato with Skin (3" To 4.25" in Diameter)
- 3 tb Salsa
- 1 tb Chopped Chives
- 8 Boiled Asparagus Spears
- 1 cup Fruit Salad (No Citrus Fruits)

Fat Grams: _____

Calories: _____

Meal #4

Diabetes Remission Plate

- Portabello Mushroom Steak (5 oz)
- 1 Large Baked Potato with Skin (400 g)
- 3 tb Salsa
- 1 tb Chopped Chives
- 8 Boiled Asparagus Spears
- 1 cup Fruit Salad (No Citrus Fruits)

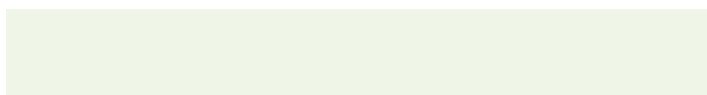
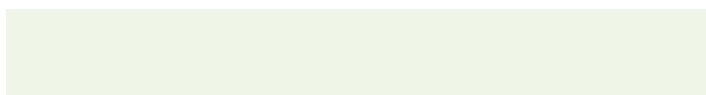
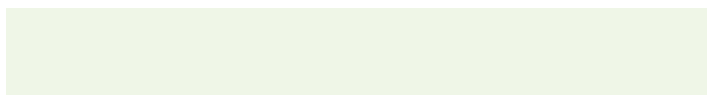
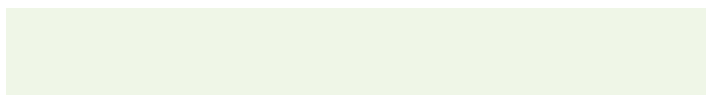
Fat Grams: _____

Calories: _____



BEVERAGE CHALLENGE

All beverages pictured are 12 ounces.



ARE YOU DRINKING 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 that you are hungry even when you have consumed enough calories to meet your energy requirements—or to maintain your weight. Removing these supervillains from your diet can help you stay on track with your health and weight loss goals.

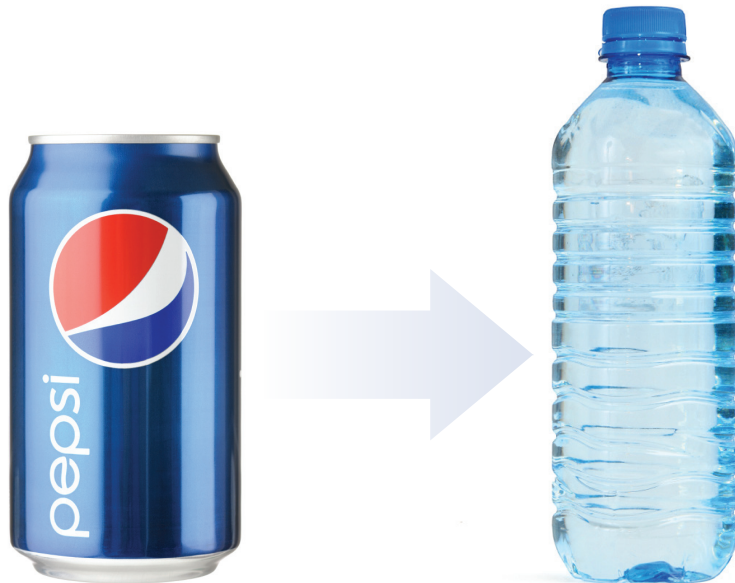
How about a diet soda or a zero calorie drink? No calories there, right? True, but research shows artificial sweeteners can actually increase your appetite and cause weight gain. Not very helpful when you're trying to lose weight.

So your best Superhero beverage option is good, old-fashioned water. Since our bodies are about 70% water, it's the best beverage for quenching thirst and helping you lose weight and be healthy.

TRY THIS EXPERIMENT

If you replace just one 12-oz Pepsi with water every day for one year, you could eliminate calories.

That equals pounds!!!



Session 5

As a group, brainstorm ideas on how you can drink more water. Jot them down here.



SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will add _____, the fiber-rich superfood, to my shopping this week and aim for 75% superfoods on my plate for ____ dinners this week.

I will substitute beans/lentils for chicken/meat/beef in my go-to meals ____ times this week.

Moving More

I will ask my friend _____ if they want to commit to a weekly walking date, after lunch or at another time.

I will choose one time this week to do _____, a physical activity that will really push me.

I will do an aerobic activity (heart rate and breathing go up) ____ times this week.

I will aim to achieve at least 8,000-10,000 steps a day at least 3x a week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will substitute sparkling water for soda ____ times this week.

I will take the time to think about an unwanted habit and brainstorm how to substitute in a healthy habit; then add it to my SMART Goals.

I will attend a church/friend/interest group meeting/ activity this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident					Very Confident		

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10

Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident					Very Confident		

STRATEGY 3: _____

IN CLOSING

What favorite meal are you inspired to make over this week? Will it be one that we covered today, or another family favorite? Try one, as every meal counts as they add up into healthy habits! Congratulations on getting this far!

[illegible]



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

WELCOME

Welcome to Session 6!

Learning Objectives:

- 1. Identify the relationship between fiber and fat amounts in food
- 2. Describe the beneficial effects of both sleep and stress management in diabetes remission
- 3. Set Your SMART Goal

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

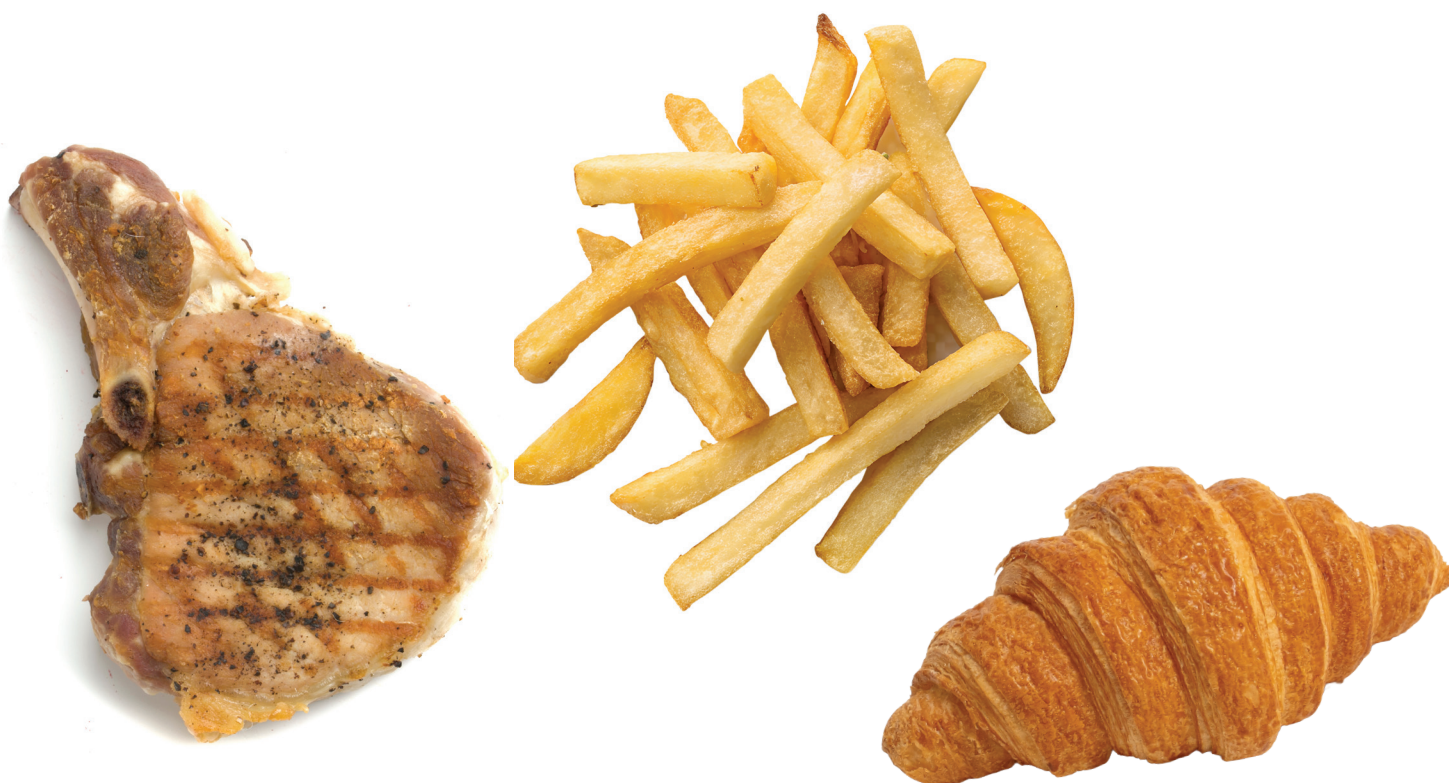
DIABETES EDUCATION: HOW MUCH FAT AND FIBER IS IN THAT FOOD?

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



Session 6

FOOD	SERVING SIZE	CALORIES	FIBER (g)	FAT (g)
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 SALADS BLUEPRINT

1 Leafy Greens

Start with a hefty base of leafy greens. 2 to 3 cups

Baby spinach, chopped kale, Swiss chard, arugula, shredded cabbage, lettuce, spring mix, shaved Brussel sprouts, etc.

2 Vegetables

Add texture and color with a variety of vegetables, raw, steamed, or roasted. unlimited amount

Artichoke hearts, asparagus, bell peppers, broccoli, carrots, cauliflower, cucumber, microgreens, mushrooms, onion, snap peas, summer squash, tomatoes, etc.

3 Smart Carbs

Add filling fiber with whole grains, starchy vegetables, and/or fruit. ½ cup

garbanzo beans, black beans, kidney beans, lentils, edamame, organic tofu, organic tempeh

4 Protein

Add healthy plant protein with beans and legumes. ½ cup

Chickpeas, black beans, kidney beans, white beans, green peas, lentils, edamame, organic tofu, organic tempeh

5 Toppings

Add crunch and flavor with nuts, seeds, fresh herbs, and/or fermented foods. 1-2 tbsp.

Almonds, walnuts, pistachios, pecans, pumpkin seeds, hemp seeds, nutritional yeast, sundried tomatoes, olives, basil, chives, cilantro, parsley, sauerkraut, kimchi, etc.

6 Dressing

Add flavor with a squeeze of citrus, a dollop of dip, or a drizzle of dressing.

A squeeze of lemon, lime or orange juice, guacamole, balsamic

vinegar, white wine vinegar, salsa, hummus, oil-free dressing

Session 6

When you hear the word “**salad**” what kinds of things come to mind?

What **GREENS** can you use?

What **VEGETABLES** would you add?

What is a **SMART CARB**?

What kind of **PROTEIN** is plant-based and delicious?

What **TOPPING** would you try?

What is your favorite **DRESSING** idea?

SALAD TOPPING SWAPS

Make salads extra special with some crunch, texture, and extra flavor.

- Toasted walnuts
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds
- Hemp hearts
- Pistachios
- Chopped pecans
- Cashews
- Slivered almonds
- Roasted chickpeas
- Diced avocado
- Sliced olives
- Capers
- Sliced banana peppers
- Pomegranate seeds
- Diced apples or pears
- Chopped fresh herbs
(parsley, cilantro, basil, chives, mint)
- Sundried tomatoes
- Dollop of hummus
- Nutritional yeast
- Crispy quinoa



 Thai Salad



 Berry Salad

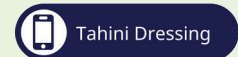
Find all LEADR Recipes on YouTube:
<https://bit.ly/LEADRRECIPES>

SIMPLE & SATISFYING SALAD DRESSINGS

Never eat a boring salad again! These simple and satisfying dressings will add bright, bold and delicious flavors with whole food ingredients. Not only for salads, feel free to drizzle these dressings on grain bowls and roasted veggies or use them as dips.

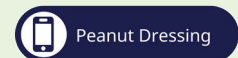
Lemon Tahini Dressing

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt



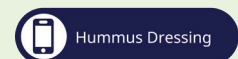
Peanut Sauce

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne, optional
- Water, to thin



3-Ingredient Hummus Dressing

- ¼ cup hummus
- 1 lemon, juiced
- ½ tsp garlic powder
- Water, to thin



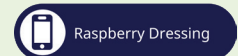
Balsamic Dressing

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1 ½ tsp dried basil or oregano
- 1 tsp maple syrup, optional
- ¼ cup water + more to taste



Fresh Raspberry Dressing

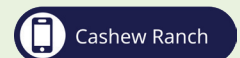
- ½ cup raspberries, mashed or pureed
- ½ tsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste



Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high speed blender
- ½ cup water
- ½ tbsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ¼ tsp salt, optional

Blend all ingredients in a high-powered blender or food processor until nice and creamy.



DIABETES EDUCATION: SLEEP AND DIABETES

Circle the square that you are doing well, and put an "X" by the challenging ones for you.

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?



DIABETES EDUCATION: STRESS

RELAXATION AND MENTAL HEALTH: OVERCOMING STRESS

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, 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.
- **Fun Activities:** Making time for the things that you like engaging in. What do you enjoy?
List them here.

Consider what relieves your stress makes you happy, and make this list your own: what do you enjoy?
Add them here:

SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will prepare and eat a salad with lunch or dinner_____days this week.

Moving More

I will choose a fun activity on my list from this session that is active and do it this week

I will put on a favorite song to dance to for a break_____times this week.

I will aim to achieve at least 8,000-10,000 steps a day at least 3x a week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will review my LEADR Participant Guide notes and SMART Goals to take a look at my priorities for this class, and congratulate myself for the progress I've made. (Remember changing habits take time, and perfection isn't the goal!).

I will review this session's sleep and stress management tools and incorporate these new ones_____days this week.

I will aim to listen to a podcast on mindfulness 1x this week.

I will aim to journal my feelings when I feel overwhelmed and stressed for one week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0	1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident					Very Confident		

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10

Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you've chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10

Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

Congratulations on completing half of your LEADR diabetes remission program! You are making headway. This session we have considered other important pillars of health; What healthy sleep habits are you inspired to try? You are making big strides; thank you for your participation.

[illegible]



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

WELCOME

Welcome to Session 7!

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

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

DIABETES EDUCATION: EXERCISE FOR DIABETES REMISSION

MAKE EXERCISE PART OF YOUR DIABETES REMISSION PLAN!

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.



DIABETES EDUCATION: REMISSION MECHANICS

You have already learned so much about eating for diabetes remission. Here are five tweaks you can make to supercharge your efforts toward healing your diabetes.

- 1** The 1st thing you can do is _____ your portions of vegetables.
Vegetables are packed with fiber, so their carbohydrates enter into your bloodstream slowly, which is very helpful when aiming for remission.
- 2** The 2nd thing you can do is cut your portions of the foods that are considered “better” 25% choices (whole grain breads, pastas, and tortillas) in _____. Although these foods are still better 25% choices, they do have a more immediate effect on your blood sugar than the 75% choices we learned about.
- 3** The 3rd thing you can do is swap meat for _____.
They are a diabetes superfood!
- 4** The 4th thing you can do is keep _____ in check in your diet.
You only need small portions of these foods – a small handful of nuts, a couple tablespoons of seeds, or a quarter of an avocado – to get the health benefits from these foods. The best way to keep fats in check is to eliminate oil in cooking and eliminate high-fat animal foods like meat and dairy.
- 5** The 5th thing you can do is to be cautious with _____ at the grocery store. Steer clear of any packaged food with claims that say “diabetic-friendly”, “sugar-free”, or “fat-free”. Oftentimes, these products are made with artificial sweeteners and other food additives that could actually make you less healthy! Stick with the 75% foods and you’ll stay on track toward your goals.
- 6** Which tweak will you practice this week?

FULL PLATE LIVING: REV UP YOUR HEALTHY LIFE

Cost of Losing One Pound

Jog at 5 miles an hour for about hours.

Do high-impact aerobics for about hours.

Swim moderately for hours.

Walk briskly at 3 miles an hour for hours.

Shop for about hours.

