

Quick Start Guide

Exercise goals:

I will aim for _____ minutes of exercise daily. Goal Exercise plan is the following:

When: _____

Where: _____

With: _____

Nutrition goals:

I aim to balance breakfast, lunch and dinner. Balance means that we divide the plate into two parts with $\frac{1}{2}$ fruits or vegetables and the other $\frac{1}{2}$ whole grains and lean proteins. See Meal Planning For Kids Worksheet.

Whenever possible, I will choose whole, minimally processed grains. Some examples are brown rice, quinoa and bulgar. When that is not possible, I will choose processed whole grains over highly processed like crackers, bagels, muffins, pitas. See Whole Grains Info.

I choose to limit sugary sweetened beverages, this includes soda, juice (even homemade), sports drinks, fancy drinks, chocolate milk and flavored yogurts. My goal is to have _____ sweetened beverages per week.

I choose to limit treats. Remember, treats should be allowed, but I recommend limiting treats to 2-3 times per week. Enjoy the treats that you chose to have.

Follow Up

1 week

2 weeks

1 month



Environment

Oftentimes, unhealthy foods at home can sabotage your good efforts. Is there anything at home that would make it hard to choose healthy foods? If so, determine if you would like to remove them from your home. See Kitchen Cleanout Worksheet for help.

Sleep/Metabolism

Sleeping in a dark room without extra lights can help boost your melatonin which can help your metabolism. If able, limiting excess lights starting around 8PM and changing any needed electronics to night mode (which filters out the blue light) can be helpful. If you need a nightlight at night, you can find some yellow/red nightlights that can filter out the blue wavelength of light. This fairly simple change might make a small difference, and small differences add up.

Eating at nighttime (after 8PM) increases the risk for diabetes and elevated cholesterol, and elevated body mass index. Whenever possible, I recommend finishing your meals and snacks by 8PM.

Recommended sleep requirements by age are

4-12 months: 12-16 hours 1-2 years: 11-14 hours

3-5 years: 10-13 hours 6-12 years: 9-12 hours

13-18 years: 8-10 hours

Information attached:

Meal Planning for Kids

Whole Grains; Good, Better, Best

Kitchen Cleanout

Meal Planning For Kids

The Balanced Plate

The balanced plate is a method used to help ensure that each person gets enough fruits and vegetables. While many people are resistant to limiting foods, especially for children, many families that I have worked with have found the idea of adding food, specifically fruits and vegetables to be a reasonable option. When using the balanced plate method, the goal is to fill 1/2 of the plate with fruits or vegetables. 1/4 of the plate is filled with lean protein and 1/4 of the plate filled with grains. For many people, plates have become unbalanced- favoring the grains and the proteins. it is fine to include those favorite grains, but I like to remind people to "keep them in their corner" meaning, not to allow the grains to cover more than 1/4 of the plate.

Choosing Fruits and Vegetables

These can be all fruit, all vegetables, or a mixture of the two. It can be repetitive. If your child likes carrots and strawberries, it can be carrots and strawberries every... single... meal (pending availability, of course).

