G-HEALTH ENTERPRISES

Healthy Weight Toolkit

The information in this packet will help guide you to living a healthier lifestyle and reaching or keeping a healthy weight.

Content:

- **Eat Throughout the Day**

- **Balance What You Eat**

- **Portions Can Help**

- **Quick Meal or Snack**

- **Manage Sleep**

- **Manage Stress**

- **Recipe Toolkit**

- **Be Active**

Why I'm here:

Eat Throughout the Day

To have a healthy weight, it is very important to not go long periods of time without eating. When we go a long time without eating, our blood sugar drops and we get very hungry. When we are ready to eat, we often overeat unhealthy foods. Eating at least three times per day can help prevent overeating unhealthy foods.

Aim to eat sometime in the morning, sometime in the   middle of the day, and sometime in the evening.

_____

Write down the times of day that will work best for you to eat your meals:
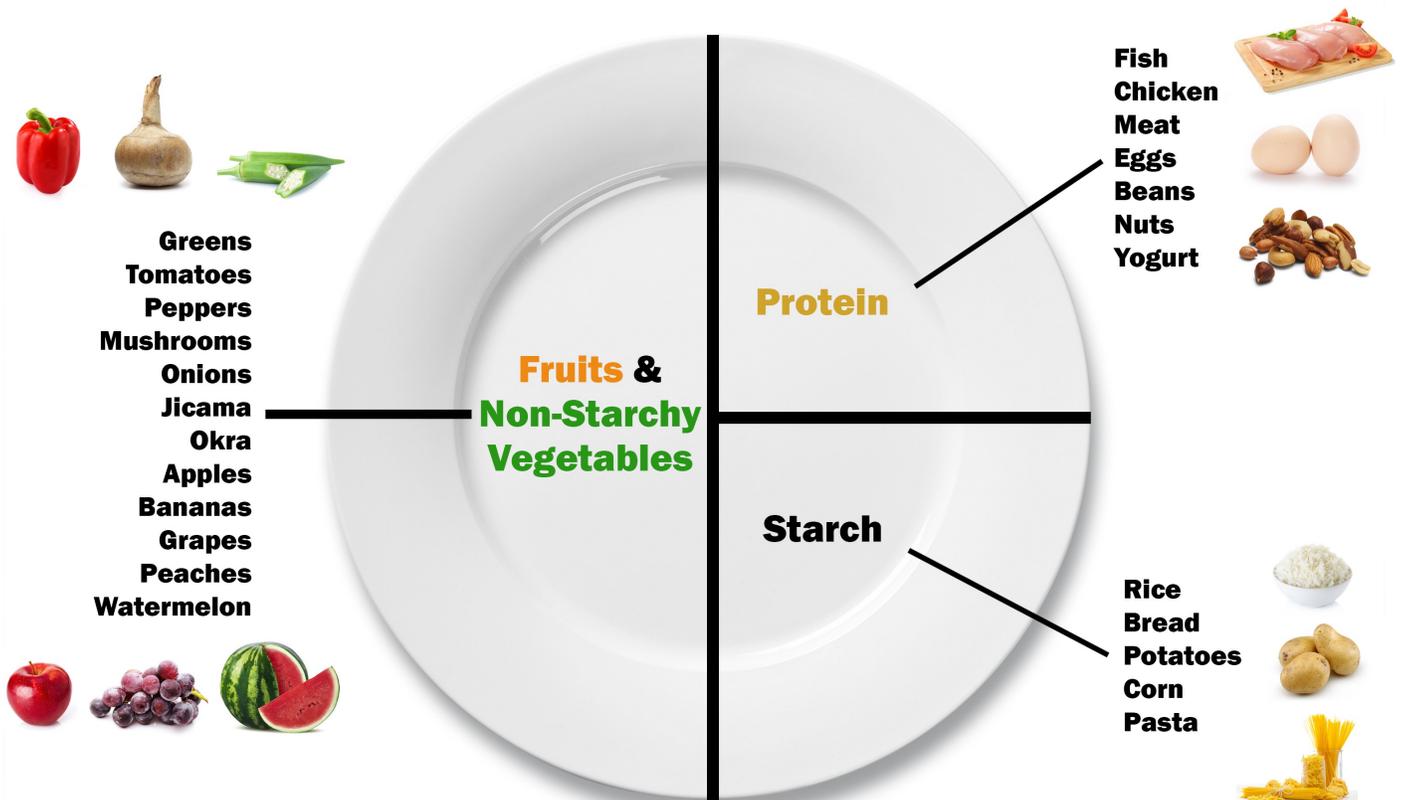
Morning: _____