Data taken from healthstatus.com, provided by Emory University in Atlanta, GA.
Information based on a 160 pound person.

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 reaching a healthy weight if you also change eating habits. Eating lots of water-fiber foods is a great way to change what you eat, and adding exercise will increase the benefits.

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, by changing what you eat and adding physical activity, you could lose pounds twice as fast.



NOW IT'S YOUR TURN!

Do you currently exercise? If so, what kind of exercise do you do? If not, what prevents you from exercising?

What types of exercise have you enjoyed in the past? If you can't think of anything, think back to what you enjoyed as a child.

I will add more movement into the upcoming week by ...

Session 7

BENEFITS OF BEING PHYSICALLY ACTIVE

Select the ones that are important to you.

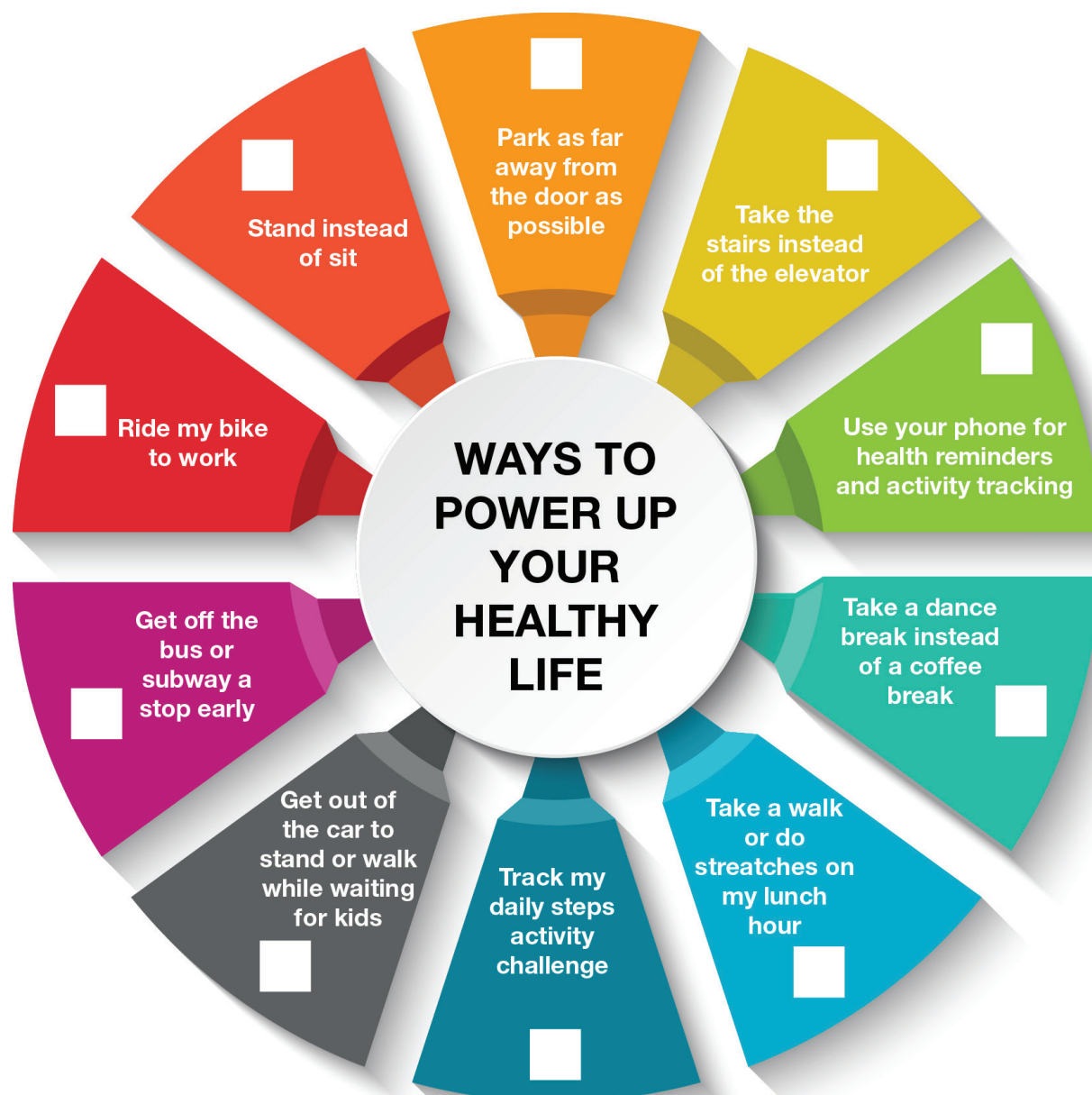
Circle the square that you are doing well, and put an "X" by the challenging ones for you.

- | | |
|---|--|
| ☐ Accelerates reaching a healthy weight if you also change eating habits | ☐ Increases longevity |
| ☐ Helps maintain ideal weight | ☐ Decreases stress |
| ☐ Lowers the risk of osteoporosis | ☐ Helps your clothes fit better |
| ☐ Increases energy | ☐ Boosts self-confidence |
| ☐ Decreases blood pressure | ☐ Reduces the risk of stroke |
| ☐ Reduces the risk of heart disease | ☐ Decreases depression, improves mood |
| ☐ Decreases "bad" cholesterol | ☐ Helps control emotional eating |
| ☐ Reduces the risk of dementia | ☐ Lowers the risk of diabetes |
| ☐ Decreases fat in the blood | ☐ Improves sleep |
| ☐ Increases "good" cholesterol | ☐ Reduces pain |
| ☐ Helps grow new brain cells | ☐ Increases strength |
| ☐ Reduces anxiety | ☐ Improves sexual performance |
| ☐ Lowers the risk of some cancers | |

POWER UP YOUR DAY

These are some ways you could add more movement to your day.

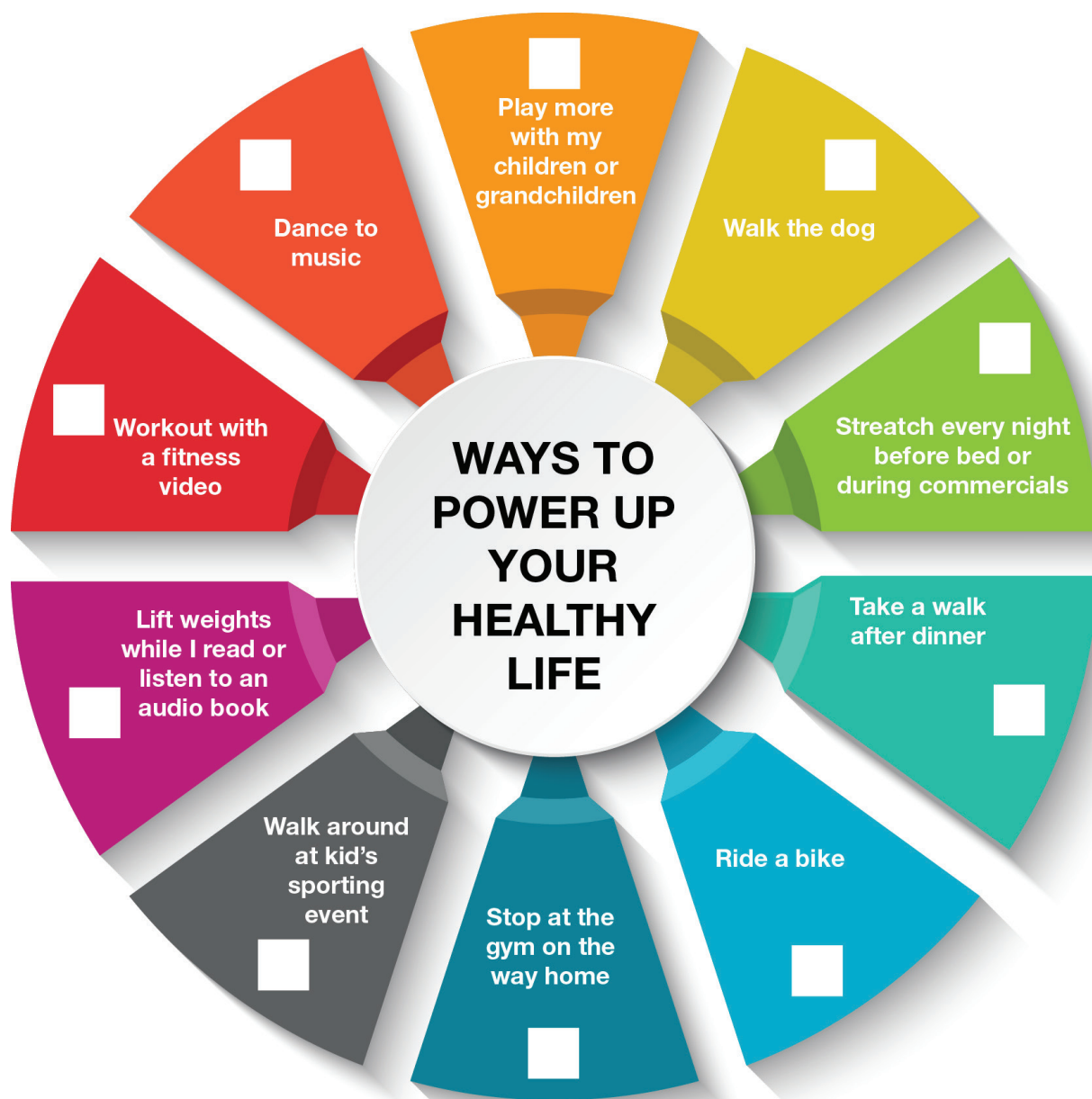
Check the boxes for the activities that will work for you.



POWER UP YOUR EVENING

These are some ways you could add more movement to your evenings.

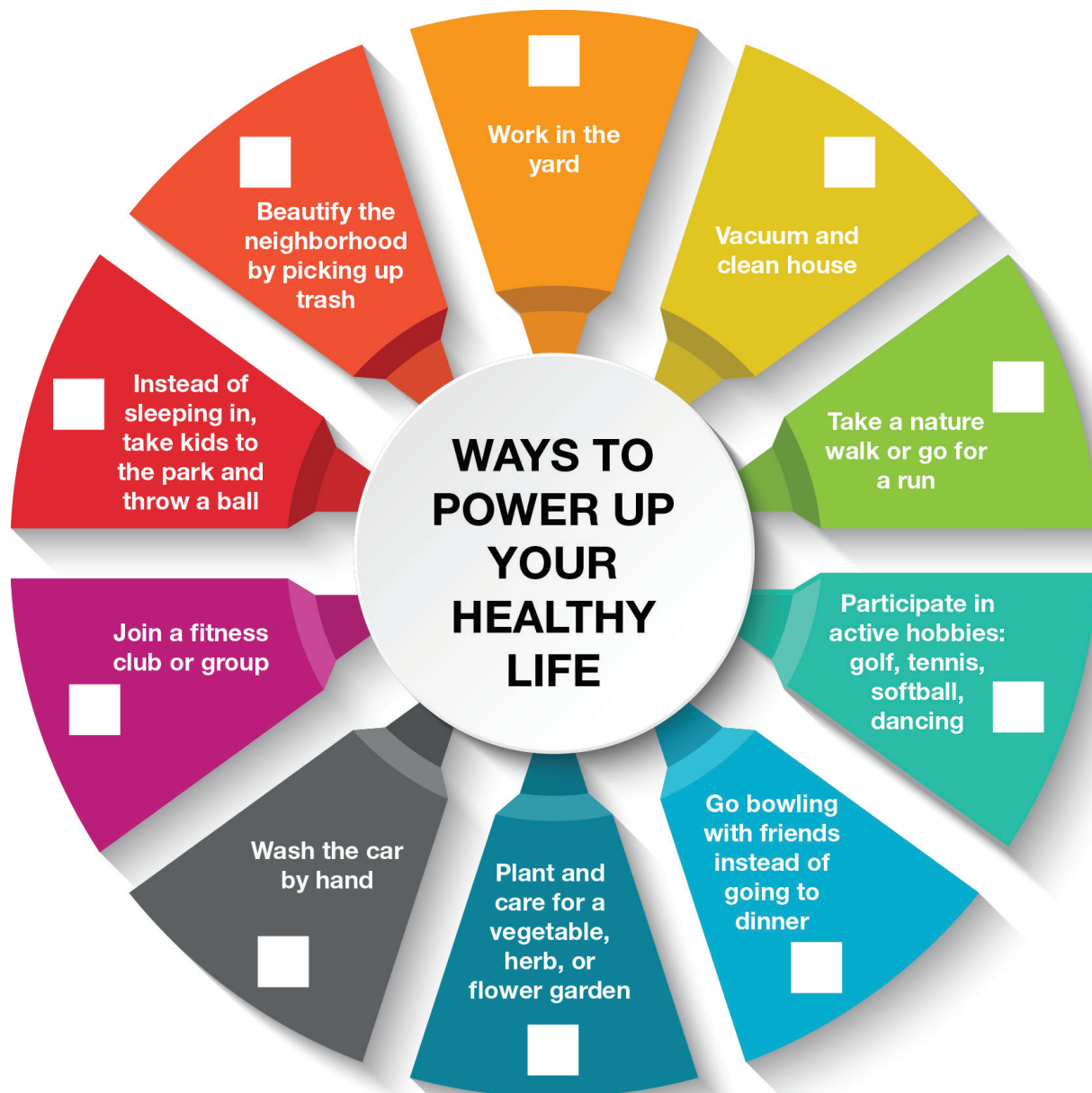
Check the boxes for the activities that will work for you.



POWER UP YOUR WEEKEND

These are some ways you could add more movement to your weekend.

Check the boxes for the activities that will work for you.



LESSONS FROM SETBACKS

If you've ever tried to change your habits or 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 your rebound. Here are some important lessons to learn from relapse.

1. Achieving a healthy lifestyle usually requires more than one attempt

Many people have the unrealistic expectation they'll master their health goals the first time out. They mistakenly believe the path to their ideal health status 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 requires an ongoing commitment

Be prepared for the journey to take time, action, and effort. A set back may happen, but you can help prevent or lessen it if you make a commitment, drum up support, makeover your negatives, create safe havens, and give yourself rewards—all skills you've learned in these sessions. Sheer willpower isn't enough.

3. Some old habits die hard

A slip doesn't mean you've failed. It's an opportunity to turn a negative into a positive. To get back on the healthy horse and keep riding.

4. But many slips do...

Bad habits can creep back in because of a series of 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 frequently.

5. Distress can cause relapse

Research consistently finds distress (including anger, anxiety, depression, loneliness, and other emotional issues) is involved in 60–70% of health improvement related relapses. You can't avoid your emotions like you can avoid restaurants, bars, and in-laws. It's essential to 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 the people you hang out with are unhealthy and don't want to change, it's pretty certain you'll run into social pressure to NOT change. Becoming healthier can threaten someone who's not ready to be healthy. It's important to surround yourself with people who value and encourage your achieving a healthy lifestyle.

*Information adapted from James Prochaska's book, *Changing for Good*.

Controlling My Own Genetic Destiny:

How can I shift my environment to live within my personal fat threshold?

SET YOUR SMART GOALS

Time for you to set your **SMART** goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will prepare a new recipe for dinner that is filled with fiber-filled superfoods this week. I can search for them here: <https://www.forksoverknives.com/> and <https://sustainablediet.com/recipes/>.

I will add another breakfast from Session 2 into my morning.

Moving More

I will park as far as I can from the grocery store door/other errands to get more walking in

I will take standing breaks during office hours - stand up from my desk every 45 mins to 1 hour .

I will aim to achieve at least 8,000-10,000 steps a day at least 3x a week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will choose another relaxation technique from last session to try _____ times this week

I will share my goals with an important person in my life who I want to be a role model to.

I will complete a 10-minute yoga video on YouTube at least 1x this week.

I will take a walk in my neighborhood and observe things I appreciate at least 2x this week
(birds, the street being clean, a paved sidewalk, etc.)

