Jumpstart Into Health

Week 1

1

Expectations/Plans

You	Us
Show up weekly, on-time	Show up weekly, on-time
Remain engaged	Educate
Discussion with peers	Celebrate
Encourage others	Encourage discussion

2

Preferred Contact Method

Please contact the UH research team

- Program check-ins throughout the 8 weeks
- Contact the UH research team for questions and/or concerns
- Can send digital copies of materials upon request

3

Preferred Contact Method

PLEASE contact the UH research team

Text: 832.303.1378

Email: specialolympicsresearchuh@gmail.com

4

Celebration

- What is one healthy choice you made this week?

5

Learning Objectives

Understand when you are hungry/full

Learn how to avoid overeating

6

"Secrets" to Being Healthy

Eating foods in appropriate amounts

Eating lots of fruits and vegetables

Eating junk food only occasionally

Being active every day!

Less screen time

7

Reasons why people snack and eat

Bored

Stressed/Sad

Tired

Habit

Hungry

Thirsty

8

Hungry Clues

- Being hungry is the only reason we should eat
- Hunger is our body saying, "Hey! I need fuel!"

9

What it feels like to be hungry

For me, when I am hungry...

I feel weak

My stomach growls and aches

I get a headache

10

Healthy Snacks

If you get hungry between meals, grab a healthy snack!

It should consist of:

- Fruits and vegetables
- Not junk food!!

Some of Sheida's favorite healthy snacks:

- Plain yogurt with any fresh fruit (chopped).
- Raw veggies (like carrots) with cheese.

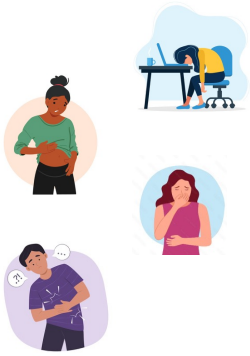
11

When should I stop eating?

- Full = 10 out of 10 fullness (Think Thanksgiving!)
- Satisfied = 6 out of 10 fullness
- Hungry = below a 3 out of 10 fullness

12

What does being full feel like for you?



When I'm full...

- I get tired
- I become bloated
- I feel nauseous
- My stomach hurts

13

4 ways keep from eating past being satisfied

1) Pay attention

1. Take small bites of an apple or a carrot.
2. Turn off the TV and put away your phone while eating.
3. Sit at a table and focus on your meal.

14

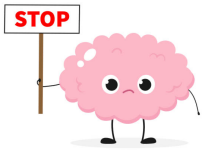
4 ways keep from eating past being satisfied

2) Eat slowly

4. Chew thoroughly and savor the taste and texture.
5. Put your fork or spoon down between bites

15

4 ways keep from eating past being satisfied



3) Stop & think

15 Minute Rule

6. Notice when you start to feel satisfied, not yet stuffed.
7. Wait 15 minutes to see if you're still hungry before grabbing seconds.

16

4 ways keep from eating past being satisfied

4) Drink water first

Drinking a bottle of water before eating supports our body's digestion of the food. Drinking water can also help you feel fuller and more satisfied from your food.

17

Practice (1)

John likes to eat popcorn while watching TV. He never realizes how much he eats until there is no popcorn left and he feels stuffed.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

18

Practice (2)

Maria thought she was hungry and kept munching on things around her house. She ate until she was full, but she still did not feel satisfied.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

19

Practice (3)

Fred's mom told Fred that he could watch TV after he ate his food. Fred rushed through his meal and finished in 5 minutes. 20 minutes later his stomach was tight, and he did not feel very good.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

20

Practice (4)

Alexa was still hungry after her meal, so she went to get another serving immediately.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

21

Discussion

How can you be successful in this program?

- Create a team environment within your support unit
- Support other athletes and caregivers here, we will provide feedback
- You present positive opportunities, and we will celebrate

Any questions or concerns?