Portion Sizes

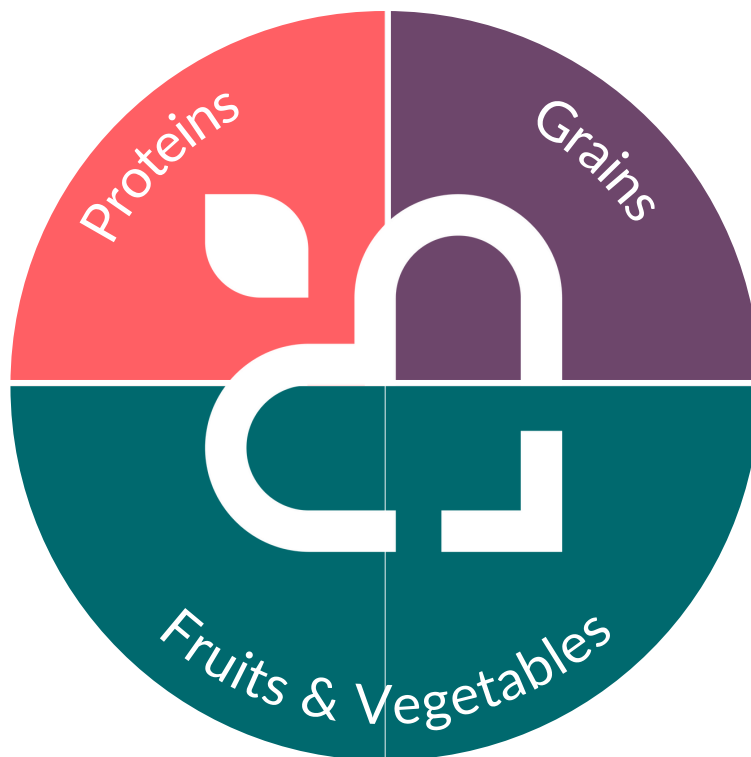
The serving size for your child is the size of your child's hand. Therefore you would aim for one palm-size portion of proteins, one palm size portion of grains, and two palm size portions for fruits/vegetables. If your child has eaten their food and is asking for more, feel free to offer more- but I urge you to keep the second helpings balanced as well. Plate size can also be important. Using a 9" plate for adults and a 7" plate for children can keep portion sizes in check.

Pro tip: If you are more accustomed to higher portions of grains and interested in making your grains look like a bigger portion of the meal, I find that cauliflower rice (vegetable) and spaghetti squash (vegetable) can be mixed in with rice or noodles 50/50 without most children noticing. I have made pad thai with spaghetti squash and nobody noticed that some of the noodles were vegetables. If you try to switch to 100% spaghetti squash or cauliflower rice, it will be noticed. But the textures can blend in nicely if the two are mixed with their normal grains.

Balanced Plate Worksheet

Balancing Meals: The main goal of this worksheet is to help people balance the family meals. This worksheet will give you the opportunity to bring into balance some of your favorite regular meals. As a reminder, we are aiming for half of the meal to be fruits and vegetables, one quarter of the meal to be lean proteins and up to one quarter of grains.

On the left, I want you to think about your regular meals, those that your family regularly has or enjoys. Don't over think it. If it is a burger and fries, put down a burger and fries- lets work with it to see how we might be able to balance it out. Don't try to think of your healthiest meals! To get the most benefit, think of the meals that you have the most often. On the right, let's see if we can balance those meals out. Here is an example with the burger and fries



Balanced Plate Worksheet

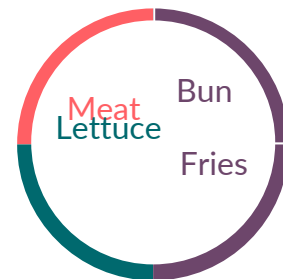
Step 1 - Think of Meal

Think of a typical meal. Let's take the burger and fries example.



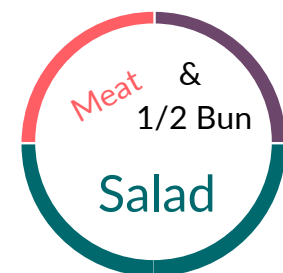
Step 2 - Identify Components

If we were to break this down into the components. The bun would be carbs. The french fries are a tough one, they are technically a vegetable, but they are so carb-heavy that I would actually consider processed potato products (chips, french fries, tater tots, etc.) a carb. If it is a baked potato, we can call it vegetables. The burger patty would go in the protein section, and the lettuce would be our itty-bitty vegetable.



Step 3 - Rebalance

Think of a way that we can balance this. Think about what part of that meal is most important to you. In this example, I thought the burger was probably the most important, and I tried to find a way we can balance out the burger to make a new-improved balanced meal that is still palatable to my family. Now, if salad is a non-starter for your family, you can just have easily put watermelon, banana, onions, corn any fruit or vegetable in that component.