I will find out how to join Alcoholics Anonymous, and I will schedule the meeting.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

We are as successful as the effort that we put in. We will make discoveries together.
 Thank you for being here!

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 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

WELCOME

Welcome to Session 8!

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

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

TEN TOOLS FOR SUSTAINING HEALTHY LIFESTYLE

People who reach a healthy weight and keep it steady use these tools whether they know it or not.

1. Get the Facts

Gather reliable information about weight and health.

2. Get Inspired

What is motivating you to reach a healthy weight? Remember, the bigger the motivator the better.

3. Be a Role Model

Whom do you want to inspire by pursuing health?

4. Tap into Resources

A lot of great resources are available to help you be healthy. Keep a look out for them.

5. Compare Your Actions to Your Values

Do your actions support what is most important to you? Where does reaching a healthy weight fit with your values?

6. Make a Commitment

Making a commitment will change the way you think about weight and health. It is a good idea not to make it until you are ready, willing, and able.

7. Makeover Your Negatives

Replace negative thoughts with more helpful ones.

8. Drum Up Support

Ask for and use the help of others to assist you in pursuing health.

9. Create Safe Havens

How can you change your home or workplace to help you succeed?

10. Give Yourself Rewards

Taking steps to reach a healthy weight is a huge accomplishment and deserves to be rewarded.



MAKE OVER YOUR NEGATIVES

"I don't have enough time to prepare Full Plate Meals... it's just too much for me."

Replace with: "It may not be perfect, but I can take five minutes to open a can of beans and heat them."

"I'm not working out today because I just got my hair done and don't want to mess it up."

Replace with: I can always tie my hair up when I work out so that I don't "sweat out" my style and just leave my hair tied up until my hair dries. I can also talk with my stylist about protective styles that will hold up better when working out.

"I'm just too tired to do my 30-minute workout today."

Replace with: "I'm tired, but I can at least go for a walk around the block."

"I don't want to lose too much weight because my family and friends may think I'm sick."

Replace with: "I can explain to my family and friends that I am working hard to lose weight and make better food choices so that I can live a healthier life and prevent chronic conditions such as diabetes and heart disease that will make me sick."



TEN TOOLS FOR SUSTAINING HEALTHY LIFESTYLE

Make Over Your Negatives

Negative Thoughts

"It's not fair that other people eat anything they want and not gain weight."

"These cravings are horrible. I just can't stand them anymore."

"It feels good to eat. I need to eat to cope with the stress in my life."

"My parents were over weight, so I guess this is just the way I am."

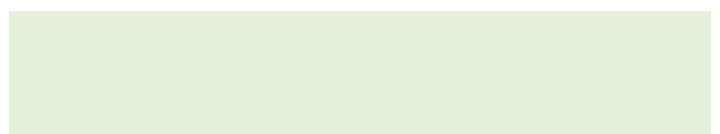
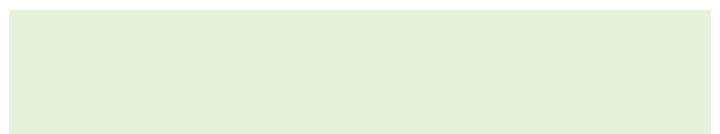
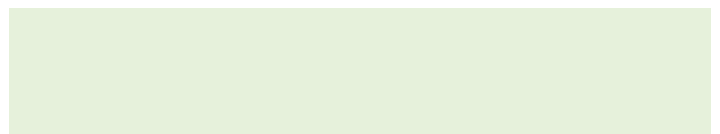
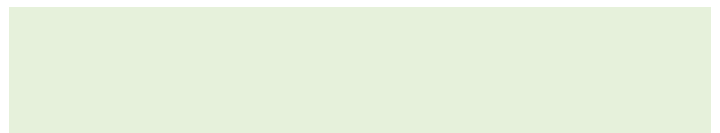
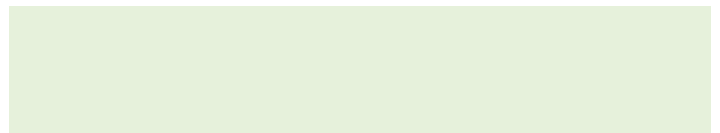
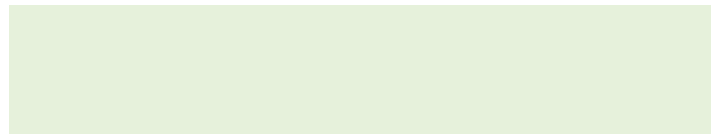
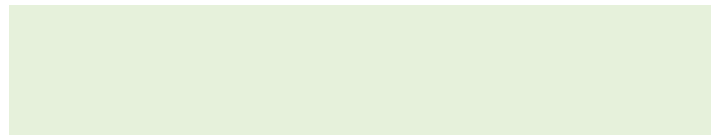
"Losing weight is too difficult. I'll just keep doing what I've always been doing."

"I get such comfort from eating ice cream while watching TV"

"I just had a cookie. I've failed. It's hopeless. I might as well overeat all day."

"I just don't have what it takes to lose weight. I just can't do it."

Helpful Thoughts



DIABETES EDUCATION: SET UP YOUR ENVIRONMENT TO SUPPORT YOUR GOALS

Your environment has a powerful effect on your eating habits. Enlist these strategies to set up your kitchen, workplace, and home to support your goals instead of sabotaging them.

1

Strategy #1: Out of sight, out of mind

- If your family members have tempting treats in the house, ask to 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.
- 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.

How I will practice this strategy:

2

Strategy #2: Change how you interact with your environment

- If a tempting candy dish is on a coworker's desk instead of on your own, 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-workers to move the candy dish out of sight.
- 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.

How I will practice this strategy:



2

Strategy #3: Change how you interact with the people in your environment

- 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.
- Start building relationships with new people who are on the same lifestyle path as you are. Look for groups in your community or online. These people are the ones you can discuss successes and challenges with, trade cooking tips, and enjoy healthy meals with.
- 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. 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. Avoid long explanations 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."
- 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 awhile. So far, I'm feeling great." Keep it simple and focused on yourself.

How I will practice this strategy:

[illegible]

SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will incorporate a recipe app or other meal-planning resource to keep healthy recipe ideas easy to find: <https://recipekeeperonline.com/>, <https://www.forksoverknives.com/> or <https://sustainablediet.com/recipes/>.

Out of sight, out of mind: move the tempting treats out of sight and hard to get to.

Put whole fruit and remission-supportive snacks front-and-center; in fridge and on the counter, and at work.

Moving More

I will ride my bike to work _____ days this week, or take public transit instead of driving.

I will stand instead of sit to work/email/read _____ times this week.

I will aim to achieve at least 8,000-10,000 steps a day at least _____ times this week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will change my home or workplace to make it a safe haven for me.

Do luxurious stretching before getting into bed every night this week.

Pick a negative thought to work on and replace it with a healthy one.

I will reconnect with someone that is special to me where time has impacted our connection at least one time this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

Catch yourself thinking negative thoughts with a plan to change them into supportive thoughts. What eating habit can you change to support your goals? Congratulate yourself on your efforts thus far, big and small!

[illegible]



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

WELCOME

Welcome to Session 9!

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

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

FULL PLATE LIVING: MAKING THE MOST OF YOUR MORNINGS

WHAT'S SO GREAT ABOUT BREAKFAST?

1. Eating a good breakfast can help _____ all day by jump starting your metabolism.
2. Eating a good breakfast can help you _____
3. Eating a good breakfast can help keep _____ once you've lost it.
4. Eating a good breakfast can help _____, so you can do more things you enjoy.
5. Eating a good breakfast can help increase _____ by improving concentration, memory, problem solving, and hand-eye coordination.
6. Eating a good breakfast can help to decrease your risk of three major killers: heart, _____, and _____.



brain power

lose weight

burn calories

diabetes

increase energy

cancer

weight off

WHY IT'S SO EASY TO SKIP BREAKFAST

As a group, write in the space provided, one main reason people skip breakfast. Then brainstorm as many solutions as you can.

Main Reason

Solutions



Did You Know?

According to researchers from the National Weight Control Registry, 8 out of 10 Americans who have lost weight and kept it off for more than five years, eat breakfast every day.

Full Plate
LIVING

BREAKFAST POWER UP CHALLENGE

Typical Breakfast 1

Two pancakes	2g
Butter	0g
Syrup	0g
Sausage	0g
Orange juice	0g

Grams of Fiber	2g
----------------	----

Powered Up Breakfast 1

Grams of Fiber	
----------------	--

Typical Breakfast 2

Special K	2g
Milk	0g

Grams of Fiber	0g
----------------	----

Powered Up Breakfast 2

Grams of Fiber	
----------------	--

Typical Breakfast 3

Two eggs	0g
Two slices of turkey bacon	0g
White toast	1g
Coffee	0g

Grams of Fiber	1g
----------------	----

Powered Up Breakfast 3

Grams of Fiber	
----------------	--

Typical Breakfast 4

Cheese omelet	0g
---------------	----

Grams of Fiber	0g
----------------	----

Powered Up Breakfast 4

Grams of Fiber	
----------------	--

YOU'RE PREPARING TO LIVE HEALTHIER

Often, when people know they need to reach a healthy goal, 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 weight loss and healthy living. The purpose of the 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:

1. How much time and energy are you willing to budget for health right now?

2. How is it going to fit into your daily schedule?

3. What are you willing to give up in order to achieve a healthy lifestyle?

4. What are the potential challenges that could throw you off?

Positive answers to these questions will help you succeed. This is a bridge between thinking about reaching a healthier lifestyle and taking action to do it.

MAKE A COMMITMENT

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 permanent healthy weight lies somewhere between slim to none.

Once you make a commitment to lose 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 will 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?

ARE YOU READY TO MAKE A COMMITMENT?

Answering the following six questions will help determine your readiness to make a commitment to lose weight.

Capacity Scale

1. On a scale of 0–10, circle the number that best describes how much time and energy you're willing to budget for health right now.

0 1 2 3 4 5 6 7 8 9 10

None

Whatever it takes

2. How is it going to fit into your daily schedule?

3. What are you willing to give up in order to reach a healthy weight?

4. What are the potential challenges that could throw you off?

Commitment Scale

5. Based on your answers to the first four questions, on a scale of 0–10, circle the number that best describes your commitment to reaching a healthy weight right now.

0 1 2 3 4 5 6 7 8 9 10

Not Committed

Somewhat Committed

Very Committed

Ability Scale

6. On a scale of 0–10, circle the number that best describes your current ability to reach a healthy weight.

0 1 2 3 4 5 6 7 8 9 10

Not Able

Somewhat Able

Totally Able

PANTRY UPGRADE

What's in your pantry now? Make a list of all the foods you can think of that are currently in your cabinets, refrigerator, and freezer.

Then, circle the foods that fit in with your new diabetes remission eating pattern. All the foods left on the list? Clear them out!

[illegible]

TEACHING KITCHEN: EASY VEGGIE STIR FRY



INGREDIENTS

Tempeh

- 1 package (8 oz) tempeh, cubed
- 2 tbsp reduced-sodium soy sauce (tamari for gluten-free)
- 1 tsp garlic powder

Stir-fry

- 2 tsp water or low-sodium vegetable broth
- 1 cup chopped carrots
- 1 cup chopped broccoli
- ½ cup white onion, sliced
- ½ cup sliced white or crimini mushrooms
- 1 bell pepper, sliced
- Salt and pepper to taste

For serving

- 2 tbsp hoisin sauce, for serving (or another store-bought sauce of choice)
- 1 cup cooked brown rice or quinoa

EASY VEGGIE STIR FRY

Nutrient-rich stir fry made with colorful vegetables and protein-packed tempeh. This dish comes together quickly for a weeknight meal and is perfect for meal prep. Feel free to switch up the vegetables based on the season. Serves 2

INSTRUCTIONS

1. In a small bowl, combine the tempeh, soy sauce, and garlic powder. Mix and set aside.
2. Heat a large skillet or wok over medium-high heat. Add the water or broth, carrot, broccoli, onion, and a pinch of salt. Cook for 4 to 5 minutes, stirring every 30 seconds until the onions are softened.
3. Add the bell pepper and mushrooms and cook for 4-5 minutes until everything is cooked al dente.
4. While the veggies are cooking, place the cubed tempeh on a baking tray and broil in the oven for 5-10 minutes until browned and crispy, stirring once halfway through.
5. Serve the stir-fried veggies in a bowl with cooked brown rice or quinoa, ½ of the tempeh, and 1 tbsp of hoisin sauce.



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



TEACHING KITCHEN: COWBOY CAVIAR



INGREDIENTS

- 1 cup canned black beans, drained and rinsed
- ¼ cup corn kernels (canned, thawed from frozen, or fresh)
- ½ tbsp chopped cilantro
- ¼ tsp minced garlic
- 2 tbsp chopped red onion
- 2 tbsp chopped red bell pepper
- ¼ cup salsa
- ¾ tsp chili powder
- ½ tsp cumin
- ¾ tsp lime juice
- Salt to taste

COWBOY CAVIAR

This fresh and vibrant Cowboy Caviar 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. Enjoy as a tasteful snack or salad topper, or double the recipe for your next gathering. Serves 2

INSTRUCTIONS

1. In a medium bowl, combine the drained and rinsed black beans, corn, cilantro, garlic, red onion, bell pepper, salsa, chili powder, cumin, and lime juice. Season to taste with salt.
2. For the best flavor, let the mixture marinate for 20 or more minutes.
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves, or with whole-grain crackers.



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



TEACHING KITCHEN: POTATO CHICKPEA CURRY



INGREDIENTS

Curry

- 1 large potato, diced
- ½ cup cooked or canned chickpeas, drained
- 1 cup tomatoes, diced
- 1 carrot, diced
- 1 cup fresh or frozen broccoli, chopped
- ½ teaspoon curry powder, or to taste
- ¼ cup homemade yogurt (see recipe, below)

Homemade soy yogurt

- 1/2 cup of yogurt from previous batch (for first batch, use 1 probiotic capsule per 1 cup milk OR ½ cup store-bought soy yogurt as a 'starter')
- 4 cups soy (or plant-based) milk

POTATO CHICKPEA CURRY

This is a simple yet hearty staple recipe, easy to make and great to have on hand as leftovers. The flavoring is very forgiving and can be altered with herbs and spices to suit your and your family's taste.

Serves 1

INSTRUCTIONS

1. Mix together all ingredients except yogurt, and cook until soft. Stir in yogurt, or top, to serve.

YOGURT

1. Preheat oven to 200 degrees F (or lowest setting if it doesn't go that low)
2. Mix soy milk and starter together well and pour into an empty jar or heatproof container.
3. Turn oven off. Place container in oven for 8 hours, then refrigerate before serving.



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



SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

I will make a healthy Stir Fry this week.

I will incorporate Cowboy Caviar and a Fruit Salad into ____ meals this week.

I will cook without added fats/oils this week.

I will eat all plant foods this week.

Moving More

I will take the stairs instead of the elevator at home/work, etc. this week.

I will think about the types of movement and exercise I enjoyed in the past and try it again this week.

I will aim to achieve at least 8,000-10,000 steps a day at least ____ times this week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will share my goals with _____ (friend, confidant, family member) this week.

Talk to a friend about how important your new eating habits are to my health and journey towards diabetes remission.

Review your progress on last week's negative thought makeover and choose another to make over this week.

I will find something new and free to try in my community this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

Are you ready to make breakfast a part of your daily routine? How will you make it your morning using power food-friend? Remember that every meal counts, and is your new beginning. Until next time, thank you for making efforts toward better health - this is not easy work!

[illegible]



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

WELCOME

Welcome to Session 10!

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



CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

DIABETES EDUCATION: DECODING FOOD LABELS

1 Serving Size and Servings Per Container

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.

2 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).

3 Saturated Fat

Saturated fat is a nutrient we want to minimize, so the lower the better.

4 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.

5 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!

6 Added Sugars

Listing added sugars is a newer addition to the food label. Ideally, this number is zero or as low as possible.

7 Sodium

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.

8 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.

Session 10

The best way to avoid food label confusion is to mostly buy foods without a label!