22

Activity Challenge

Track your hunger

- Rate your hunger levels on a scale from 1 to 10
- Answer the following questions:
  - What food did I eat?
  - Why did I eat that food?
  - How did eating that food make me feel?

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Zones For Healthy Eating

Week 2

1

Celebration

What is one healthy choice you made this week?

2

Learning Objectives

Know and understand the three food zones and what types of foods are in each

Understand energy balance and how to maintain your own energy balance

3

Review

What is a "secret" to being healthy?

Eating foods in appropriate amounts

Eating lots of fruits and vegetables

Eating junk food only occasionally

Being active every day!

Less screen time

4

Balance

Change in Physical Activity

Energy Out

Change in nutrition

Energy In

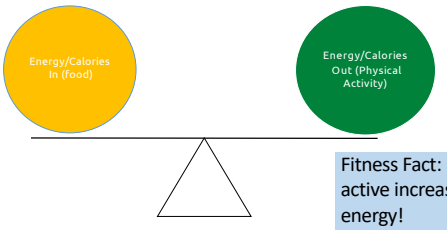
Both physical activity & nutrition

Energy In and Energy Out

5

Energy Balance Scales (1)

Energy/Calories In = Energy/Calories Out



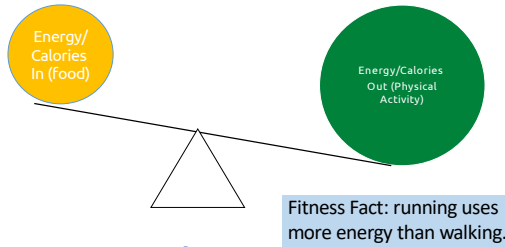
Fitness Fact: being active increases our energy!

Weight is Maintained

6

Energy Balance Scales (2)

Energy/Calories In < Energy/Calories Out



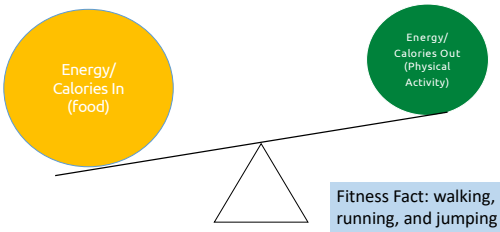
Fitness Fact: running uses more energy than walking.

Weight is Lost

7

Energy Balance Scales (3)

Energy/Calories In > Energy/Calories Out



Fitness Fact: walking, running, and jumping can make bones stronger!

Weight is Gained

8

Green Zone Foods

Nutrients **Calories**

- Fruits
- Vegetables
- Water

9

Yellow Zone Foods

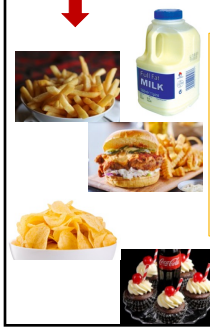
Nutrients **Calories**

- Low-fat dairy (milk, yogurt, cheese)
- Whol grain breads
- Lean meat and fish that is grilled or baked
- Higher calorie (energy) fruits and vegetables: avocado, potatoes, corn

10

Red Zone Foods (1)

Nutrients **Calories**



- Full-fat dairy (milk, yogurt, cheese)
- Fried foods (French fries, fried chicken)
- High fat meats (bacon, hamburgers)
- Chips
- Cake, soda, donuts, candy

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Red Zone Foods (2)

Red zone foods typically have...

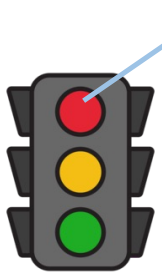
15 grams Sugar

OR

5 grams Fats

12

RECAP

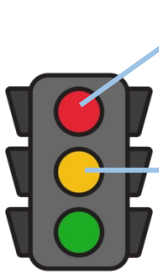


↓ Nutrients ↑ Calories

Try to only eat 1 serving a day

13

RECAP



↓ Nutrients ↑ Calories

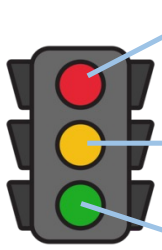
Try to only eat 1 serving a day

↑ Nutrients ↑ Calories

Eat 2 servings per meal

14

RECAP



↓ Nutrients ↑ Calories

Try to only eat 1 serving a day

↑ Nutrients ↑ Calories

Eat 2 servings per meal

↑ Nutrients ↓ Calories

Eat 5-8 servings per day

15

RECAP

The name of the food zone tells you go, slow, or stop!

