

Session 5 Leader Guide:

Tip the Calorie Balance

Objectives

In this session, the participants will:

- Discuss how “calories in” (eating) and “calories out” (being active) are related in terms of calorie balance.
- Review the sources of calories and the calorie value (energy value) of each.
- Discuss how calorie balance relates to weight loss.
- Discuss how healthy eating and being active work together to tip the balance.
- Review their progress so far in terms of changes made to be more active, changes in their eating pattern, and change in weight.
- Discuss additional ways to tip the calorie balance.
- Discuss the purpose and benefits of using the GLB Healthy Menu Ideas or other healthy eating patterns.
- Make a plan to further tip the balance if weight loss is less than expected.
- Develop an activity plan for the upcoming week.

To Do Before the Session:

- If providing Food and Activity books; one per participant.
- Review Food and Activity records from last session; add comments.
- Prepare Session 5 handout for participant notebook.
- Optional: Revise the GLB Healthy Menu Ideas ahead of time if needed to tailor to ethnic or regional eating preferences.
- Optional: Make Lentils Ole and bring to class for participants to taste test.

Available in the GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **Guidelines for Reviewing Food and Activity Records**

Group Sharing Time (allow at least 5 minutes)

In the last session, we talked about being active. We talked about the two ways to add movement into your day by doing both planned and spontaneous/unstructured activity.

[You may want to spend a few minutes reviewing the two ways to add movement. One option is to ask participants to define each and explain the differences between them.]

Let’s take a few minutes to talk about your experiences this past week. *[Choose only a few of the following prompts to guide discussion.]*

- Were you able to follow the plan you made to reach your goal for minutes of planned activity during the week? How did it go? What did you learn?
- Were you able to make the active lifestyle choices to increase spontaneous/unstructured activity and to decrease the time you spent sitting? How did it go? What did you learn?
- Did anyone use the “How am I Doing?” Tracking Activity: Year-at-a Glance graph found on page 21 of the Session 4 handout? You can record your activity minutes every week. You can use the graph to see at a glance your progress over time and how you are doing compared to your activity goals. *[Answer any questions about how to use the graph.]*
- Overall, how did it go last week? What went well? What problems did you have? What could you do differently?
- What did you learn by self-monitoring? What did you learn about your overall eating pattern? What did you learn about your food choices?
- What change did you make in your eating pattern this past week that you are most proud of?
- How close did you come to your calorie and fat gram goal?

[Problem solve with the participants to address any barriers.]

[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion.]

Session 5: Tip the Calorie Balance (page 1)

Everything we've covered so far fits together. It fits together because of what's called the "calorie balance." That's what we'll talk about today.

We've said many times that Group Lifestyle Balance involves **two lifestyle changes**:

1. Healthy eating and
2. Being physically active.

Both of these changes are important. They may prevent diabetes and lower your risk of other diseases. They are also important because they're **both related to weight loss** due to what is called "**calorie balance**."

Calorie balance is the balance between the calories (or energy) you take in by eating and drinking and the calories (or energy) you use by being physically active.

First, let's talk about "calories in".

[Review the information on page 1 and include the following information.]

Calories are a unit of measure. We use pounds as the unit of measure for body weight, feet and inches as the unit of measure for height, and miles as the unit of measure to

determine the distance between places. Calories are used to measure the energy value of foods and drinks.

Calories in food come from **fat, carbohydrates (starches, sugar), protein, or alcohol**. Other ingredients in food, like vitamins, minerals, water, and fiber, don't have calories. For example, green leafy vegetables are mostly water, vitamins, minerals, and fiber--so they have very few calories.

The **number of calories in any food you eat depends on what's in that food.** [*Refer to the box on page 1.*]

Fat is the most concentrated in calories, with 9 calories per gram. That's more than twice the number of calories in starches, sugars, or proteins, and even more than alcohol. So, foods that are high in fat are high in calories. Eating less fat is one way to eat fewer calories.

Now let's talk about "calories out".

[*Review the information in this section and include the following information:*]

Your body burns calories even while at rest for just staying alive. You also burn calories during physical activity.

Calorie balance is important for weight management. So be aware of what you eat and drink (calories in) and how active you are (calories out).

Calorie Balance: Calories In and Calories Out (page 2)

Your **weight** is determined by the **balance of calories in from what you eat and drink and calories out from moving more (both planned and spontaneous activity).**

Let's look at four ways the calorie balance can work. [*Refer participants to the 4 diagrams on page 2. Include the following information:*]

1. Your weight can **stay about the same**. In this case, "calories in" from food equal "calories out" from activity. Food and activity are at about the same level on both sides of the scale.
2. Second, you can **gain weight**. In this case, "calories in" from food are higher than "calories out" from activity. Either calories have increased or activity has decreased or both. The balance has tipped this way [*indicate direction of balance*].
3. Third, you can **lose weight**. "Calories in" from food are less than "calories out" from activity. You've eaten fewer calories or you've done more activity, or both. The best way to lose weight is to do **both** at the same time to **tip the balance** this way [*indicate direction*].

