

## Behavioral Eating Management Program

A step by step weight loss program

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This handout is intended to set forth a series of easy to achieve steps that you can take to eat healthier and work toward long term weight loss.

The term diet is commonly misconstrued with these crash or fad programs that are radical departures from one's accustomed eating habits. Popular diets like the Atkins or South beach diet (low carb), Weight Watchers, Jenny Craig and others attract approximately 50 million Americans a year. Dieters often shed pounds for the several months they follow the plan, but after two years, studies have shown that only approximately 5% keep the weight off.

Radically restricting the amounts and types of food you eat usually presents too much of a departure from your usual eating habits and then leads to a yo-yo effect of weight loss and weight gain.

It is my belief that diet needs to focus on **behaviors first** and then food selection second.

*Awareness is the first step to health.* This program presents a series of exercises designed to start the process of reflecting upon the thoughts, emotions and behaviors associated with eating.

The goal of this eating plan is to introduce a set of practices gradually. None of these should be major changes or significant sacrifices from your life.

The following is series of seven exercises. Start with Step 1 and 2 but do not proceed until the next steps until you have completed the exercise. The sequence is crucial to learning as behavioral change is gradual. Continue the practices introduced in earlier steps as you move forward.

Be patient. Weight loss is a slow process, but when combined with other efforts aimed at the self-management of chronic pain, the results are profound. You will feel happier, have more energy and have more control over your pain experience.

*Junk Food V's Healthy Food*





### Step 1: Weigh in Wednesdays

Weight loss needs to be gradual. You should aim to lose 1-2 pounds per week. **If you lose too much too quick, you are at greater risk for gaining it back.**

Use this sheet to record your weight every Wednesday.

Why Wednesdays? The weekends are when you are most likely to slip up with your diet. This allows you to steer back on the right track on Monday and Tuesday.

Stay positive. Stay committed. Weigh in Wednesdays should take place as you pursue all the steps forth set out in this program. You can now move on to Step 2.

Wed Week	Weight		Wed Week	Weight
1			20	
2			21	
3			22	
4			23	
5			24	
6			25	
7			26	
8			27	
9			28	
10			29	
11			30	
12			31	
13			32	
14			33	
15			34	
16			35	
17			36	
18			37	
19			38	

## Step 2: 20 Grams of Protein for Breakfast Everyday

**Make breakfast the single most important meal of the day.** Too many people skip breakfast. This is a dietary No-No. Breakfast is the foundation of what you eat for the day. Studies have found this is one of the most common habits for successful weight loss.

Breakfast does not have to be an elaborate meal, but it needs to start your day every day.

You can eat whatever you want for breakfast as long as you achieve the following two goals:

- 1) Eat until you are full
- 2) Eat a minimum of 20 grams of protein

It is important to feel full when you eat in the morning, so you can sustain your hunger for the rest of the day. If you have an on-the-go bite to eat and you are still hungry- EAT MORE PROTEIN.

In fact, cram as much protein down your gullet as you can. I want you to track exactly how much protein you can eat for breakfast and record it every day for the next 3 weeks. Do not move onto Step 2 until you have accomplished this important step.

Counting protein can be an estimate. Use this list provided, look at nutritional labels and look up foods online to track and record your protein intake. Remember the goal is a minimum of 20 grams (g) a day.

### Protein Tracker

	Monday (g of protein)	Tuesday (g of protein)	Wednesday (g of protein)	Thursday (g of protein)	Friday (g of protein)	Saturday (g of protein)	Sunday (g of protein)
Week 1							
Week 2							
Week 3							

Estimate of protein in select breakfast foods. Different brands may have different

Food	Protein	Food	Protein
Greek Yogurt	23 g per 8 oz. serving	Peanut Butter	8 g per 2 tbsp. serving
Cottage Cheese	14 g per ½ cup serving	Mixed Nuts	6 g per 2 oz. serving
Swiss Cheese	8 g per 1 oz. serving	Whey protein	20 g per scoop
Eggs	6 g per 1 large egg	Ham	19 g in 3 oz. serving
Milk 2%	8 g per 1 cup serving	Chicken	30 g in 4 oz. serving
Canadian Bacon	15 g per 3 oz. serving	Tofu, Extra Firm	33 g in ¾ block
Sausage (Chorizo)	21 g per 3 oz. serving	Ground Beef	33 g in 4 oz. serving

### Step 3: Junk food Awareness

We all have our eating vices and our guilty little pleasures. Rich deserts, tasty treats or salty snacks that we absolutely love. Usually these have every once in a while.