16

Practice (1)

MONITORING what we eat is one of the most important things we can do to help our body stay in balance.

			Green Food	Yellow Food	Red Food
Lunch	Pepperoni Pizza	1 slice			x
	Low-fat milk	1 glass		x	
	Grapes	1 handful	x		
	Lettuce, carrots, and tomatoes	Half a plate	x		
	Ranch dressing	2 spoons/thumbs			x

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Practice (2)

			Green Food	Yellow Food	Red Food
Lunch	Bread	2 slices		x	
	Turkey	4 oz, ~size of palm		x	
	Lettuce & Tomato	1 slice of each	x		
	Mayo	Tablespoon, 1 thumb			x
	Chips	1 small bag			x
	Whole milk	1 glass			x

18

Activity Challenge

1. Make a list of your favorite green foods

- Which ones do you have in the house?
- Which ones should you get more of?

19

Goal Setting For Healthy Lifestyle Change

Week 3

1

Celebration

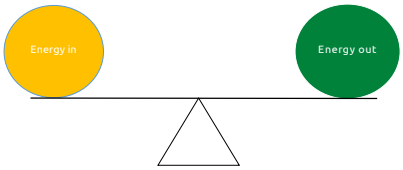
What is one healthy choice you made this week?

2

Review

What is energy balance?

Maintaining a balance between the energy we consume from food and the energy we use through physical activity



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Learning Objectives

Be comfortable setting SMART goals.

Be able to say if a goal is SMART or not SMART.

4

Long Term Goal

Maintain a healthy weight and live a healthy lifestyle

In order to do this, we monitor ___physical activity_____ and ___nutrition_____

5

Setting Goals

We make goals about eating and physical activity because these things help us be healthy

Make goals about 4 things:

1. Increase green foods
2. Decrease red foods
3. Increase physical activity
4. Decrease screen time

6

SMART Goals

- **S** Specific: linked to one activity, thought, or idea
- **M** Measurable: something you can track
- **A** Actionable: clear tasks that will move you to your goal
- **R** Realistic: possible to achieve
- **T** Timely: within a set timeframe

7

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Specific: the goal is exactly 1 less red food per day

8

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Measurable: Jonathon can count his red foods and know if he met his goal

9

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Actionable: Johnathon's action will be to eat 1 less red food per day

10

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Realistic: Jonathon said he would do this for a week not years.

11

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Timely: Each day Jonathon is going to do this

12

Are these goals SMART?

My goal is to be healthy in 1 to 5 years.

NO

This goal is not specific or measurable

My goal is to stop eating Red Zone Foods.

NO

This goal is not realistic

My goal is to run the mile in 15 minutes by next Friday. Last week my mile time was 15 and a half minutes.

This goal is specific, measurable, attainable, realistic, and time bound

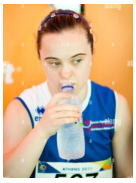
13

Let's Set a Goal!

STEP 1

Pick what you want to work on

Sheida will improve water intake.



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Let's Set a Goal!

STEP 2

Pick how many foods or how much time would be realistic based on what you currently do!

Sheida will drink 1 more bottle each day than she currently drinks per day.

15

Let's Set a Goal!

STEP 3

Make the goal for this week (so it is timely!)

Sheida will increase her water intake over the next seven days

16

Let's Set a Goal!

STEP 4

REPEAT to make a goal for something to work on AT home

Sheida: I will have 1 more bottle of water each day for the next seven days.