4. And finally, you can reach a **new balance at a new lower, healthier weight.** **During the GLB program,** you will create a healthier lifestyle with new eating and activity behaviors that keep your “calories in” and “calories out” in balance. We will work together to help you **make the changes part of your lifestyle, so you will keep the weight off.** This is what happens when you lose weight and keep it off. You've reached a new balance at a lower weight.

The important things to **remember are** that:

- **Eating and physical activity work together** to determine how much you weigh.
- To lose weight, it's **best to eat fewer calories and be more active.** That way, you are changing both sides of the energy balance at once.

TIPPING the balance will help you lose weight and improve your health.

Healthy Eating and Being Active Work Together (page 3)

[Review page 3 and include the following information:]

How much does it take to tip the balance?

The number of calories you need to eat, or the amount of activity you need to do, varies from person to person.

In DPP the participants “tipped the balance” by finding ways to eat about 500 fewer calories per day than they had been. This resulted in a weight loss of about 1 pound per week. *[Refer to the box at the bottom of the page. Emphasize that research shows that this varies from person to person, so is only a rough estimate.]*

Your GLB calorie and fat gram goals were set up to help you “tip the balance” enough to create a **slow, steady weight loss (about 1 to 2 pounds or so a week. No one loses the same exact amount of weight each week.). This the best way to lose weight.**

Quick losses of large amounts of weight can mean that muscle is being lost, which is not healthy. Quick weight loss can be difficult to maintain because it often involves very restricted eating and/or excessive amounts of exercise that can't be sustained for a lifetime. GLB aims to help you make changes in your eating and activity behaviors that you can stick with long term.

Be careful not to fall into the “because I exercised” trap and think that you can overeat and still lose weight.

To summarize how healthy eating and being active work together:

- Body weight is a balance between “calories in” and “calories out”.

- Even though there are hundreds of diet books, infomercials, and ads on the internet, there is no “magic bullet” to weight loss. Research shows that all the weight loss programs recommend a way to eat fewer calories.
- For losing weight and improving health, the best way to tip the balance is to change both eating **and** activity.
- Following your GLB calorie goal will lead to about a 1-2 pound weight loss per week. Be consistent. Aim to get close to your calorie goal each day.
- Eat at least 1200 calories per day to have a healthy, well-balanced diet. It is very hard to get all the healthful nutrients you need each day if you’re eating less than 1200 calories. Also, a very low calorie level is difficult to maintain. It can also cause you to be overly hungry which can lead to overeating.

Changes You Have Made So Far (page 4)

In GLB we will sometimes pause and give you a chance to think about the changes you have made so far in your eating and activity behaviors. This allows you to celebrate the positive lifestyle changes you have made. It also allows you to think about your focus for the upcoming month. You have been working on creating a healthier lifestyle for about a month, so today is a good time to evaluate your progress.

Let’s take a minute now to review some of the **changes you've made so far** on both sides of the balance.

First, **what changes have you made to be more active?** We've talked about increasing both structured/planned activity, the kind you've been recording, and spontaneous/unstructured activity, like taking the stairs instead of an elevator, that add more total movement to your day.

[Give the participants some time to briefly record on page 4 some of the changes they’ve made. Ask volunteers to share. Praise and encourage the maintenance of these changes.]

Now let’s talk about the **changes have you in your eating pattern.** Think about changes you have made to eat fewer calories and to make healthier food choices.

[Again, have participants briefly record some of the changes they’ve made. Ask volunteers to share. Praise and encourage the maintenance of these changes.]

Lifestyle change is a process. The purpose is to look at progress toward reaching your goals. No one is looking for perfection.

Have these changes tipped the calorie balance?

The scale reflects the changes you are making in your eating and activity behaviors.

Let’s look at how the scale has responded.

- In Session 1 you found your 7% weight loss goal. [*Ask participants to refer to their **Weekly Record** and record this goal weight in the box on page 4.*]
- At the **start of GLB, you weighed ...** [*Ask participants to refer to their **Weekly Record** and record their starting weight.*]
- **Your weight today is...** [*Ask participants to record their current weight.*]
- Change in weight so far. [*Ask participants to record their weight change during the past month in GLB.*]

[Emphasize that it's important for the participants to focus on their accomplishments so far, no matter how small.]

Ask participants to check one of the three boxes on page 4.

Encourage attendance at group meetings, even if they have a time when they are struggling. This is when they most need to group support, suggestions, and encouragement.

Express your confidence in the participants' future success.

New Ways to Tip the Balance (pages 5-6)

You've looked at the changes in your eating and activity behaviors and how these changes were reflected on the scale.

Let's talk about some new ways to "tip the balance".

[Review information on page 5. Encourage discussion by asking participants to give feedback on any of the suggestions they have tried such as a local exercise class they enjoyed or their favorite website for low-calorie recipes.]

Be Aware of Liquid Calories:

In Session 3 we discussed the 2015 Dietary Guidelines recommendation to consume less added sugar. One way to decrease sugar intake is to follow the guideline of MyPlate and to drink water instead of sugary drinks.