1	→	Nutrition Facts	
		6 servings per container	
		Serving size	1 cup (230g)
2	→	Amount per serving	
		Calories	245
			% Daily Value*
3	→	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.	

5 ←
6 ←
7 ←
8 ←

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

Grocery Lists

Once a week, set aside time to list out and plan daily breakfast, lunch, and dinner meals. While it may seem a daunting task, you will get faster the more you practice this critical part of achieving a healthy lifestyle.

1. Select the Recipes

Choose meals that bless you with leftovers. Pick recipes you know you and your family will eat.

2. Shop for the Ingredients

Group your grocery list by departments in the grocery store, leaving frozen foods as the last section you visit.

3. Prepare Ingredients

Save cooking time by chopping veggies, cooking meals in advance, and putting beans in the Crockpot or instant pot. Consider batch cooking.

TIPS

- Plan the meals on Friday, go shopping on Saturday, then use Sunday to prepare ingredients.
- Plan for days you may order in or go to a restaurant. You don't have to home-cook every meal, every day.
- Be flexible—if you want Tuesday's dinner on Monday, give yourself permission to alter the plan.

Full Plate
LIVING



FOOD BUDGETS

Get Seasonal



Many fruits and vegetables are half the price in season than out of season.
Buy in season and save big!

Oatmeal Beats Cold Cereal



Oatmeal is a lot less expensive than cold cereals. It fills you up, keeps you full longer and it's a great source of fiber.

Go Frozen



Frozen fruits and vegetables are often half the price of fresh with the same amount of fiber and a longer shelf life.

Be Mindful of Pre-cut & Pre-packaged Fruits & Veggies



Pre-cut and pre-packaged fiber foods like salads, carrots, apples and pineapples save time. They also often **cost more money.**

Enjoy More Protein From Beans



Beans are a nutritious source of fiber and protein. **Save \$\$ by replacing meat with beans whenever possible.**

Find a deal? Freeze it.



Most fruits and vegetables freeze well. Research online the best freezing strategies so you can buy in bulk when your favorite water-fiber foods are cheap!

CHALLENGING FOODS



The Big Ones

List all the problem foods you eat at home. These are the ones that are hard to stop eating once you start.

Take a minute and write down some healthy alternatives you can keep at home.

WHERE ARE THE 75% PLATE SUPERFOODS IN YOUR SUPERMARKET?



- ☐ Apples ☐ Oranges ☐ Bananas ☐ Avacados ☐ Tomatoes
- ☐ Sweet Potatoes ☐ Broccoli ☐ Carrots ☐ Lettuce ☐ Berries

Fresh Produce



- ☐ Dried Beans ☐ Pasta ☐ Rice
- ☐ Oils ☐ Flour ☐ Muffins ☐ Cake
- ☐ Cornbread ☐ Brownies ☐ Pancakes

Packaged Products

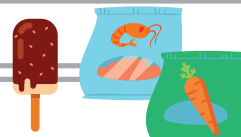


- ☐ Fruit ☐ Vegetables ☐ Beans ☐ Soups ☐ Sauces
- ☐ Salad Dressing ☐ Pickles ☐ Jelly ☐ Peanut Butter

Canned Foods & Condiments

- ☐ Fruit ☐ Vegetables ☐ Dinners ☐ Pizza

- ☐ Ice Cream ☐ Desserts ☐ Waffles ☐ Bread



Frozen Foods

- ☐ Candy ☐ Cookies ☐ Potato Chips ☐ Corn Chips ☐ Nuts & Seeds

Snacks



- ☐ Soda ☐ Juices ☐ Water ☐ Sports Drinks

Beverages

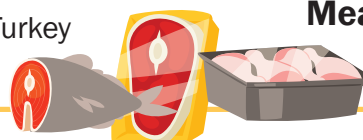


- ☐ Corn Flakes ☐ Oatmeal ☐ Granola ☐ Grits
- ☐ Bread ☐ Tortillas ☐ Bagels ☐ Buns ☐ Donuts

Cereals & Breads

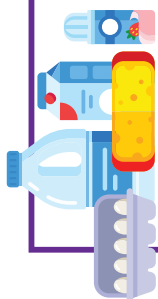
- ☐ Fish ☐ Beef ☐ Chicken ☐ Pork ☐ Turkey
- ☐ Sausage ☐ Seafood ☐ Deli Slices

Meats & Deli



Dairy & Eggs

- ☐ Eggs
- ☐ Butter
- ☐ Yogurt
- ☐ Cheeses
- ☐ Milk



BONUS SESSION: LEADR GROCERY TOUR GUIDE - CHALLENGES AND QUIZ

You can find your Grocery Store Tour Guide and Worksheets on page 218 of your Participant Workbook

[illegible]

SET YOUR SMART GOALS

Time for you to set your **SMART** goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

Make over a favorite reward into a healthy treat, and enjoy; i.e.

- Frozen bananas + frozen fruit, blended in a blender with a splash of plant milk
- Air-popped popcorn
- Hot chocolate: plant milk + cocoa + a splash of maple syrup

I will take a closer look at what's in my pantry and read labels to decide on what to swap out with healthier choices. Consider:

- Calories
- Fiber
- Fat
- Sodium
- Serving size
- Cholesterol
- Added sugar

Moving More

I will dance to a favorite tune with my spouse/kid/friend tonight after dinner ____ times this week.

I will stand and march in place during all commercials this week.

I will aim to achieve at least 8,000-10,000 steps a day at least ____ times this week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will share my newest healthy remission recipe or cooking technique with a friend, and ask for their favorite health tip.

I will give myself a quiet, mindful minute before I enter the grocery store to shop.

I will create a calm sleeping environment this week- electronic/distraction-free before bed, clean sheets and pajamas, and a shower/bath before bed.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

Now we can consider how food labels can be helpful and not just confusing. Are you ready to go grocery shopping?

[illegible]



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

WELCOME

Welcome to Session 11!

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 holding your health when not at home
- 4. Set your SMART goals



CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

DIABETES EDUCATION: REMISSION MEAL PLANNING AND STRATEGIES

- 1 Plan Ahead**
 - 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.
 - Set aside time to batch cook ingredients so meals can be thrown together quickly on busy weeknights.
- 2 Make the 'healthy choice' the easy choice.**
 - 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.
 - Stock your pantry with staple ingredients that can be assembled into a quick meal.
- 3 Game plan for eating away from home and traveling**
 - Check menus ahead of time. Pair side dishes together to create a hearty meal.
 - Ask if the kitchen is willing to make a dish with lots of vegetables, beans and whole grains.
 - When traveling, pack your own meals and snacks, or stop at grocery stores instead of fast food.
- 4 Include the entire family**
 - Allow children to pick a new fruit or vegetable to try each week.
 - Start a tomato plant on the porch and have children water and take care of it.
 - Assign age-appropriate kitchen tasks to everyone in the family.



FULL PLATE LIVING: RESTAURANTS EATING OUT BY THE NUMBERS



"American households spend more than 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."

HARA HACHI BU

Eating until you're and then .

Tips to help Implement a Hara Hachi Bu Philosophy

1. Brush my teeth
2. Chew sugarless gum
3. Remember how miserable I felt the last time I overate
4. Step away from the plate and do something else
5. Put my fork down and cover my plate with a napkin
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

MAINTAIN THE PROGRESS YOU'VE MADE

Being in this stage means you've achieved your weight goal and maintained it for at least six months. All the things you did until now when you were pursuing health are now becoming a part of your new lifestyle.

When you reach this stage, here are four principles to support your healthy lifestyle:

1. Protect Your Progress

Maintaining safe havens is critical even when you've reached your health goals. Even if "problem foods" seem 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.

2. Stay Positive

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 include physical activity.

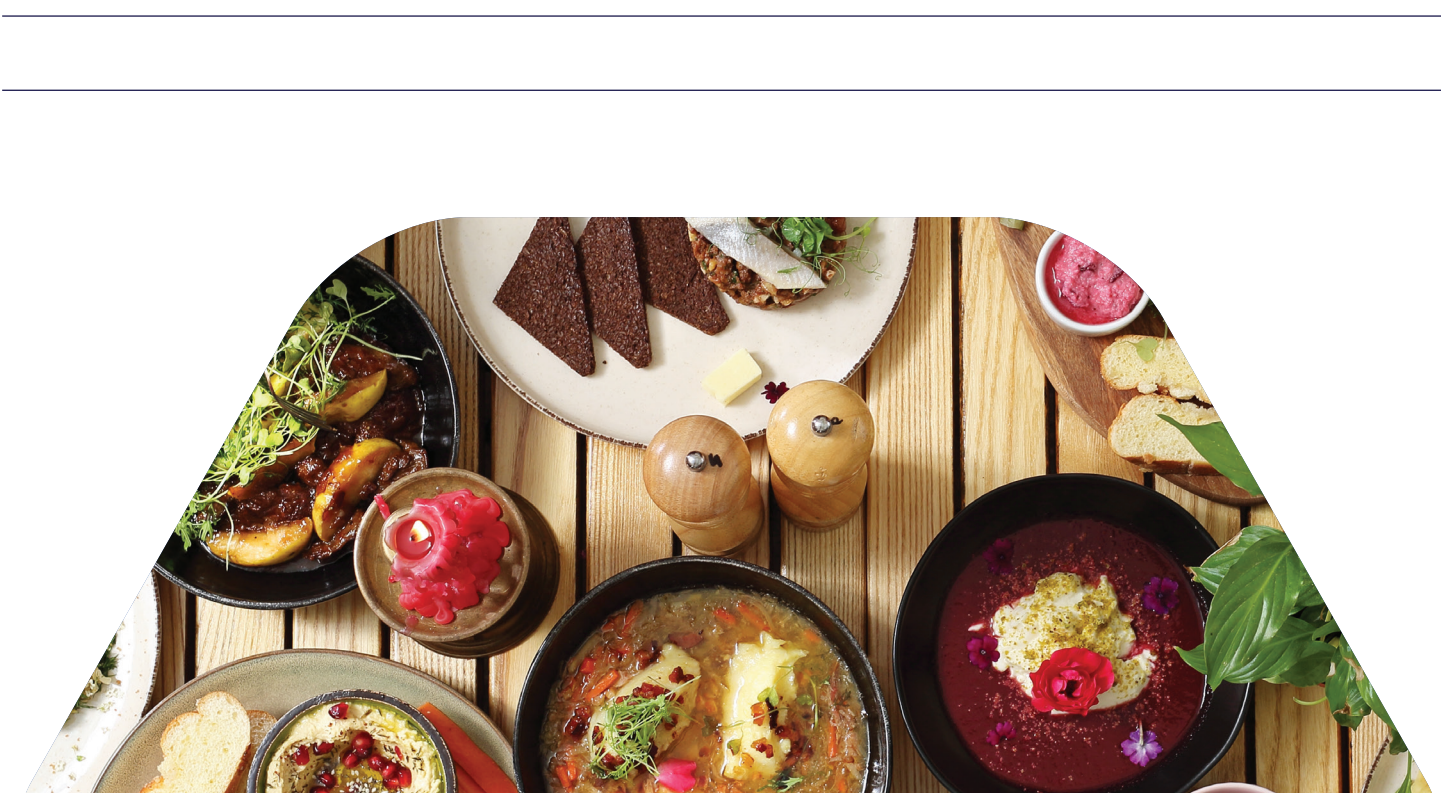
3. Check Your Thinking

What you think and say to yourself has an enormous effect on your attitude and behavior. Your attitude towards losing weight is as important as your ability to lose weight. So pay close attention to your thinking.

4. Help Someone Else

Supporting someone else reaching a healthy weight will also help you maintain your health goals.

HOW OFTEN DO YOU EAT OUT?





This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the top-left corner, there is a portion of a red circular object, likely a binder or punch hole. The rest of the page is empty.

Mexican Restaurant

Nachos: Melted cheese with jalapeno peppers on toasted tortillas

Quesadilla: A flour tortilla grilled and stuffed with cheese and refried beans. Served with lettuce, tomato, guacamole and sour cream

Guacamole Dip: Freshly prepared avocado dip with minced onions, tomatoes, cilantro and corn tortilla chips for dipping

Seafood Salad: Crispy greens topped with fresh crab meat, bay shrimp and sliced avocados with your choice of dressing

House Salad: Mixed greens, pico and black bean & corn salsa. Topped with crispy tortilla strips and queso fresco cheese. Served with choice of dressing

Side Orders

Mexican rice

Black beans

Pico de gallo

Guacamole

Salsa



Spinach Enchiladas: Sautéed spinach and mushrooms rolled in a flour tortilla smothered with white enchilada sauce and served with choice of black, whole or refried beans and rice

Veggie Quesadillas: Roasted poblano peppers, onions, cheese, black beans, zucchini and squash

Burrito: Large flour tortilla filled with chicken or beef, rice and refried beans. Smothered with enchilada sauce and cheese. Garnished with guacamole, sour cream and fresh salsa

Baja Chicken Fajitas: Grilled chicken served sizzling over sautéed red onion, red bell peppers, zucchini & yellow squash, topped with pico de gallo, melted Jack cheese and fresh sliced avocado

Taco: A crispy corn tortilla stuffed with ground beef, lettuce, cheese and rice and beans

Enchilada: A soft corn tortilla stuffed with ground beef, topped with enchilada sauce and cheese, with rice and beans

Fajitas:

Tender strips of marinated chicken breast or beef served with sautéed onions, bell peppers, tomatoes and garnished with lettuce, guacamole, sour cream, pico de gallo, corn or flour tortillas with refried beans and Mexican rice

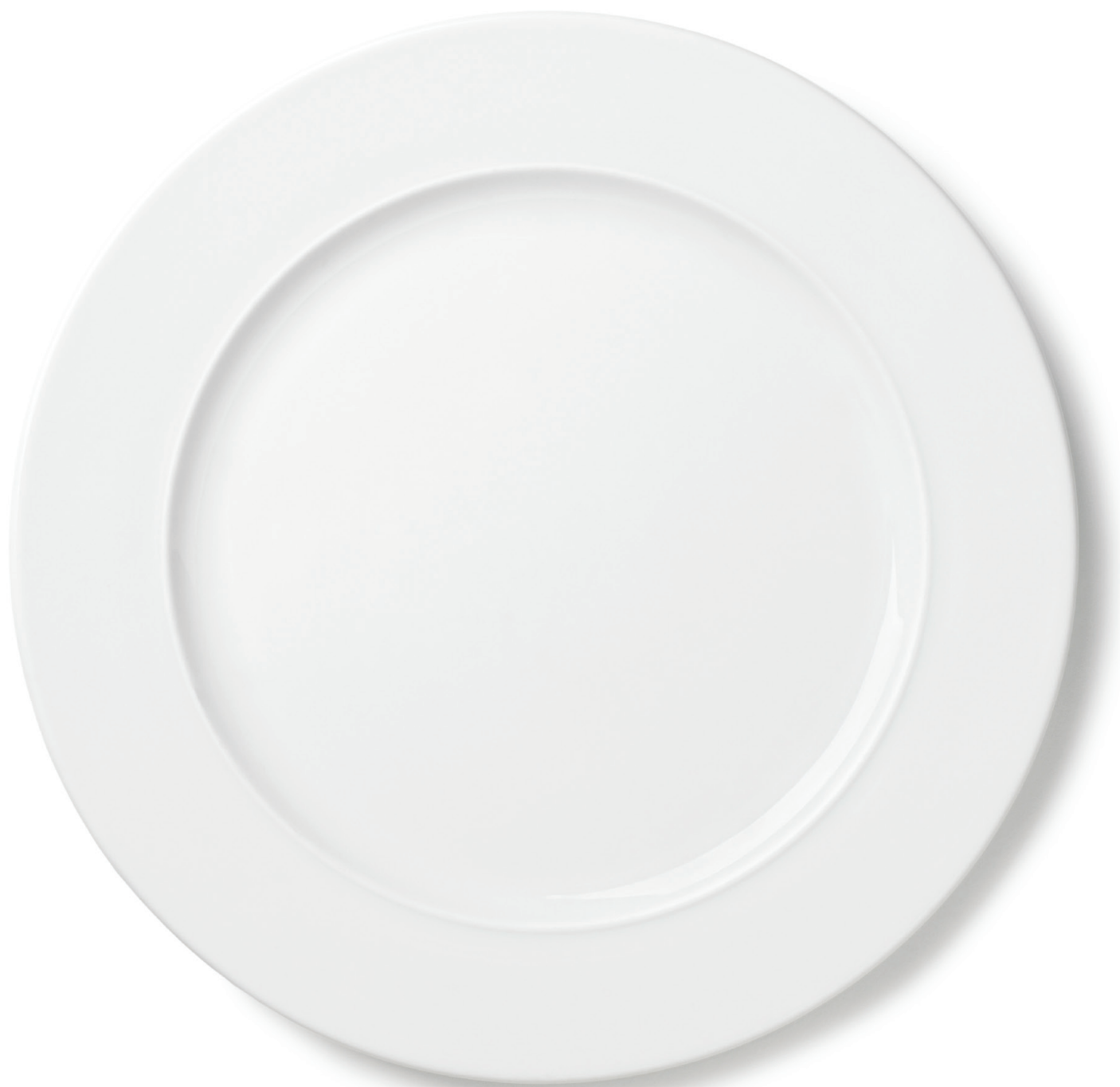
Chimichanga: Stuffed flour tortilla with chunks of beef or chicken, deep-fried to a golden brown and topped with cheese sauce, lettuce, sour cream, guacamole and pico de gallo. Served with rice and beans