17

Activity Challenge – Set a SMART Goal

SMART Criteria	Example
Specific	I will walk for 10 minutes every day this week.
Measurable	I can mark off on a calendar the days that I walk.
Actionable	My action is to walk for 5 more minutes each day.
Realistic	Taking an extra 5 minutes of my day is doable.
Timely	I will make this change this week.

18

Portion Sizes

Week 4

1

Celebration!

What is one healthy choice you made this week?

2

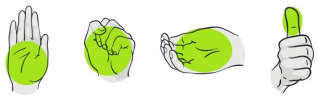
Review!

SMART Criteria
Specific
Measurable
Actionable
Realistic
Timely

1. What was your SMART goal?
2. Did you reach your SMART goal?

3

Learning Objectives



Be comfortable using your hands to measure portion sizes for foods of all kind!

4

Green Zone Foods

Fruits
(strawberries, bananas, grapes, oranges…)
Vegetables
(broccoli, cauliflower, eggplant, cucumber, carrots…)

Serving size
An overflowing handful

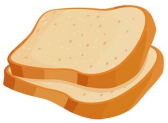
5

Yellow Zone Foods

The 3 main groups of yellow foods are starches and grains, low-fat dairy, **and** lean meats.

6

Starches



Sandwich bread

Serving size

1 slice; about the size of your palm

7

Starches

Pasta, rice, noodles, oatmeal

Serving size

1 cup; about the size of your fist

8

Protein

Beans

Serving size

1 cup; about the size of your fist

9

Starches

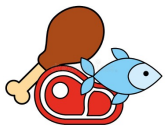
Starchy Vegetables
(potatoes, corn, peas)

Serving size

One cupped hand

10

Lean Meats



Chicken, pork, fish, shrimp

(baked, boiled, broiled, grilled, steamed)

Serving size

About the size of your palm

(as thick as your hand)

Egg serving size = 1 egg

11

Low-fat Dairy

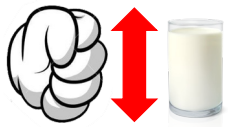
Low-fat cheese

Serving size

1 thumb

12

Low-fat Dairy



Low-fat milk

Serving size

1 glass the height of your fist

13

13

Milk Options

Skim milk
(0% fat)

Low-fat milk
(1% fat)

14

14

Milk Options

Low-fat milk
(2% fat)

Low-fat nondairy milk

15

15

Tricky Fruits and Vegetables

Avocado, Potatoes, Corn

Serving size

First knuckle of your thumb (1 tablespoon)

16

16

Red Zone Foods (1)

Spreads

(butter, oil, mayo, sour cream, syrup, full-fat cheese, peanut butter)

Serving size

The tip of your thumb (1 teaspoon)

17

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Red Zone Foods (2)

Sweet treats (ice cream, muffins, donuts, croissants)

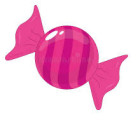
Serving size

½ of your palm

18

18

Red Zone Foods (3)



Candy

- Serving size

The tip of your thumb

19

19

Red Zone Foods (4)

Breakfast meats (bacon, sausage)

- Serving size

1 thumb

20

20

Activity Challenge

1. Portion your meals with your hands!
   - Take a photo of your portions with your hands.
   - Try this with at least 3 different types of foods.

21

21

Reading Food Labels

Week 5

1

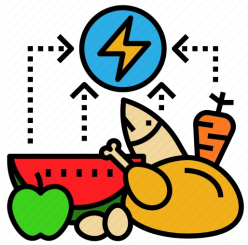
Celebration!

What is one healthy choice you made this week?

2

Review!

What is the number 1 reason why we eat?



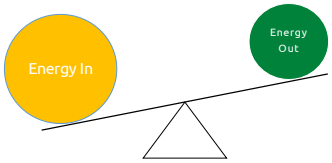
FUEL!!

3

Energy Balance

We need to be careful because too much Energy will cause us to get out of energy balance.