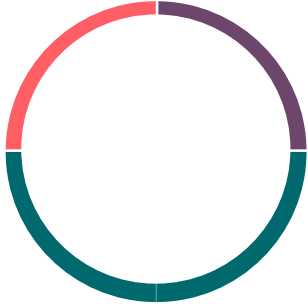




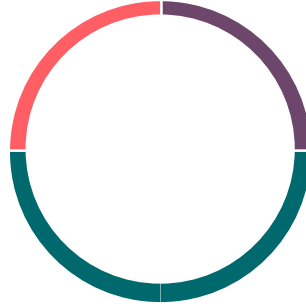
Your Turn to Try

Think of most common breakfasts that your family enjoys and see if you can bring them into balance

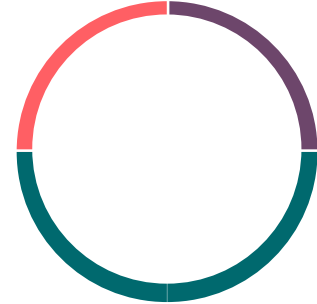
Original Meal



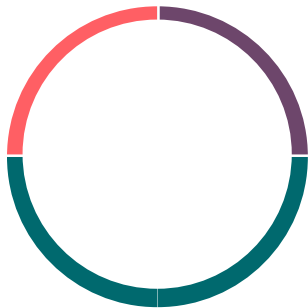
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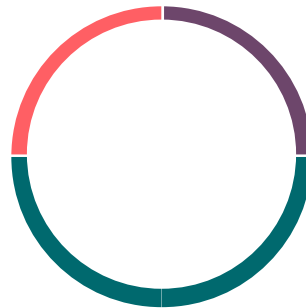
Rebalanced Meal



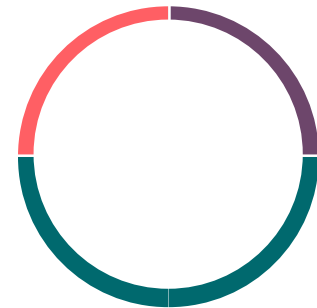
Original Meal



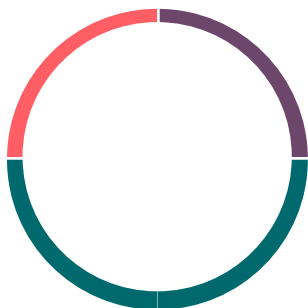
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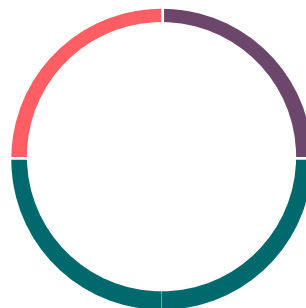
Rebalanced Meal



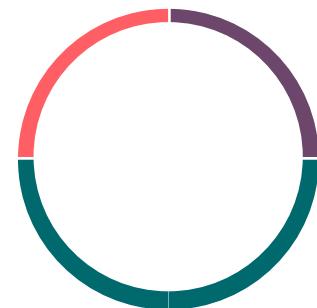
Original Meal

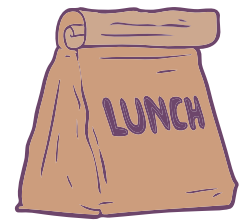


Components



Rebalanced Meal





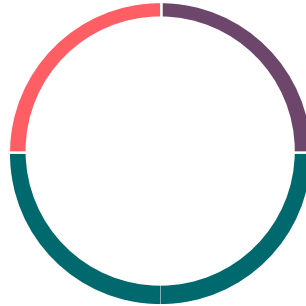
Your Turn to Try

Think of most common lunch that your family enjoys and see if you can bring them into balance