Have you been experimenting with drinking more water? Have you noticed a difference in how you feel? Water does not have any magical weight loss properties. But it can help with weight loss because people often mistake their body's thirst signal as a hunger signal and overeat. Staying well hydrated can help prevent this from happening.

[After reviewing the information, ask participants to share ways they have reduced the calories they are drinking. Encourage a discussion about limiting sugar-sweetened beverages, alcohol, and/or coffee drinks.]

Note: Caffeine was not mentioned in the 2010 Dietary Guidelines but it was included in the 2015 guidelines. Cautions were given about mixing alcohol and caffeine, high-caffeine energy drinks, and mixing energy drinks with alcoholic beverages.

Some people find it useful to follow an eating pattern for meals and snacks. These can help to eliminate decisions regarding food choices and simplify the self-monitoring process.

Page 6 lists a variety of healthy eating patterns that you may find useful.

The USDA provides a general healthy eating pattern as well as ones that are specific to Mediterranean-Style and Vegetarian eating.

The MyPlate website offers a general eating pattern but also allows you to create a personalized plan.

The GLB Healthy Menu Ideas are on pages 9-11. *[Ask participants to turn to page 9. Review the benefits of using these menu ideas and suggestions for how to spread calories throughout the day.]*

The GLB Healthy Menu Ideas include 4 sample menus for breakfast, lunch, and dinner.

To help you put together your own meals and to make it easier to self-monitor, there are lists of suggested foods for each meal on pages 12-16. A list of snack ideas is on page 17.

A shopping list and a recipe are included as well on page 18.

[Optional: Taste test Lentils Ole. The recipe is on page 19.]

For those of you who do not want this much structure, I encourage you to look at the menu ideas and to find one or two meals or snacks that you are willing to try. You can share your feedback with the group next week.

Of the ways to further tip the balance that we just discussed, what one or two of these strategies can you see yourself doing? Write them on the bottom of page 6. *[Ask participants to share their answers with the group, if they feel comfortable doing so. Encourage group discussion.]*

Are there any additional strategies we haven't discussed that you are using to help tip the balance? *[Encourage group discussion.]*
[Summarize the key messages of this lesson by reviewing the information in the text box.]

To Do (page 7)

Turn to page 7 and let's focus on what you can do between now and the next session.
[Review information on page 7]

As you have been doing:

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- Please continue to **keep track** of your weight and record it.
- Also continue to measure and record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

Let's look at the "new things to practice".

Make a change in eating or activity to "tip the balance". Look at the suggestions on pages 5 and 6 and decide what you are willing to try.

One choice may be to lower your calorie goals. You may be eating more calories and fat than you realize, or your goals may simply be too high for you. Everyone is different. The way to know whether your goals are right for you is whether or not you are losing 1-2 pounds per week on average. Lower your calorie goal by 300 calories per day. Refer back to Session 2, page 2 for the calorie and fat gram goals used in Group Lifestyle Balance (1200 calories/33 grams of fat; 1500 calories/42 grams of fat; 1800 calories/50 grams of fat; 2000 calories/55 grams of fat). It is important that you do NOT go below 1200 calories per day.

Or you may choose to follow one of the healthy eating patterns listed on page 6 in today's handout, try a new exercise class, or experiment with ways to limit your liquid calories.

Whatever change you make to "tip the balance", write it down. You can give the group feedback about your efforts at the next meeting.

Let's talk about your activity goal for this coming week.

The suggested activity goal for last week was 60 minutes.

- If you reached 60 minutes, try adding 30 minutes this week. Your new activity goal of **90 minutes**. *[Note: This is the standard GLB exercise progression. Many participants will be able to comply. However, flexibility is included based on health or other barriers to exercise.]*
- If you were active for less than 60 minutes last week, that's okay. Start at your current activity level and try adding 30 minutes more this week.
- If you were already doing more than 60 minutes of activity, great work. Keep it up.

[Note: You should make exceptions for individuals with serious health problems that limit their mobility. For them, they should start where they are and gradually increase as much as they can.]

As before, make a plan to be active this week. Remember how important it is to make a plan for activity...it doesn't just happen.

[Give participants time to complete the chart on page 7.]

Make active lifestyle choices throughout the day. As we've discussed, every minute of movement is helpful. Standing uses more calories than sitting; walking uses more calories than standing; and so on. So, keep moving as much as you can.

What are some of the active choices you plan to make? Jot them down on the bottom of page 7.

For the rest of the program, we'll keep working together to bring you closer to your goals for healthy eating, being active, and losing weight. **We'll keep trying to tip the calorie balance and see how the scales respond.** Over time, you'll reach a new balance at your goal weight and then we'll work together to help you maintain that weight.

Resources (pages 8-19)

[Participants were directed to these pages when discussing page 6. Encourage participants to read these pages at home.]

[Announce the day, time, and place for the next session.]

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Review the self-monitoring records from the previous week. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor and to change eating and activity behaviors.
 - Highlight especially any positive changes made that relate to the session topic of the week before the records were collected: recording minutes of physical activity, being active on several days, and coming close to their calorie, fat gram, and activity goals.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.