Veggie Fajitas: Served with broccoli, mushrooms, bell peppers, onions, tomatoes and topped with cheese. With rice, beans, guacamole, pico de gallo, sour cream and tortillas

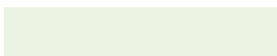
Taco Salad: Crispy flour tortilla with ground beef or chicken, cheese, lettuce, tomato, guacamole and sour cream



FULL PLATE LIVING: RESTAURANTS MEXICAN OPTIONS



Total





Italian Restaurant

Antipasti

Bruschetta

Imported buffalo mozzarella, vine-ripened tomatoes, basil and balsamic vinaigrette

Stuffed Mushrooms

Baked with ricotta and feta cheeses, spinach, seasoned with bread crumbs and sundried tomatoes

Roasted Veggies in Olive Oil

Red onions, bell peppers, tomatoes, eggplant and squash seasoned to perfection and marinated in olive oil and herbs

Zuppa I Insalata

Minestrone soup

Mixed vegetable and bean soup in light broth

Pasta e Fagioli

Pasta and bean soup in beef broth

Garden Fresh Salad

Famous house salad served family style

Caprese Salad

Tomatoes, mozzarella and basil stacked on a bed of sweet balsamic vinegar



Chicken Florentine

Spinach, orzo, grilled chicken, sundried tomatoes, capers, pine nuts, black olives, garlic, lemon vinaigrette and Parmesan

Pizzas

Margherita Tomato sauce, mozzarella, fresh tomato, oregano and basil

Pizza Napoli Tomato sauce, mozzarella, pepperoni, banana peppers, spinach & roasted garlic

Create Your Own Pizza
(up to 4 toppings)

Pepperoni Onions
Mushrooms Black olives Sausage
Bell peppers

Calzones

House Calzones

Grilled pizza bread stuffed with your choice of:

- Grilled chicken Caesar
- Mushrooms, roasted bell peppers and red onions
- Italian roast beef & cheese



Entrees

Angel Hair Dalvina

Blend of artichokes, tomatoes, spinach in light garlic alfredo sauce

Classic Lasagna

Layers of pasta, cheese, ground beef, baked with meat sauce & mozzarella



Eggplant Parmigiana

Layers of eggplant and ricotta cheese baked with meat sauce or marinara

Chicken and Broccoli Fettuccine

Chicken and broccoli in alfredo sauce

Sausage and Peppers

Italian sausage and bell peppers in a rich, spicy tomato sauce over pasta

Veal Marsala

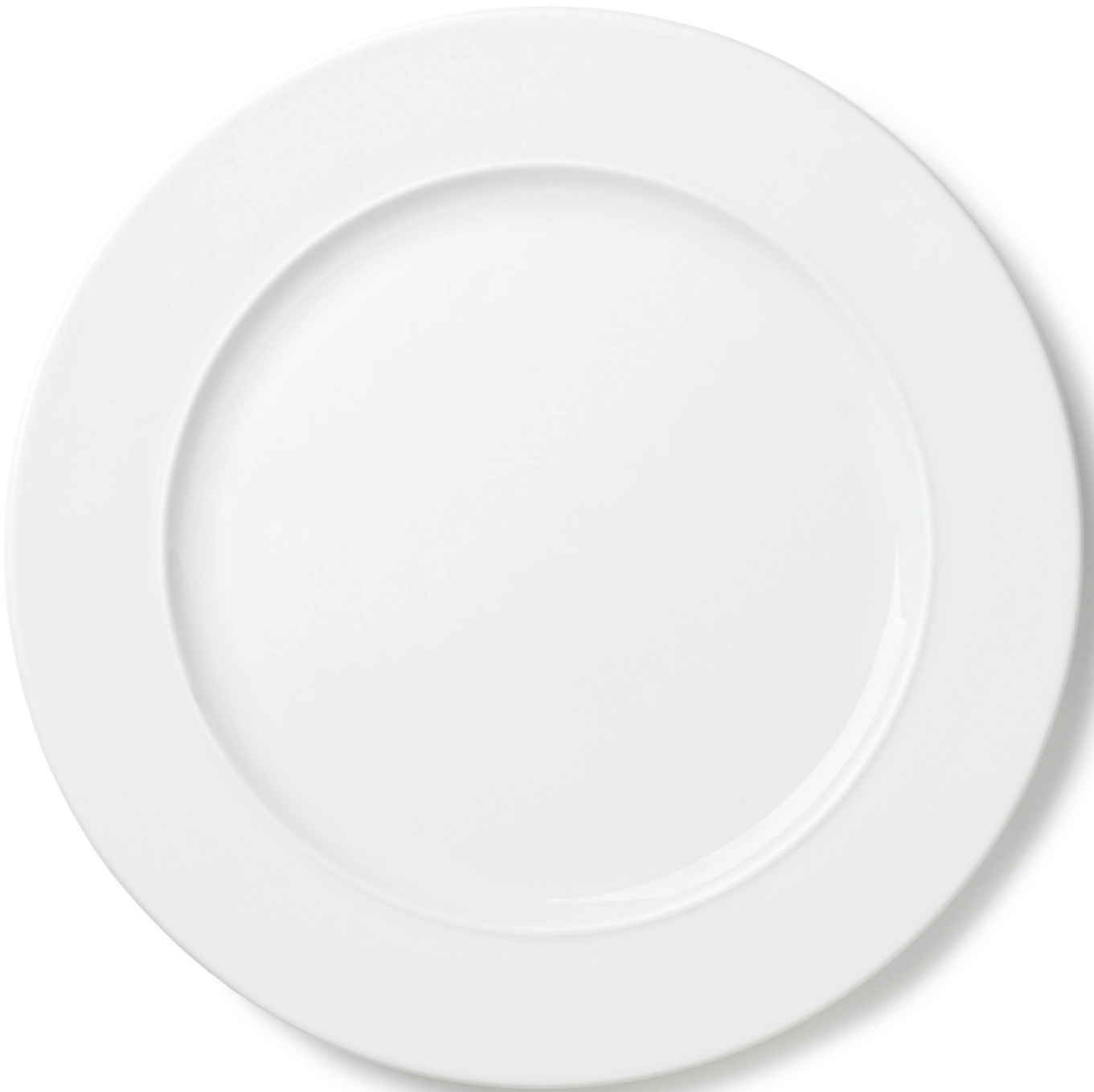
A tender veal cutlet lightly breaded and baked, topped with sautéed mushrooms, garlic and roma tomatoes, in a rich marsala wine sauce. Served with capellini and tomato cream pesto sauce

Portofino

Jumbo rock shrimp sautéed with mushrooms, garlic, roma tomatoes and capers laid atop a bed of fresh spinach, then finished with a creamy lemon butter sauce. Served with linguine tossed with garlic butter sauce. Side of roasted vegetables.



ITALIAN OPTIONS



Total

Asian Restaurant

Appetizers

Chicken Lettuce Wraps: Spiced chicken served with lettuce

Vegetable Spring Rolls: Cabbage, ginger, carrots, celery, scallions, mushrooms rolled in a crispy wrapper



Crispy Green Beans: Steamed green beans served in a spicy sauce

Edamame: Salted soybeans in a pod

Soups Salads and Sides

Wonton Soup: Mushroom, spinach, water chestnuts, chicken, shrimp and pork wontons cooked in chicken broth

Hot and Sour Soup: Chicken, tofu, bamboo shoots, mushrooms, white pepper and vinegar

Chopped Chicken Salad: Chicken, lettuce, carrots, basil, tomatoes, wontons, sesame seeds in a ginger dressing

Seared Mushrooms: Mushrooms seared in a wok

Garlic Stir-fried Sugar Snap Peas: Sugar snap peas served in a garlic sauce

Asian Cucumbers: Cold cucumber slices sprinkled with soy sauce and sesame seeds

Fried Rice: Steamed rice tossed with soy sauce, eggs, green peas, carrots and green onions

Mixed Veggies: Broccoli, zucchini, carrots, green beans, bell peppers and cabbage stir-fried in a spicy sauce



Entrees

Almond and Cashew Chicken: Bell peppers, onions, mushrooms, almonds and chicken stir-fried in a garlic soy sauce

Chow Mein: Noodles tossed with shredded onions, celery, cabbage and bean sprouts

Buddah's Feast: Tofu and vegetable medley

General Tso's Chicken: Chicken served on a bed of steamed broccoli with General Tso's sauce

Broccoli Beef: Beef and broccoli tossed in a mild soy sauce

Shrimp with Lobster Sauce: Shrimp in a garlic-wine sauce with black beans, mushrooms, scallions and eggs

Lo Mein: Rice, onion, bean sprouts, mushrooms, egg noodles, carrots, garlic, onion

Pad Thai: Sweet and sour sauce, tofu, scallions, egg, peanuts, lime cilantro with rice noodles and bean sprouts

Mu Shu Pork: Pork and vegetables served with rice paper and hoisin sauce

Kung Pao Chicken: Chicken, peanuts, red bell peppers, sliced zucchini and green onions stir-fried in a spicy sauce

Pepper Steak: Steak cooked with bell peppers, onion, garlic and black pepper

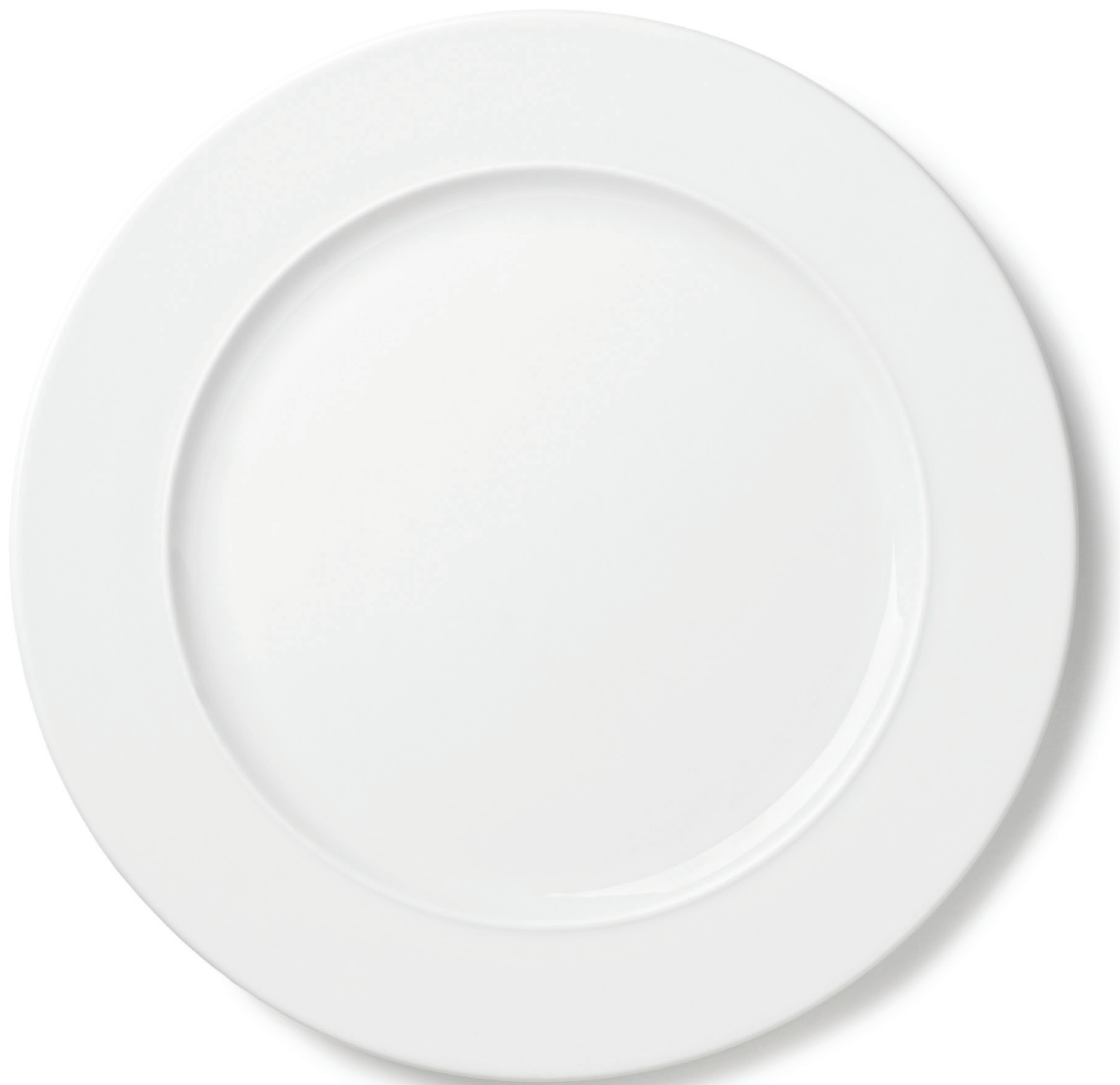
Sesame Chicken: Chicken sautéed in sweet basil sauce with broccoli and sprinkled with sesame seeds

Hawaii Five "O": Chicken, pork, beef, shrimp and scallops with mixed veggies in brown sauce

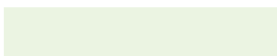
Bean Curd with Vegetables: Broccoli, cabbage, zucchini, bell peppers, onions served with fried tofu and served in a garlic sauce



ASIAN OPTIONS



Total



Steakhouse/Grill/Seafood

Appetizers, Soups & Salads

Roasted Red Pepper Hummus

With cucumbers and grilled pita

Cobb Salad

Grilled chicken strips on a bed of fresh mixed greens, chopped bacon, diced tomatoes, peeled cucumbers, hard-boiled eggs, avocado and crumbled Bleu Cheese.

Spinach & Artichoke Dip

Spinach, queso, topped with artichokes, pico de gallo and parmesan cheese. Served with your choice of corn or tortilla chips.

Spinach Salad

Spinach mixed with diced tomatoes, sliced mushrooms, crumbled Feta cheese and whole blackberries, drizzled with homemade blackberry vinaigrette.