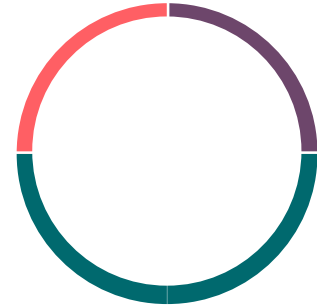
Original Meal



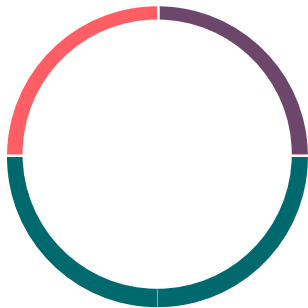
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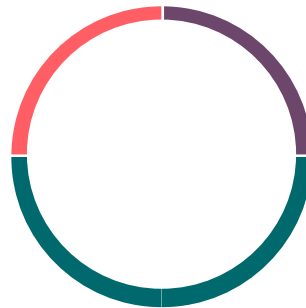
Rebalanced Meal



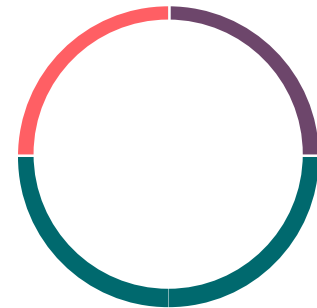
Original Meal



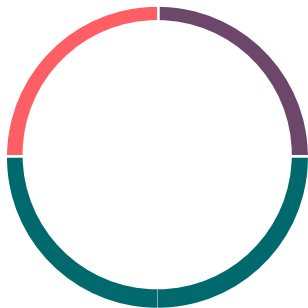
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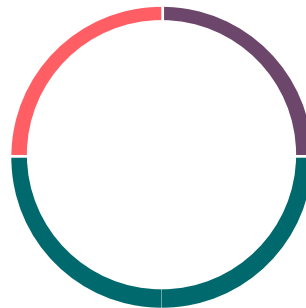
Rebalanced Meal



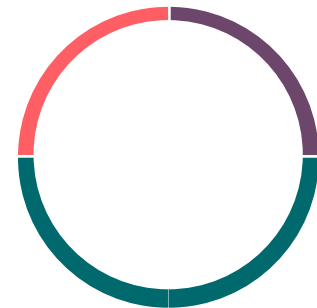
Original Meal



Components



Rebalanced Meal

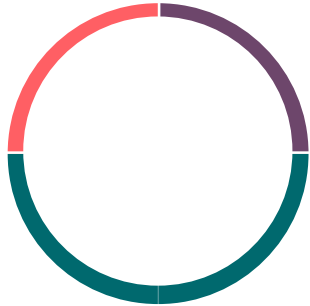




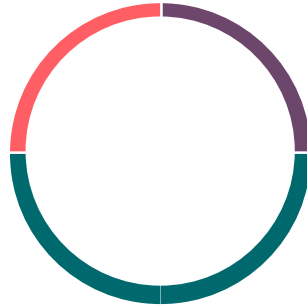
Your Turn to Try

Think of most common dinners that your family enjoys and see if you can bring them into balance

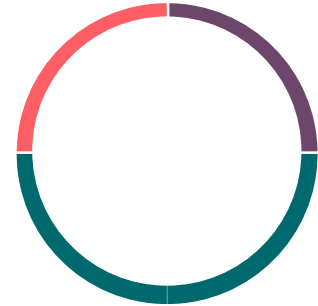
Original Meal



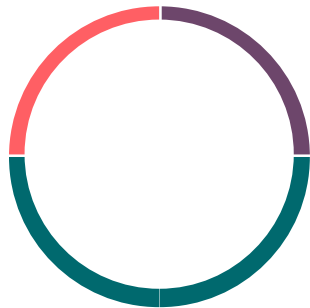
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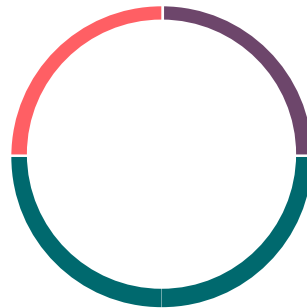
Rebalanced Meal