Fitness Fact: Running burns more energy than walking does!



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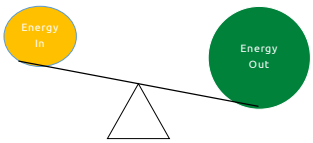
Energy Balance

This is harmful to our health because being out of energy balance can cause us to not function correctly.

Fitness Fact: Strengthening our muscles can improve our balance!



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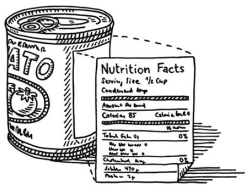
Learning Objectives



Distinguish between green foods, yellow foods, and red foods by reading a nutrition label

6

Food Label Information (1)

On the nutrition label, Serving Size and Servings per container help us to eat the right amount of the food.

7

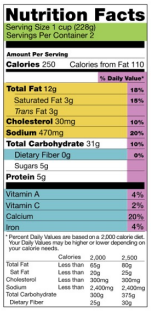
Food Label Information (2)

Total Fat (gram) and Sugar (gram) help us know if the food is a Green Zone, Yellow Zone, or Red Zone Food.

8

How to Read Food Label

Sample label for Macaroni & Cheese



1) Start here

2) Check Calories

3) Limit these Nutrients

4) Get Enough of these Nutrients

5) Quick Guide

- 5% or less is low
- 20% or more is high

6) Pay attention to Sodium content (less is better)

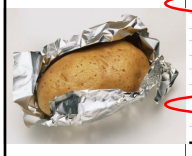
9

Red Zone Food Label

The food is a Red Food (and should be limited) if it has high fat (compared to protein, carbohydrates) or 15 grams or more of sugar.

10

Food Label (1)



Baked Potato

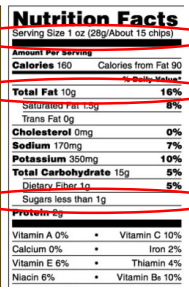
Serving size: 1 potato

Total fat: 0 g

Total sugars: 1 g

11

Food Label (2)



Potato Chips

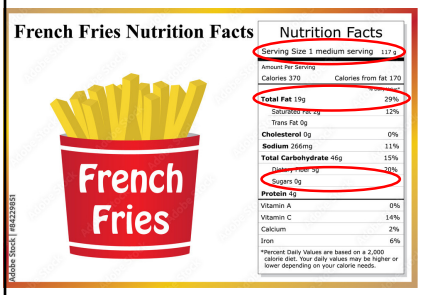
Serving size: 15 chips

Total fat: 10 g

Total sugars: <1 g

12

Food Label (3)



Medium Fries

Serving size: 117 g

Total fat: 19 g

Total sugars: 0 g

13

Food Zone – Cooking Methods

Frying or cooking any food in oil makes the food a red zone food

Baking, grilling, steaming, or boiling yellow zone foods keeps them in the yellow zone!

Baking, grilling, steaming, or boiling vegetables keeps them in the green zone!

14

Food Zone

How you cook and flavor foods can change the food zone!

Topping green zone foods with vegetables, spices, herb seasoning, vinegar, dill pickles, mustard, or hot sauce keeps them in green zone!

Using sweet relish, tomato sauce, buffalo sauce, ketchup, low-fat yogurt, beans, barbecue sauce, or low-fat cheese puts foods in the yellow zone.

15

Food Zone

How you cook and flavor foods can change the food zone!

Caution

Topping foods with bacon, guacamole, butter, sour cream, ranch dressing, cheese sauce, gravy, mayonnaise, alfredo sauce, sweet & sour sauce, blue cheese dressing, full-fat cheese, or syrup puts them in red zone!

16

Does this go into the green zone, yellow zone, or red zone?

Nutrition Facts

Serving size	3oz (84g)
Amount per serving Calories	110
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 430mg	19%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	1%
Protein 18g	37%
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	2%
Potassium 280mg	6%

* 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.