House Chili

Beef chili freshly made with tomatoes, bell peppers and onions, topped with cheddar, jalapeño slices and onion

Side Orders

Mashed potatoes

Black-eyed peas

Broccoli rice casserole

Whipped sweet potatoes

Fried corn

Red beans & rice

Glazed carrots

Green beans

Fresh steamed asparagus

French fries

Broccoli

Kernel corn

Turnip greens

Seasoned rice

Cinnamon apples

Lunch & Dinner Favorites

Southwest Wrap

A mix of fresh lettuce, cheese, fresh pico de gallo, fresh avocado slices, seasoned grilled or crispy fried chicken and jalapeño ranch dressing, all rolled up in a chipotle flour tortilla

Baked Whitefish

Two delicate white fillets from cold northern waters, baked with a lemon pepper cream sauce, served on a bed of seasoned rice

Grilled Shrimp

Two seasoned skewers of grilled shrimp, served over a bed of rice and topped with freshly made mango salsa

Charbroiled Chopped Steak

Classic chopped steak served on a bed of seasoned rice, topped with brown gravy and tender sautéed mushrooms

Prime Rib

Slow-roasted choice prime rib served with horseradish sauce.

Citrus Grilled Chicken

Tender grilled chicken breast topped with fresh oranges and tangy citrus glaze

Veggie Wrap

Mixed greens, asparagus, roasted red pepper, cucumber, red onions, balsamic vinaigrette, honey wheat wrap

Filet Mignon

Center-cut beef with whipped mashed potatoes and grilled asparagus

Sautéed Shrimp

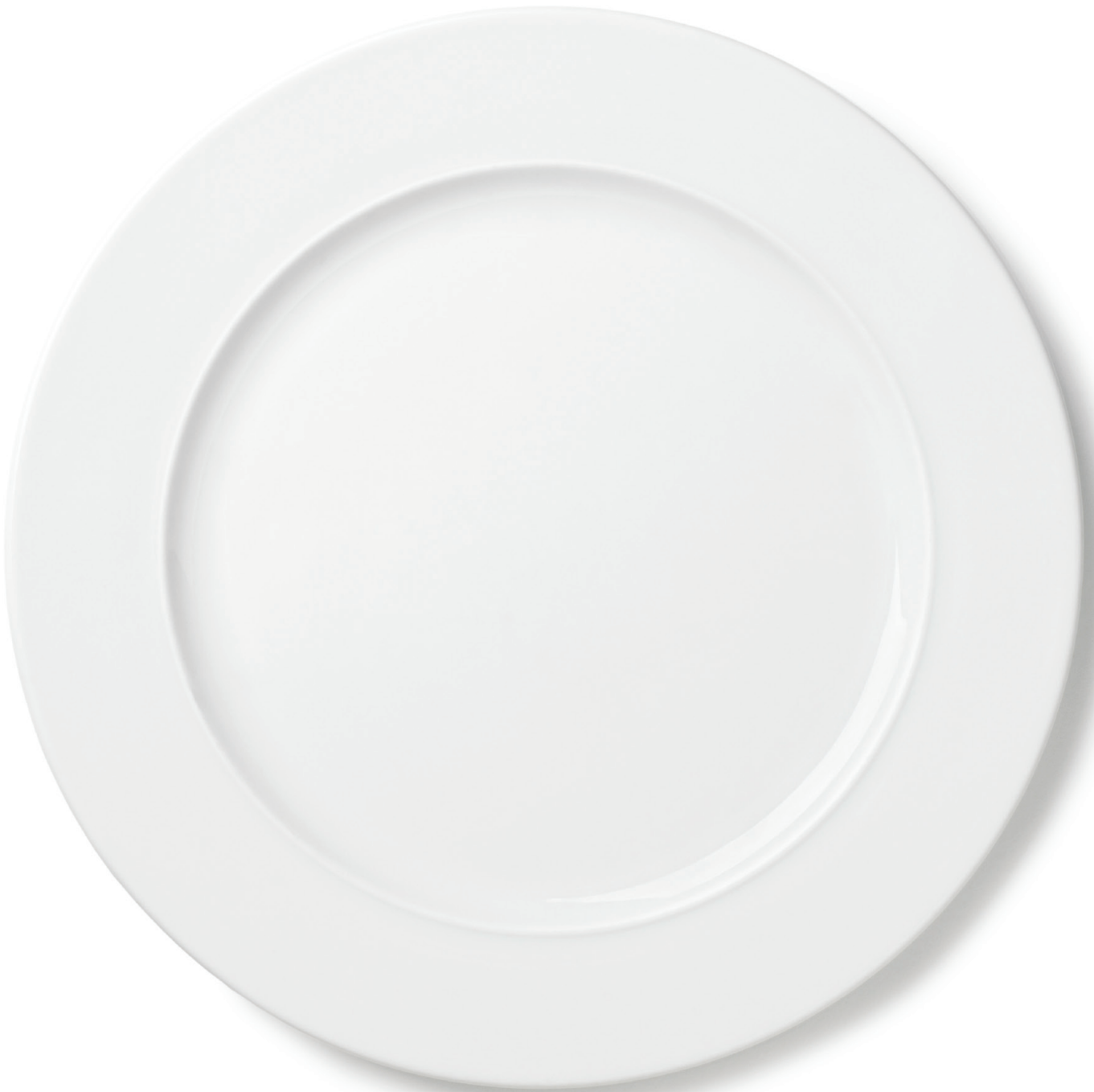
Sautéed shrimp, flamed with bourbon and cream, basmati rice and sautéed green beans.

Sea Bass

Pan seared with sautéed spinach & garlic



GRILL / SEAFOOD OPTIONS



Total

Fast Food Restaurant

Burgers

Classic Burger with Swiss Cheese

Quarter pound beef patty topped with melted garlic herb butter, Swiss cheese, mayo, tomato and lettuce, all on a brioche bun.

Double Patty Burger

Fresh bakery bun, two 100% beef patties, two slices American cheese, fresh sliced tomatoes, lettuce, pickles, onions, mayonnaise, and mustard.

Bacon Cheeseburger

100% beef patty, topped with bacon, American cheese, fresh sliced tomatoes, lettuce, pickles, onions, mayonnaise, and mustard on a bakery bun.

Chicken

Spicy Chicken Sandwich with Cheese

Spicy crispy chicken fillet topped with lettuce, tomato, Swiss cheese, and mayonnaise on a bakery bun.

Chicken Club

A grilled chicken fillet with lettuce, tomato, bacon, Swiss cheese, and creamy ranch sauce on a bakery bun.

Chicken Nuggets (10 or 6 pcs)

10 all white meat crispy chicken nuggets.

Burritos

Vegetable Burrito

Spinach, mushrooms, squash, and corn in a flour tortilla served with a Verde Sauce.

Spicy Beef Burrito

Seasoned ground beef with rice and cheese in a flour tortilla served with queso.

Build-Your-Own Burrito

Your choice of:

Black beans, cilantro rice, corn salsa, guacamole, queso, grilled peppers and onions, flour or corn tortilla.

Salads

Crispy or Grilled Chicken Club Salad

Iceberg and romaine lettuce blend topped with crispy chicken strips or sliced grilled chicken, diced bacon, cucumber slices, grape tomatoes, and shredded cheddar cheese.

Crispy or Grilled Southwest Salad

Iceberg and romaine lettuce blend topped with crispy chicken strips or sliced grilled chicken, black beans, grape tomatoes, roasted corn, shredded cheddar cheese, and topped with southwest salad dressing.

Tacos & Burritos

Seasoned Beef Taco

A crunchy taco topped with seasoned ground beef, shredded cheddar cheese, shredded lettuce, and taco sauce.

Spicy Potato Soft Taco

Fluffy flour tortilla including baked potato with spicy seasoning, shredded cheddar cheese, shredded lettuce, and sour cream.

Fries & Sides

Large or Small Curly Fry

Large or Small French Fry

Onion Rings

Refried Beans or Black Beans

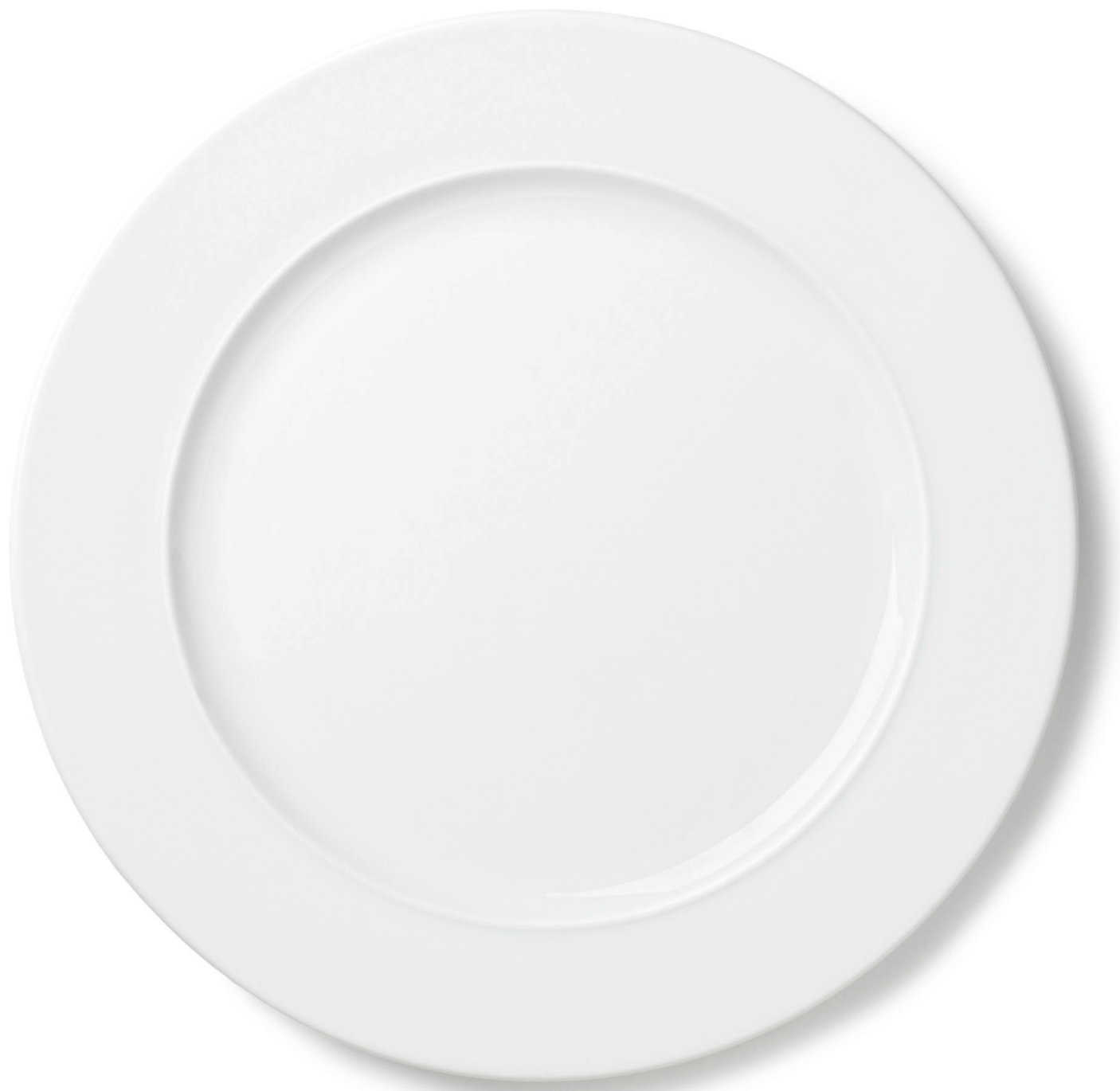
Guacamole

Tortilla Chips

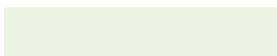
Fruit Bowl

Small Mac n' Cheese

FAST FOOD OPTIONS



Total





New Orleans Creole Restaurant

Appetizers

Creole Shrimp

Creole spiced boiled shrimp, deviled egg, and pickled okra.

BBQ Shrimp

Gulf shrimp barbecued in Abita amber peppery garlic reduction.

Oysters Norman

Spinach, garlic, Parmesan, topped with fried oysters.

Crab Cakes

Lump crab meat cake, over fried green tomatoes.

Bread Trio

Assortment of bread served with a trio of spreads: eggplant farci lump crab meat, black olives and broiled shrimp, and minced oysters and garlic.

Soups & Salads

Creole Gumbo (Bowl or Cup)

Sweet Chili Glazed Shrimp Salad
Mixed greens, charred corn, red onions, grape tomatoes, candied pecans, blue cheese, and pepper jelly vinaigrette.

Roasted Beet Salad

Mixed greens, goat cheese crumble, boiled eggs, red onions, candied pecans, and house vinaigrette. Optional: add fried oysters or fried shrimp

Caesar Salad

Optional: add fried oysters or fried shrimp

Sandwiches

All served with French fries

Oyster Po' Boy

Creole Burger

Shrimp Po' Boy

Stuffed Crab Po' Boy

Ham & Cheese

Hot Sausage

Roast Beef

Entrees

Red Beans & Rice

Served with two pieces of fried chicken and a choice of side.

Fried Chicken

Three pieces of Creole seasoned marinated chicken, served with a choice of side.

Shrimp Clemenceau

Shrimp sautéed with garlic sauce, peas, mushrooms, and Brabant potatoes.

Fried Shrimp

Battered, fried shrimp, served with a choice of side.

Stewed Chicken

Two pieces served with choice of baked macaroni or steamed rice.

Chicken Creole

Succulent chicken, shrimp, and okra simmered in a Creole sauce, served with jambalaya.

Stuffed Shrimp

Battered, fried and stuffed with crab meat dressing, served with a choice of side.

Seafood Platter

Shrimp, oysters, catfish, stuffed crab served with a choice of side.

Shrimp Creole

Shrimp simmered in a Creole sauce served with steamed rice.

Shrimp Linguine

Linguine pasta and shrimp topped with mushrooms, peas, lemon, finished with a shaved Parmesan.

Louisiana Redfish

Pan seared red fish, served with succotash, lump crab meat and creole sauce.

Pompano

Broiled Pompano, charred asparagus, sweet corn, heirloom grape tomatoes served with lemon butter sauce.

Crawfish Etouffee

A delicate combination of crawfish tails, onions, green peppers, and spices in a flavorful sauce served with steamed rice.