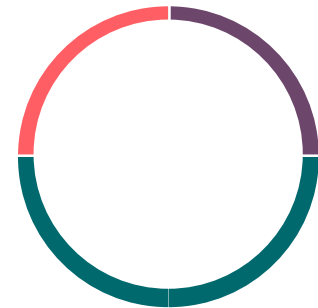
Original Meal



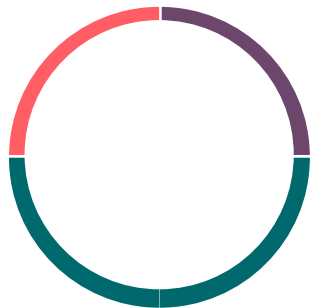
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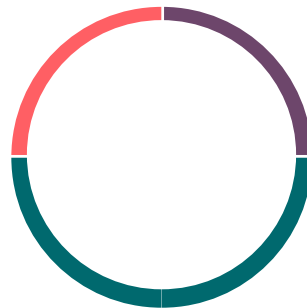
Rebalanced Meal



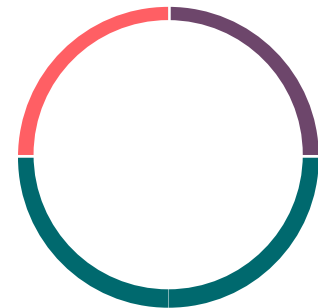
Original Meal



Components



Rebalanced Meal

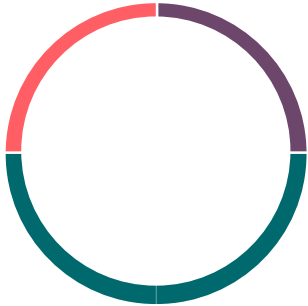




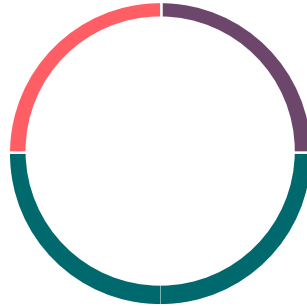
Your Turn to Try

Think of most common meals that your family enjoys when you are in a hurry and see if you can bring them into balance

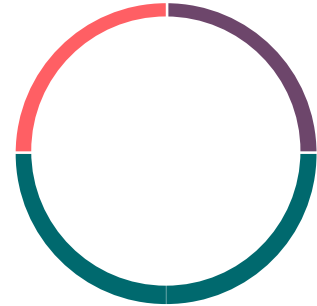
Original Meal



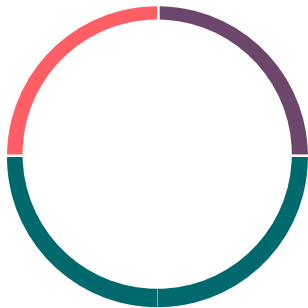
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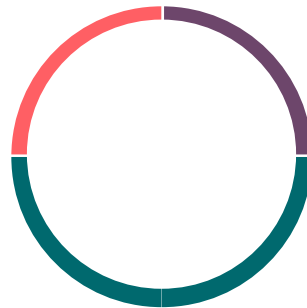
Rebalanced Meal



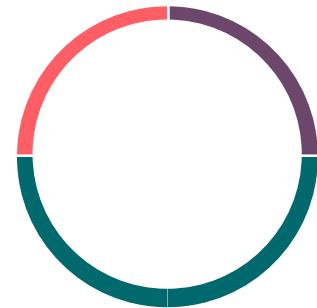
Original Meal



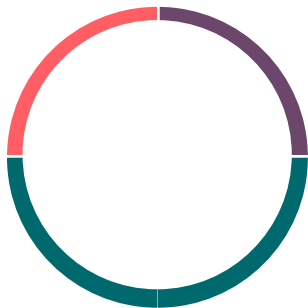
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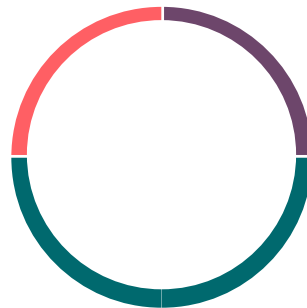
Rebalanced Meal