Then there is the unconscious junk food. This is unhealthy calorie fillers that we just happen to eat without a huge amount of joy. It can be a soda or other high sugar drink (Coke, Gatorade, or Coffee/Tea with extra packets of sugar). It could be pretzels, chips, candy, packaged cookies, doughnuts, dinner rolls or bread.

In this exercise, we will not be suggesting you stop eating those foods that bring you incredible happiness and are reserved for special occasions. I want you to **start thinking about foods that you regularly eat that have the following problems:**

- Low nutritional value (processed in a factory rather than grown from the ground/raised on a farm)
- High sugar or high carbohydrates (you can look this information up on the nutritional label. A food that has more than 30 g of sugar or 25 g of carbohydrates fits this category)
- Would be considered a snack or a something you add to a meal
- Is a food that you can live without

Everyone has a couple of these silent assassin junk foods. List two to four of these:

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Now over the next three- five days, pay attention to or reflect on how you get exposed to these food items and either actually eat them or have an unconscious urge to eat them. Write down here:

Where you are	Are you hungry (YES/NO)	What time of day
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Step 4: Junk Food Replacement



In this exercise you will try to identify a pattern for junk food cravings. **Usually there is a certain trigger in your day that leads to the eating of an unhealthy food that brings little pleasure.**

Now that you identified specific junk foods you eat in step 3, take the next step and identify “triggers” that make you eat them and come up with a plan for how to combat these bad habits.

Here are some examples:

- **Bad Habit:** I always eat chips and other junk food at my house when I am watching TV
  - **Trigger:** My pantry is full of junk food because of grocery store sales and coupons
  - **Solution:** try to avoid the junk food aisle at the grocery store and fill up a glass of water or another sugar-free drink when I watch TV
  
- **Bad Habit:** I eat the carb-heavy breakfast during Thursday morning work meetings despite the selection of fruit and yogurt
  - **Trigger:** I know the meeting will be boring and I think the doughnuts and bagels will satisfy my appetite more than fruit
  - **Solution:** Bring a pack of almonds and nuts to mix with the fruit and yogurt to make the healthier option more appealing
  
- **Bad Habit:** I eat buttered bread rolls and drink cola at restaurants
  - **Trigger:** The waiter serves free bread rolls and offers soft drinks when we sit down
  - **Solution:** Ask my friends if we can politely decline the bread (if not place it on the other side of the table), request water instead and drink an entire glass if I am very hungry

Each week for the next three weeks, select one bad habit, identify the trigger and come up with a solution for how to establish better eating habits.

Write them here:

Week 1.

Bad Habit:

Trigger:

Solution:

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Week 2.

Bad Habit:

Trigger:

Solution:

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Week 3.

Bad Habit:

Trigger:

Solution:

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## Step 5: Cook

**It's time for you to become your own chef.** The internet has a huge wealth of information that contains recipes, cooking resources and videos.

This step challenges you to cook two meals a week. No microwaved or prepared foods. It is time to learn how to sauté, chop some veggies, grill some chicken and have some fun.

Here are some ground rules to the cooked meals:

- Cook for health
- No deep frying in vegetable oil
- Use two veggies in each meal at a minimum
- Try to limit carbohydrates (pasta, bread, potato, rice)

Here is a list of free online resources that you can use to help you as you start your commitment to cooking:

- <http://www.eatingwell.com>
- <http://www.cookinglight.com>
- <http://www.foodnetwork.com>
- <http://allrecipes.com>

If you can, cook for than twice a week. Record each meal bellow:

Week	Meal 1	Meal 2	Optional Meal 3
1			
2			
3			





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**Step 7 and beyond:** Take matters into your own hands

Congratulations! If you have made it this far, you have probably lost a couple of pounds, started eating healthier and have more energy. You have done that without counting calories. You did not make huge sacrifices in food selection. There were no radical diet changes.

You simply changed how you eat and why you eat. This program focuses on behavioral change and the successful completion of these exercises sets the foundation for healthy eating habits.

At this point, you should be proud of your accomplishment and how much better you feel. Return back to these exercises until these eating habits become automatic and natural. In the end, your efforts will bring tremendous benefits to your overall health.

If you want more, go for it. Experiment with a certain diet. Use the practice of food tracking and writing out goals to support your efforts.

Here are some suggested popular “diets” that can reduce inflammation, improve the chronic pain experience and promote overall health. Each of these diets has medically been studied and shown excellent health promoting results in clinical trials when they properly adhered to.

- High protein, low carb diet (South Beach, Atkins)
- Elimination diet
- Vegetarianism/ Veganism
- Gluten-free diet
- DASH diet (Dietary Approaches to Stop Hypertension)

If you'd like, let your doctor know that you would be interested in consulting a nutritionist to discuss altering your food intake to maximize your health.