Sides

String Beans

Stewed Okra

Mustard Greens

Sweet Potatoes

Stuffed Potato

Onion Rings

Baked Macaroni

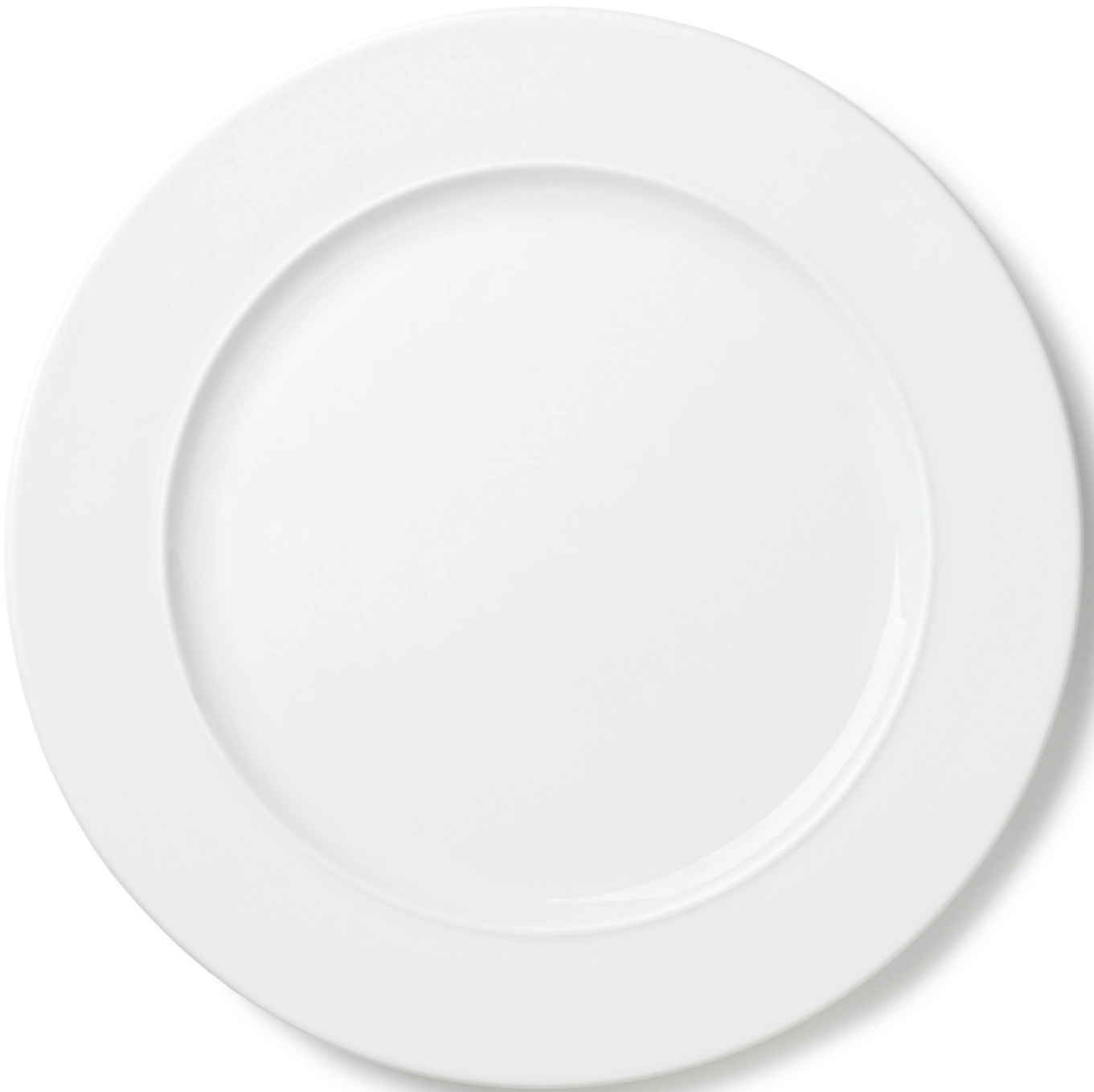
French Fries

Potato Salad

Jambalaya



CREOLE OPTIONS



Total



Haitian Restaurant

Appetizers

House Salad

Fresh crisp lettuce with cucumbers, tomatoes, red onions, cilantro, and avocado topped with house dressing.

Soup Joumou (Pumpkin Soup)

A mildly spicy rich and savory pumpkin soup with added noodles, meat, and assorted veggies.

Banan Peze (Fried Plantain Slices)

Lightly salted, twice fried plantain.

Accra (Fritters)

A delicious blend of fresh organic herbs and spices smashed up and lightly tossed in flour and fried to a golden-brown crisp.

Kibbeh

Made of organic cracked wheat, minced onions, lean ground beef, and topped off with cinnamon, nutmeg, allspice, and clove.

Akasan

Delicious booster cornmeal drink legacy from our Taino ancestors.

Patties Creole

Beef, Chicken and Cod Fish.

Sides

Black Rice

White Rice/Red Beans and Rice

Sospwa

Legume

Oxtail

Chicken Wings

Extra Piklis

Macaroni au Gratin

Plantain

Accra

Marinade

Coco Bread



Entrees

Poisson (Fish Whole Red Snapper)

A tasty, succulent fresh red snapper fish well-seasoned and marinated in a blend of organic herbs and spices. (Cooked FRIED or STEWED in sauce.)

Gisele's Red Snapper Fillet

Gisele's well marinated and seasoned boneless Snapper fillet.

Cabrit (Goat Meat)

Chunks of wild Australian goat meat that are well marinated and seasoned to perfection in a blend of fresh organic herbs and spices. (Cooked STEWED in sauce or FRIED.)

Turkey Creole

Well marinated and seasoned turkey. Deep fried to a juicy, golden-brown crisp.

Legume (Vegetable Stew)

An assortment of well-seasoned and braised organic vegetables that have been put together and stewed in a hearty and rich style consumption.

Poulet (fried Chicken)

Flavorful pieces of leg and thigh well prepared in a marinade of organic herbs and creole seasons. (Cooked FRIED)

Queue Boeuf (Oxtail)

Slowly simmered succulent chunks of braised oxtail that fall off the bone with every bite, well marinated & seasoned to perfection. (Cooked FRIED or STEWED in sauce)

Chicken Wings

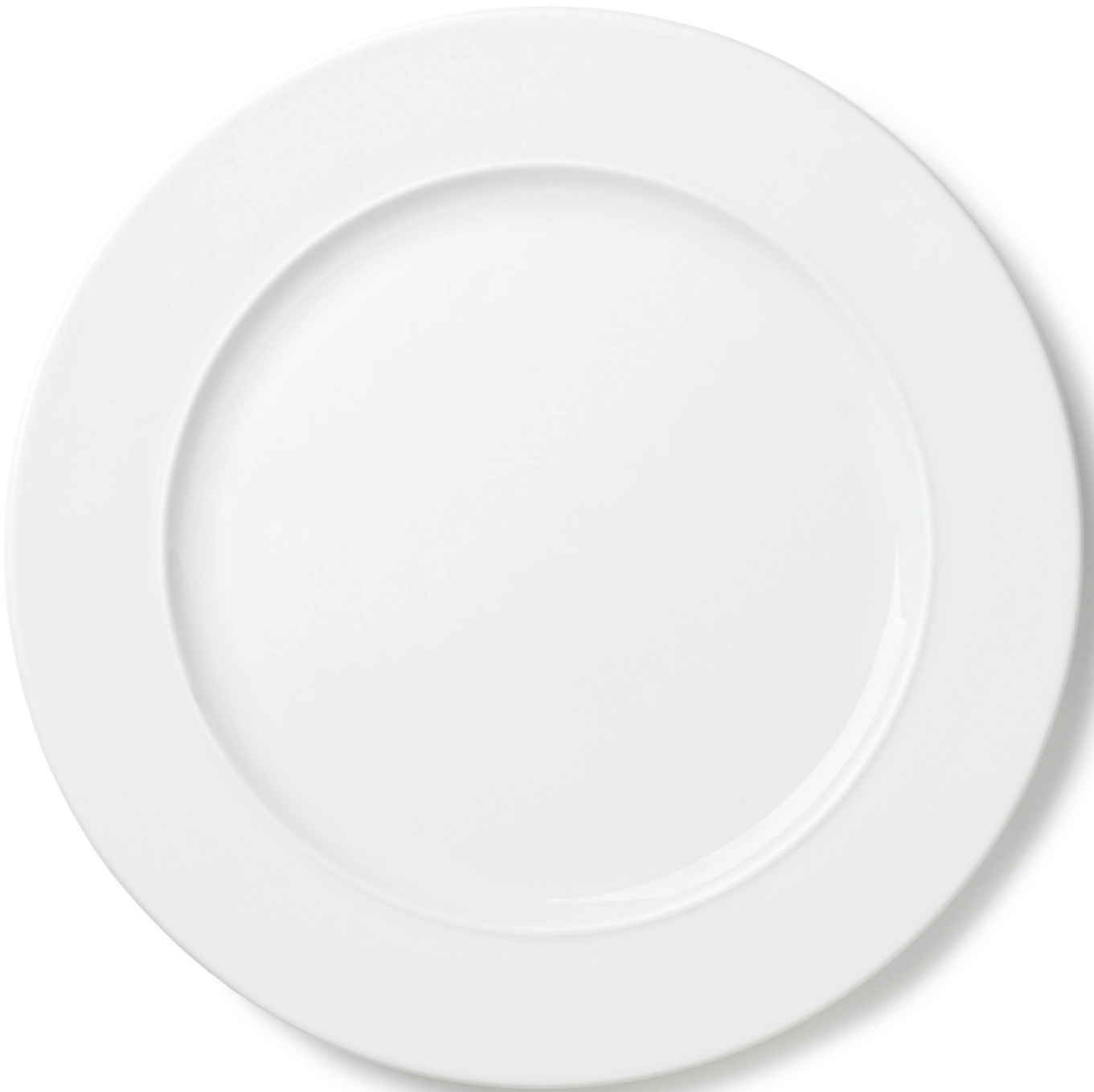
Crisp and juicy fried wings covered in Gisele's special homemade sauce.

Fritay (fritters)

With Meat, Marinade (fried dough), Banane (fried plantations) comes with your choice of either delicious fried Cabrit (Goat), Poisson (Fish), Turkey Creole, Chicken or Chicken Wings and our Gisele's Piklis... Marines (flour dough), Accra (yautia), Fried Plantain and special Gisele's Piklis.



HAITIAN OPTIONS



Total

Southern Soul Food Restaurant

Choose your entree and select three of our mouthwatering side dishes. Served with your choice of cornbread, Texas toast or buttermilk biscuit.

Poultry

Southern Fried Chicken
Smothered Chicken
Herb-Crusted Baked Chicken

Pork

Southern Fried Pork Chop (8 oz)
Pan Seared Pork Chop (8 oz)
Smothered Pork Chop (8 oz)
in Onion Gravy

Beef

Smothered Steak in Brown Gravy
Chopped Steak (10 oz)
with Mushrooms
Meatloaf with Brown Gravy
Chicken Fried Steak

Seafood

Fried Catfish
Blackened Catfish
6 Piece Fried Shrimp
Stuffed Catfish with Crawfish
Catfish & Shrimp

BBQ

Beef Brisket

Sides

Mashed Potatoes
Candied Yams
Collard Greens
Buttered Corn
Green Beans
Okra & Tomatoes
Cajun Fries
Fried Okra
Grits
Fried Cabbage
Macaroni & Cheese
Black Eyed Peas
Texas Toast
Cornbread
Buttermilk Biscuit

Lunch Baskets

Ol' Fashioned Burger

Handmade 1/3 lb. patty cooked to order served with lettuce, tomato, red onion, dill pickle chips with Cajun fries. (Cheese optional.)

Fried Catfish Po' Boy

Catfish served on a hoagie topped with lettuce, tomato and tarter sauce with Cajun fries.

Fried Shrimp Po' Boy

Fried shrimp served on a hoagie topped with lettuce, tomato and tarter sauce with Cajun fries.

BBQ Beef Brisket Sandwich

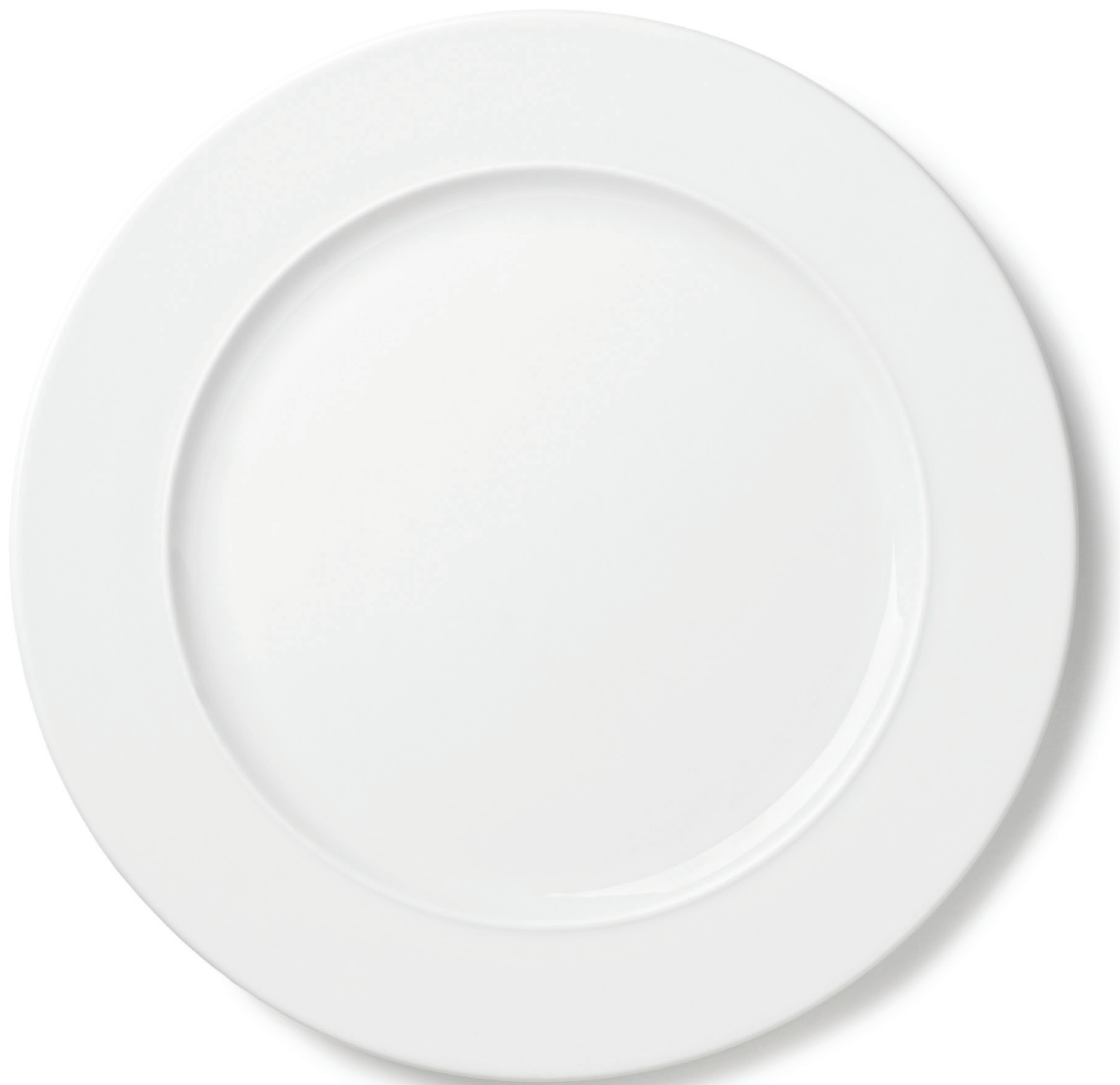
Texas slow-smoked barbecue brisket served on a hoagie bun with onions and pickles with Cajun fries.

Fried Green Tomato BLT

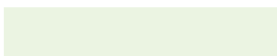
A classic BLT served with fried green tomatoes, brown sugar bacon on Texas Toast and chipotle ranch dressing. (Turkey or avocado optional.)



SOUL FOOD OPTIONS



Total



TEN TIPS FOR EATING OUT

1. **Select restaurants with fiber food options** and avoid buffets (Check for menus online).
2. **Beware of the bar.** A cocktail can loosen your inhibitions and make you less likely to order water-fiber foods.
3. **Watch out for liquid calories.**
4. **Drink water before your meal.**
5. **Split your entrée with someone** at your table or use a to-go box to turn one meal into two.
6. **Eat slowly** so you'll feel full faster and eat less.
7. **Be creative.** Use fiber foods you find anywhere on the menu to Power Up your meal.
8. **Ask for whole grains**—whole wheat pastas and breads, or brown rice.
9. **Ask that your vegetables be steamed, baked, roasted, or grilled, not fried.**
10. **If you'd like dessert, order fresh fruit.**



SOME RESTAURANT RULES TO LIVE BY

- Drink plenty of water before going to dinner to prevent eating to satisfy thirst.
- Review the list of healthy cooking techniques below and choose menu items that use these techniques (e.g., grilled, baked, steamed, sautéed, or roasted).
- Skip appetizers—they are meant to stimulate your appetite and get you to eat more.
- Opt for sauces and dressings on the side so that you can add only the amount needed as these items are generally high in salt and calories.
- Avoid creamy sauces and soups (unless explicitly plant-based), and opt for vegetable, fruit, or herb-based sauces or vinaigrettes.
- The sauces on Chinese, Japanese, Thai, and Indian food generally tend to be very high in salt. Again, try to get sauces on the side and add only as much as you need, ideally to steamed or lightly stir-fried vegetables, plant-based sources of protein, and brown rice or other whole grain items.
- If watching your salt intake, avoid or limit salty condiments like soy sauce, pickles, olives, or ketchup.
- Avoid processed meats (cold cuts, sausages, bacon, etc.)—these are filled with salt and linked to some cancers, diabetes, and heart disease.
- Leave off the cheese (which is high in sodium, saturated fat, and cholesterol).
- Eat your salad or veggies first so that you fill up on nutritious foods with fewer calories.
- If there aren't healthy main dishes on the menu, look at the side dishes and salad options and order a couple to serve as a meal.
- Ask for what you want—this can include using less or no added oil or salt, excluding an ingredient, or substituting with a healthier item (e.g., substitute salad for fries or tomato sauce for cream sauce).
- Ask your server or chef for recommendations that meet your dietary needs.
- Ask for added vegetables in dishes that don't have them (or don't have many vegetables). An example would be to add broccoli or mixed sautéed vegetables to a pasta or noodle dish. You can also do this at home!
- Avoid chain fast-food or fast-casual restaurants. If this isn't possible, look online at the restaurant's nutrition information to identify a few healthy choices at the place(s) you frequent.
- Look for items made mostly or entirely with whole, plant foods—like vegetables, fruits, whole grains, and legumes—made using healthy cooking techniques.
- Opt for whole grains instead of white or refined grains or breads.
- Ask the server to take away the bread basket (or not to bring it in the first place) if it isn't whole grain bread.
- If your meal is large, ask for a take-out container and pack away half (or more) of your meal at the start so that you're not tempted to over-eat to clear the plate. This also makes two meals out of one!
- You can also ask for a half- or appetizer-sized portion instead of a full-sized portion. This often helps reduce the price of the meal as well.
- Split a meal with someone else.
- For dessert, have fresh fruit or a small piece of dark chocolate. Alternatively, order a bite-sized dessert or split a single dessert with others.