Middle of Day:_____

Evening: _____

Balance What You Eat

- **Make sure protein is at every meal**
- **Limit your starch**
- **Increase your fruits and vegetables**

Balance what you eat.

Greens
Tomatoes
Peppers
Mushrooms
Onions
Jicama
Okra
Apples
Bananas
Grapes
Peaches
Watermelon

Fruits & Non-Starchy Vegetables

Protein

Starch

Fish
Chicken
Meat
Eggs
Beans
Nuts
Yogurt

Rice
Bread
Potatoes
Corn
Pasta

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Portions Can Help

Rice/Arroz
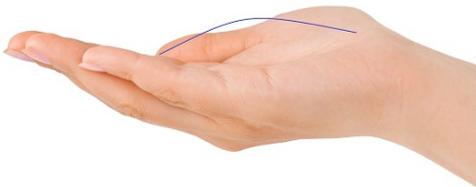
Pasta

Fruit/Frutas

Veggies/Vegetales

Meat/Carne

Fish/Pescado

Chicken/Pollo

Nuts/Nueces

Quick Meal or Snack

How to make a quick meal or snack.

Cómo hacer una comida rápida o un bocadillo.

Protein	Healthy Carb
¼ cup nuts	Apple
Light string cheese	Banana
1-2 hardboiled eggs	2 rice cakes
1 low-fat yogurt	2 small corn tortillas or
1-2 tbsp. nut butter	1 low-carb tortilla
½ cup beans	1 cup baby carrots
	1 small frozen waffle

Proteina	Carbohidratos Saludables
¼ taza nueces	Manzana
Light string cheese	Banana
1-2 huevos duros	2 pasteles de aroz
1 yogur bajo en grasa	2 pequeñas tortillas de maíz
1-2 cucharada mantequilla de nueces	or 1 tortilla baja en carbohidratos
½ taza habichuelas	1 taza zanahorias bebe
	1 pequeño waffle congelado

Manage Sleep

When we have enough sleep, we can make better   deci-sions about how we eat. Lack of sleep often leads to   overeating, which can cause us to gain weight or have a harder time losing weight.

Aim to get 7-9 hours of sleep per night.

Try these tips if you're having trouble with sleep:

- Put away electronic devices (TV, smartphone), one hour   before bedtime
- Read a book or newspaper to slow your mind down
- Get exercise during the day, this can help you sleep better at night

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Manage Stress

Stress can affect how we eat. Managing stress can help us eat better for our body. Try these tips to manage stress:

- Get exercise! Even 30 minutes of walking can help with stress lev-els
- Try a breathing exercise: close your eyes and pay attention to your breath. In your mind, count on every exhale all the way up to the number twenty
- Download the app "Mindfulness Daily" and practice the 2-3 minutes stress reduction activities
- **Be kind to yourself, focus on the next best step**

Have A Recipe "Toolkit"

It can be helpful to have several balanced and healthy recipes that we enjoy as options for breakfast, lunch, and dinner. We can start by focusing on 2-3, and add more recipes as we learn!

My breakfast recipes:

1.

2.

My lunch recipes:

1.

2.

Have A Recipe "Toolkit"

My dinner recipes:

1.

2.

Be Active

An important part of having a healthy weight is being physically active.