

S.M.A.R.T.steps To Better Health



STEP 5: UNDERSTANDING WHY

FEEDING THE VISION

WEEK 5

Nutrition Facts

Serving Size	1/4 day
Calories	500
Calories from Fat	126
Total Fat (g)	14
Saturated Fat	3
Polyunsaturated Fat	4
Monounsaturated Fat	7
Cholesterol (mg)	34
Sodium (mg)	524
Total Carbohydrate (g)	75
Dietary Fiber	9
Sugars	4
Other Carbohydrate	0
Protien (g)	19

Nutrient	DV
Total Fat	65g
Sat Fat	20g
Cholesterol	300mg
Sodium	2400mg
Total Carbohydrate	300g
Dietary Fiber	25g



“What is my nutritional blueprint???”

Weeding the Soil

Last weeks efforts centered on deciding on your healthy weight and doing a food audit to get a sense of your eating patterns. The focus this week will be on getting a better understanding of how you should be eating, and understanding why you may not be eating as well as you should.

1) Review “Global Strategy: In this program we will focus on 5 goals regarding diet: 1) Total calories that don't far exceed 2,000, 2) Under 65 grams of fat per day, focusing on the reduction of saturated fats, 3) reducing simple sugars, 4) increasing fiber and Omega 3 fatty acids, 5) increasing fruits and vegetables. It would be helpful to learn how to read labels and review them regularly. You should also review the publication “Dietary Guidelines for Americans, 2005” published by the CDC. This will give you a good



overview of what your nutritional goals should be. It may be found at <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>.

2) Journal your past (images and beliefs) : What are the images and beliefs from you past (family and friends) concerning the global strategy. Where there good role models? Where large portions of meat desirable? Must you have a “clean plate”. Where you told that food that is good for you, does not taste good? Journal your observations in each of the 5 areas. If we are to change our behavior we must understand their origin.

3) Environmental Audit): Your next task is to figure out how your current environment may be contributing to your nutritional choices. For the next several days be “mindful” of what you see and hear concerning nutrition. Ask yourself “what in my day to day, is not helping me make

healthy eating choices?”. Pay attention to shows and commercials on television,

- review global strategy
- journal your past
- environmental audit

messages in songs you listen to and advertisements in the news paper and magazines. Look at the layout of your home, room by room, and find any visual cues that encourage unhealthy eating choices. (e.g are unhealthy snacks readily available or visible). Finally, pay attention to conversations and the things that you see at work. In all these areas, can you find subliminal cues that encourage unhealthy choices? Make note of any significant observations in your journal.

A group of students involved in a research project were asked to take groups of words and make sentences out of them. What they did not realize was that the words that they where working with were all negative words such as unhappy, rude, impatient etc. After the exercise the students were noted to exhibit negative behavior: This study suggested that things we experience in our environment consciously can have an unconscious effect on our behavior. There are likely “environmental” reasons for your current health behavior. Look for the cues that are not helping you.



GOAL**PAST****PRESENT**

Limiting Calories to 2000 per day

Decreasing Fats

Decreasing Simple Sugars

Increase Fiber and Omega 3 fatty acids

Increasing Fruits and Vegetables