SET YOUR SMART GOALS

Time for you to set your SMART goals and strategies. Remember to be:

Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

When eating out I will check the restaurant menu ahead of time to make the healthiest choice I can.

I can ask the kitchen if they can make a dish with veggies, rice and beans for me.

I can pair healthy side dishes together.

I can pack my own lunch this week ____ times to make sure I eat well.

Moving More

I will try a new fitness video ____ times this week.

I will lift weights while watching TV or reading this week.

I will aim to achieve at least 8,000-10,000 steps a day at least ____ times this week.

I will do weight-bearing/strength training activity on these days this week _____.

Well-Being and Rest

I will choose a new relaxation technique from Session 6 to try ____ times this week.

I will make dinner with the kids tonight, or make a family cooking night.

I will take a longer bath or shower at least one time this week, so I am not rushed.

I will do a 30-second wall sit at least 4x this week.

I will not smoke for all 7 days this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

Though eating out is a challenge, as we want to have an enjoyable and stress-free time with our friends and family, I think we see from today’s session how comfortable it can be to choose the best options available to support our remission goals, and have a satisfying meal as well. The more we practice these strategies, the easier it gets! What is the first restaurant you will try with your new found skills?

[illegible]



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

WELCOME

Welcome to Session 12!

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. Set long-term SMART goals

CHECK-IN

How did you do with your first goals?

Successes, Big and Small

Challenges

DIABETES EDUCATION: REMISSION REVIEW

Flip through this workbook and jot down your most impactful strategies

[illegible]

TEACHING KITCHEN: LOADED VEGGIE SANDWICH



INGREDIENTS

- 2 slices whole grain bread
- ¼ cup hummus
- 2 slices heirloom tomato
- ½ cup spinach
- ¼ cup grated carrot
- 4 slices cucumber
- ¼ cup alfalfa sprouts, optional

For serving, optional

- Baby carrots, celery sticks, sliced bell pepper
- Apple, peach, melon, grapes

LOADED VEGGIE SANDWICH

The best loaded sandwich made with tomatoes, cucumbers, carrots and sprouts, layered between creamy hummus for a simple and delicious meal. Serve with fresh fruit or additional sliced vegetables for even more plant-power. Serves 1

INSTRUCTIONS

1. Prepare all of the veggie fixings. Toast slices of bread or leave untoasted.
2. Spread a hearty layer of hummus onto each slice of bread.
3. Top one slice with a layer of tomatoes, spinach, carrots, cucumbers and alfalfa sprouts, if using. Place the second slice of bread hummus-side down on top of the veggie fixings.
4. Slice in half and serve with a side of fruit or sliced vegetables, if desired.



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



TEACHING KITCHEN: CHICKPEA OF THE SEA



INGREDIENTS

- 1 (15 ounces) can low-sodium chickpeas, drained and rinsed
- 1 tbsp Dijon mustard
- ¼ cup hummus or plain plant-based yogurt
- ¼ tsp old bay seasoning
- 1 large carrot, diced
- 1 celery stalk, diced
- ¼ cup red onion, diced
- ¼ cup diced celery
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste

For serving, optional

- 2 romaine lettuce leaves or 2 slices whole-grain bread, lightly toasted
- Sliced red onion, tomato, avocado and/or lettuce

CHICKPEA OF THE SEA

This flavorful chickpea salad only takes 5 minutes to make and there is no cooking involved, making it the perfect recipe for healthy lunches! *Serves 4*

INSTRUCTIONS

1. In a medium bowl, mash drained and rinsed chickpeas with a fork. Add the remaining ingredients and stir to combine.
2. Prepare desired toppings, such as sliced red onion, tomato or avocado.
3. If serving as a sandwich, toast bread and serve between slices with toppings.
4. If serving with romaine lettuce leaves, top leaves with chickpea mixture and toppings.
5. To round out the meal, pair with baby carrots or a piece of fruit.



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



TEACHING KITCHEN: SWEET POTATO & BLACK BEAN QUESADILLAS



INGREDIENTS

- 1 medium sweet potato, cubed
- ¼ cup of salsa
- 1 tsp chili powder
- 1 tsp cumin
- ½ juice of one lime
- 2 tbsp nutritional yeast, optional
- 1 ½ cup cooked black beans, drained and rinsed (1 15 oz can)
- Salt and pepper to taste
- 4 whole-wheat tortillas

For serving, optional

- Guacamole
- Salsa
- Non-dairy plain yogurt
- Sliced bell peppers

SWEET POTATO & BLACK BEAN QUESADILLAS

Perfectly seasoned, simple to prepare, and absolutely delicious. These quesadillas are protein-packed, fiber-rich, and the perfect addition to your weeknight rotation. *Serves 2*

INSTRUCTIONS

1. Place the cubed sweet potatoes in a saucepan with enough water to cover. Bring to a boil, then reduce heat, cover and simmer until fork-tender.
2. Transfer cooked sweet potatoes to a mixing bowl and add salsa, chili powder, lime juice, and nutritional yeast. With a fork, smash and mix until well-combined. Fold in black beans. Add salt and pepper to taste.
3. Heat a grill or grill pan over medium heat. Spread a heaping ½ cup of the sweet potato mixture onto a tortilla. Top with a second tortilla and gently press it down. Repeat with remaining tortillas.
4. Place quesadillas on the heated grill and cook for about 3 minutes on each side, until they are golden brown and grill marks form.
5. Slice into triangles and serve with guacamole, salsa, and/or non-dairy plain yogurt for dipping. To round out the meal, pair with sliced bell peppers.

NOTES

For a spicier quesadilla:

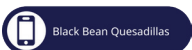
- Choose a spicy salsa
- Add 1 tablespoon of green chilis
- Serve with hot sauce.

For a milder quesadilla:

- Choose mild salsa
- If you don't have a grill, you can make these quesadillas on a stove top.
- Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato.



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PREPARING FOR YOUR JOURNEY AHEAD

Make a list of your SUPPORT ALLIES here: those you can call on to help you stay on your journey toward health and remission. These may include friends, family members, neighbors, or colleagues - those special people you trust and who can support your healthy lifestyle choices. Who would you enjoy sharing your goals with and would want to hear about your successes and challenges? These are likely the people who can help you tweak your goals to address new challenges, cheer you on, or just listen when you need a supportive ear. Who can they be? List them here, along with how you might be in touch. We suggest being in touch via phone or video call, so make sure you have their number/Whatsapp address, etc.



CREATE A SAFE HAVEN AT HOME

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?

The environment we create around us heavily influences our behavior. If living a healthy lifestyle is important to you, making your home and work place as supportive as possible is also important.

Check off the ones you would use.

At Home

- ☐ Remove all “problem foods” and beverages
- ☐ Limit unhealthy snacks while watching TV
- ☐ Eat at the kitchen or dining room table
- ☐ When you’re eating, avoid TV, texting, reading, etc.
- ☐ Practice saying, “No, thank you,” when offered tempting foods
- ☐ Stock your fridge, freezer, and cupboards with water-fiber foods
- ☐ Take the Full Plate Living Fiber Guide when you go grocery shopping
- ☐ Post motivational reminders around the house
- ☐ Have bottles of water around the house and in the fridge
- ☐ Put your exercise shoes in a prominent place
- ☐ Display a beautiful bowl of fresh fruit in the kitchen
- ☐ Plan menus before you go shopping
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____



CREATE A SAFE HAVEN AT WORK

At Work

- ☐ Keep your work space free of food
- ☐ Pack 75/25 meals for work
- ☐ Check out the cafeteria menu for water-fiber foods
- ☐ Have plenty of water bottles on hand
- ☐ Keep a pair of walking shoes at work and ask others to walk with you
- ☐ Post motivational reminders around your office
- ☐ Plan specific physical activities during breaks
- ☐ Practice saying, "No, thank you," when offered tempting foods
- ☐ Suggest or bring water-fiber foods for office parties
- ☐ Suggest restaurants that have water-fiber options for business meals
- ☐ Find co-workers who will support your health journey
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____



SUCCESS STORY: 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. My 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, 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 lifestyle medicine 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?

Check the response to each question that best describes your current situation.

How much confidence do you have in your ability to eat a healthy diet, get healthy yourself, and stay healthy compared to when you first started the program?

- ☐ A lot more confident
- ☐ Somewhat more confident
- ☐ About the same
- ☐ A little less confident
- ☐ A lot less confident

Compared to when you first started the program, how much energy do you have?

- ☐ A lot more energy
- ☐ Somewhat more energy
- ☐ About the same
- ☐ A little less energy
- ☐ A lot less energy

Compared to the start of the program, how confident are you in your ability to make healthy food choices?

- ☐ A lot more confident
- ☐ Somewhat more confident
- ☐ About the same
- ☐ A little less confident
- ☐ A lot less confident

On a typical day, how clear is your thinking now compared to when you started the program?

- ☐ A lot clearer
- ☐ Somewhat clearer
- ☐ About the same
- ☐ A little less clear
- ☐ A lot less clear

How healthy do you feel now compared to when you first started the program?

- ☐ A lot healthier
- ☐ Somewhat healthier
- ☐ About the same
- ☐ A little less healthy
- ☐ A lot less healthy

Did you experience changes in your diabetes since beginning this program?

- ☐ Yes
- ☐ No
- ☐ Not Sure

If so, what changed?

SET YOUR LONG-TERM SMART GOALS

Time for you to set your SMART goals and strategies, this time think of strategies that will support habits and changes that support your long-term goals. Remember to be:



Specific - What would you like to change?

Measurable - How much or how many will you add, eliminate, or change?

Attainable - Will you be inspired or overwhelmed by this goal?

Realistic - Can you visualize success? (think about improvement over perfection)

Time-bound - How often or for how long will you make this change?

EXAMPLES

Eating for Health

Make a meal plan for the upcoming week with meals and recipes that I know I can prepare.

Re-watch *Forks Over Knives* with friends or family this week.

I will review the LEADR 10 Tips for Eating Out from Session 11 and use the most relevant ones when I go out.

I will scan for baked potatoes, veggie side dishes, salads, and bean additions when reading restaurant menus.

I will eat 100% plant-based foods/meals this week.

Moving More

I will walk around this week while my kid does their activity instead of sitting as I wait.

I will stop at the gym on my way home from ____ errand to work out/use the exercise machines

I will aim to achieve at least 8,000-10,000 steps a day at least ____ times this week.

Well-Being and Rest

For fun I will start a tomato plant or garden with the kids, to reinforce where our healthy food comes from.

When I feel stressful, I will remember to walk, dance, take a flight of stairs, to move it out of my body.

I will play a family board game or do a puzzle one time this week.

I will find a new book or magazine to read and take a break from electronics at least 1 time this week.

GOAL 1: EATING FOR HEALTH



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 1: _____

GOAL 2: MOVING MORE



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 2: _____

GOAL 3: WELL-BEING AND REST



On a scale of 0–10, circle the number that best describes how confident you are in your ability to do the step(s) you’ve chosen before our next session.

0 1 2 3 4 5 6 7 8 9 10
 Not Confident Somewhat Confident Very Confident

STRATEGY 3: _____

IN CLOSING

What strategies will you employ to create safe havens? Congratulations on a course well done! What changes are you most proud of? There is nothing more worthwhile than improving your health, as it improves much more than just you! You have come away with tools for optimal health for a lifetime of improvement. May you continue on your fruitful journey towards diabetes remission and health. Thank you for your efforts!



**Please remember to take 10 minutes to complete the emailed post-program survey.
Thank you for your input!**

[illegible]



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: CONTINUE YOUR SUCCESS

LET'S GET INSPIRED ALL OVER AGAIN



MOVIE & DISCUSSION: GAME CHANGERS

What are your thoughts about the movie?

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

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?

Was there anything you saw that seemed scary or difficult when you think about your own life?

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

What did this make you think about your own life/ your own goals?

[illegible]



Bonus Session: Grocery Store Tour Challenges and Quiz

LEADR GROCERY TOUR GUIDE: SHOPPING FOR REMISSION ON A BUDGET

Here is an activity to sharpen your healthy food navigation skills, that you can do on your own in the store, or with your group.

Choose a recipe from this program that you’d like to make and make a shopping list for ingredients. As you go through the grocery tour, read labels and prices to select the best choices for your pantry and chosen recipe. Bring this sheet to your local grocery store. Let’s get to know what’s on the shelves!

Grocery Section Challenges:

PRODUCE:

What is in season right now?

Identify items in this section that ARE NOT Superfoods

DAIRY:

As you go through the tour, think of and identify healthy, remission-supporting substitutes for items you see in this section

BAKERY/BREAD:

Which items are made with whole grains?

Which items are made from refined grains?

MEAT/SEAFOOD:

As you go through the tour, think of and identify healthy, remission-supporting substitutes for items you see in this section.

ITEM	More or less expensive than meat or seafood?

Are lean cuts of meat lower in calories than beans or bean dishes like hummus spread?

FROZEN:

What are the pros and cons of frozen vegetables and fruits?

Identify high-fiber foods in the frozen section

ITEM	COST

CANNED:

- Identify high-fiber “superfoods” in this section
- Read labels of canned beans and identify those with no added salt or fat
- Find canned fruits and vegetables packed in their own juice with no added sugar or salt

ITEM	COST

Find canned dishes like chili and baked beans. Can you find brands with no added salt, sugar or fat? Add them to your list here:

ITEM	COST

CEREALS:

Identify cereal brands with no added ingredients including salt, sugar, coloring or oils.

ITEM

COST

Can you find cereals that are all whole grain? Write those down

SNACKS, CHIPS, COOKIES:

Can you find snacks that are all whole grain? Write those down

ITEM

COST

Grocery Store Quiz:

Are there any store-bought granolas that are helpful for type 2 diabetes remission? Which cereals are?

Could you find meats, seafoods or dairy items with fiber? ...low in fat?

What grocery sections carry the most high-fiber foods?

What sections are best avoided if your goal is health?

What are the pros and cons of dried beans vs. canned beans?

What are some of the least expensive items that are healthy and helpful for achieving true health?



This image shows a full page of white paper with horizontal blue ruling lines. In the top-left corner, there is a small, stylized green apple icon with a short stem and a single leaf. The rest of the page is empty, showing only the repeating pattern of horizontal lines.



with support from Full Plate Living and the Ardmore Institute of Health



The high fiber whole food course content used here is a derivative of the Full Plate Living Healthy Lifestyle Program.
This program was funded by and built in collaboration with the Ardmore Institute of Health.