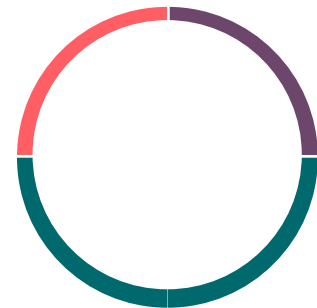
Original Meal



Components



Rebalanced Meal



Good, Better and Best Grains

Best

Minimally processed Whole Grains

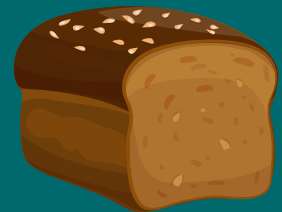
- Brown Rice
- Quinoa
- Bulgar
- Farro
- Popcorn
- Millet
- Steel Cut Oats
- Spelt
- Amaranth
- Barley



Better

Grains Made from Whole Wheat Flour

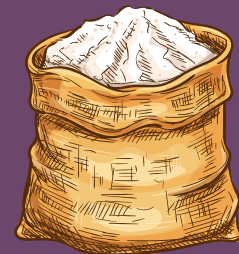
- whole wheat pasta noodles
- whole wheat breads
- Polenta
- Couscous
- Oatmeal



Good

Grains Made from White Flour

- pasta noodles
- breads
- pitas
- pancakes
- whole grain cereals



The Kitchen Cleanout

In this exercise, you will have the opportunity to go through your kitchen and determine things that might not be serving your family well.

What I would like you to ask yourself is this. Is there anything at home that would make it hard for you to make healthy decisions?

Another way to answer this question is to finish this sentence: I want to eat more fruits and vegetables, but I always seem to choose the (example: Granola bars)

So there, you have identified an item that might sabotage your best efforts. Start by creating a list of the foods that you might habitually choose over healthier options

Once you have created that list, it's time to categorize those foods in terms of their value to you.

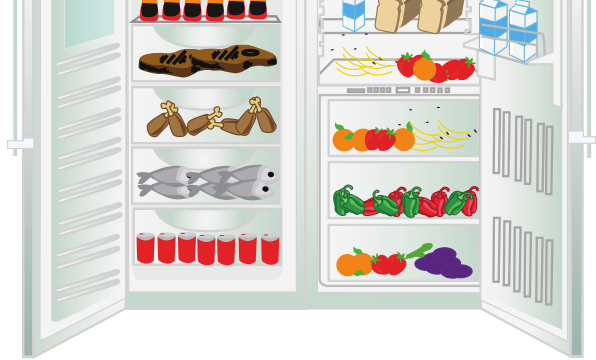
- **Keep List** - I want you to think about which of those foods that may not be the healthiest options, but are really important to you or a member your family, Put those in the Keep List. Those foods that are not serving you or your family well, but are just habits, I would put in the Swap or Discard List.

- **Swap List:** If you like some aspect of the food (like it is quick to grab on a busy day and you can think of another healthier option, you could place it in the swap list. For the granola bar example. Maybe you like that granola bars stay good for months, you can buy them in bulk at Costco and you can grab them and bring them on the road for a snack. Costco also has individual packs of nuts that might serve the same purpose. If that would work for you, you can place it in the swap list.
- **Discard List:** Those foods that are not serving you well and you can't see a reason to keep them around, go in the discard list.

Throwing away food may not be necessary. For each food that you have decided to discard, you can do one of two things

- Option 1: Throw it away
- Option 2: Allow it to run out and don't re-buy it.

For some families throwing away food seems inappropriate, and for some families, throwing away food can serve as a cathartic start on your new journey. You know yourself and your family. Do what is right for you.



Item

Keep/Swap/Replace