Grilled Chicken Breast

17

Does this go into the green zone, yellow zone, or red zone?

Nutrition Facts
about 11 servings per container
Serving size 2/3 cup (95g)

Amount per serving Calories	220
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 50mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 16g Added Sugars	32%
Protein 4g	
Vit. D 0mcg 0% • Calcium 120mg 10%	
Iron 1mg 6% • Potassium 240mg 6%	

*The % Daily Value 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.

Ice Cream

18

Does this go into the green zone, yellow zone, or red zone?

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0.32mg	2%
Potassium 85mg	2%
Vitamin A 17.7mcg	2%
Vitamin C 3.7mg	4%
Vitamin K 62mcg	50%
Folate 26mcg	6%
Phosphorus 10mg	0%
Magnesium 8mg	2%
Zinc 0.13mg	2%

*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.

Salad Spring Mix

19

Does this go into the green zone, yellow zone, or red zone?

Nutrition Facts

Serving Size 22 pieces (110g)
Servings Per Container 2.5

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Potassium 370mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 310% • Vitamin C 4%	
Calcium 4% • Iron 4%	
Folate 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			2,400 mg	2,400 mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sweet Potato Fries

20

Activity Challenge

1. What are your favorite yellow zone foods?

- Which ones do you have in the house?
- How can you combine these with green foods at home?

21

Meal Planning

Week 6

1

Celebration!

- What is one healthy choice you made this week?

2

Review!

- What elements should we pay attention to when looking at a food label?

1. Serving Size
2. Total Fat
3. Total Sugars

3

Learning Objectives

Build a healthy and balanced plate

Learn meal prepping strategies

4

Question

Have you ever skipped a meal because you did not know what to eat?

5

Do not skip Meals!

- Breakfast is often skipped because we
  - ✓ **Run out of time**
  - ✓ **Wake up not hungry**
  - ✓ **Don't want to cook**
- When we skip it...
  - ✓ **We overeat later**
  - ✓ **Our brains and bodies don't work properly!**

6

How Can We Solve it?

PLAN

SAVE TIME

SAVE MONEY

SAVE HEALTH

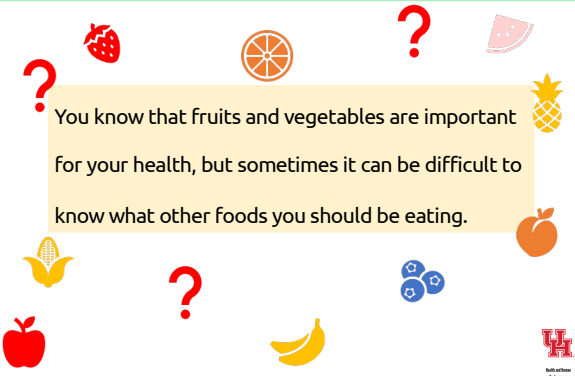
7

Meal Planning Strategies - Basics

- Start with 1-2 days at a time!
- Plan with your family/team (turn off TV).
- Cut up fruits and vegetables for easy grab & go options.
- Have a variety of green and yellow zone foods

8

Where do we start?



You know that fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating.

9

Creating a Healthy Plate

This plate has all the food groups, with some great choices in each group!

10

Where do we go?

Meal Planning Strategies

1. The Rule of 3's
2. Building Blocks
3. Cook and Freeze

11

(1) The Rule of 3's in a Week

- 3 sources of carbohydrates (bread, rice, pasta)
- 3 sources of protein (chicken, fish, eggs)
- 3 sources of fat (avocado, olive oil, nuts)
- 3 different fruits (strawberries, apples, bananas)
- 3 different vegetables (broccoli, carrots, spinach)

12

(2) Building Blocks

- Of your 3 protein sources, pick 1 to start with
- Of your 3 carbohydrate sources, pick 1 that you like to eat with your chosen protein
- Of your 3 vegetables, pick 1 that you like to eat with your chosen protein and carbohydrate

Now, do the same for your other 2 protein sources and try adding in a fruit or a fat source for your next meal.

13

(3) Cook and Freeze

Make large batches of foods that can easily be heated up

- Burritos
- Breakfast sandwiches
- Soups or stews

14

Cook and Freeze - Recipe

Freezer Breakfast Sandwiches

15

Cook and Freeze - Recipe

Freezer Breakfast Sandwiches

16

Make It Fun!

- Give your veggies some spices!
- Fresh and Frozen fruits and vegetables can be utilized!
- Add citrus for Flavor, Brightness, and Vitamin C

17

Activity Challenge

- Choose 3 proteins, 3 carbohydrates, 3 fats, 3 fruits, and 3 vegetables (remember: rule of 3's!)
- Build a balanced plate with those foods!
- Send the Houston team a photo of your balanced plate!

18

Planning For Success

Week 7

1

Celebration!

- What is one healthy choice you made this week?

2

Review - What should we do during meals?

A. Turn off electronics

B. Talk with people eating with us

C. Put utensils down between bites

D. All the above

3

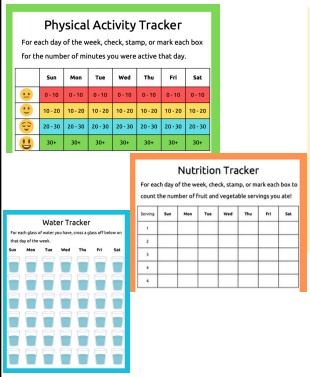
Learning Objectives

Maintain consistency with daily habits

- Nutrition
- Physical Activity
- Sleep
- Water
- Mindfulness

4

Planning For Success



How can we track our goals?

- Health Goal Cards
- Food logs
- Calendars
- Stickers
- Journals or diaries

5

Obstacles

What are some obstacles to healthy nutrition?

What are some obstacles to physical activity?

6

Getting Back on Track

Make observations of current actions!

- Helpful strategies
- Obstacles

7

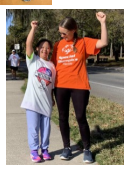
It can be hard...

Something we like → repeat → Don't like it → Take a break → Something we like

How do we keep moving forward?

8

1 Time per Week



Try...

- A vegetable you haven't had in a while
- Talking to someone about health
- A new exercise

9

I Need Help With My GOALS

Your support can help!

- Family!
- Friends!
- Athletes!
- Special Olympics staff!
- University of Houston staff!

10

Other Strategies

- Short Walks
- Encouraging Discussions
- Daily Nutrition Logs

Remember the **15 Minute Rule**

11

Every Day Habits

Make half my plate fruits and vegetables

Include fruits at breakfast

Include a salad for lunch and dinner

Eat a rainbow of colors

Add vegetable to soups, broth & sandwiches and other foods

12

Activity Challenge

- Submit a recipe for a healthy snack

Apple Slices with Peanut Butter

Ingredients:

- 1 apple, sliced
- 2 tablespoons natural peanut butter

Instructions:

- **Slice the Apple:** Cut it into thin slices.
- **Serve:** Spread or dip the apple slices into the peanut butter.

13

Healthy Snack

Examples of healthy snacks:

- Hummus and veggie sticks
- Fresh fruit and nuts
- Apple slices and reduced-fat cheese
- Trail mix with dried fruit and nuts only
- Whole grain crackers and reduced-fat cheddar slices

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How to Stay Healthy for a Lifetime

Week 8

1

DO FIRST!

- What is one healthy choice you made this week?

2

Iron Snack Competition

- Make a snack from available ingredients
- Need a minimum of 1 green food and 1 yellow food
- You have 20 minutes to plan and prepare your snack
- Have 2 minutes to present to the judges your dish

3

Iron Snack Competition

- What did you make?
- What nutrition strategies did you use/will you use when eating it?
- What sets your team/dish apart from the others?
- What makes your team special?

4