



Session 5: Tip the Calorie Balance

The Group Lifestyle Balance Program™ involves two lifestyle changes:

1. Healthy eating.
2. Being physically active.

Both are part of **calorie balance**:

- **Calories In**

- Calories are a unit of measure. **Calories are used to measure the energy value of foods and beverages.** When you eat and drink, you take in calories.
- The number of calories in a food or beverage depends on the amount of fat, carbohydrates (starches and sugars), protein, and/or alcohol it contains.
- **Fat has the most calories per gram.** A gram is a unit of weight. Fat has more than twice the calories as the same amount of protein or carbohydrate. Note: Alcohol is high in calories too.

Calories per Gram*	Carbohydrates (Starches and Sugars)	Protein	Alcohol	Fat
	4	4	7	9

- **Calories Out**

- **Calories are also used to measure the energy you spend.** You use calories for just staying alive (for bodily functions like breathing) and by **being physically active.**

Be aware of what you eat and drink and how active you are.



Calorie Balance: Calories In and Calories Out

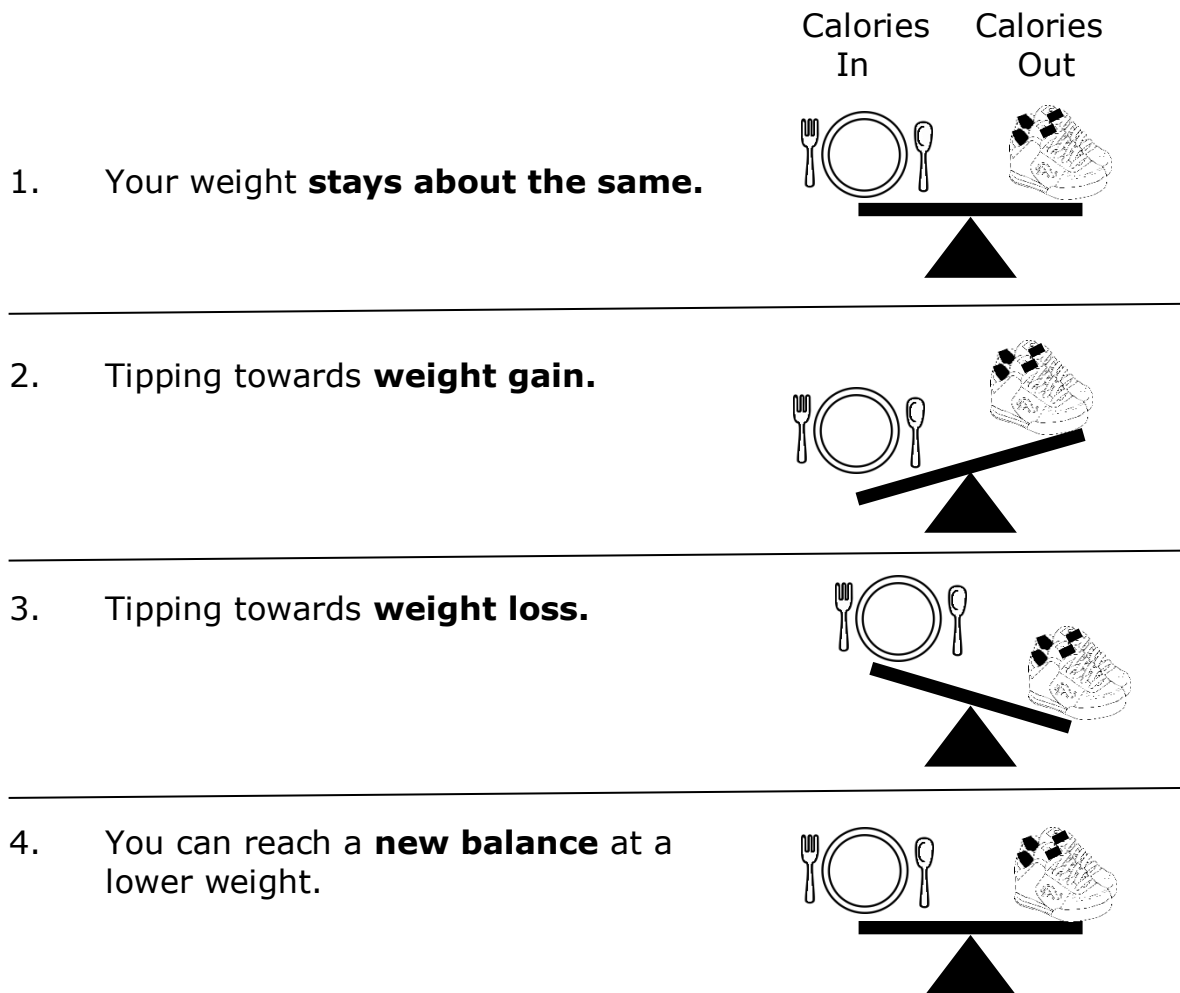
Your weight is a result of the **balance** between:

- **Calories in** from what you eat and drink
- **Calories out** from moving more (planned and spontaneous activity during your day)

If you want to change your weight, you need to “tip the balance”.

The best way to “tip the balance” is to **both eat and drink less and be more physically active**.

“Tipping the balance” will help you lose weight and improve your health.





Healthy Eating and Being Active Work Together

To lose weight and improve health, it's best to eat less *and* be more physically active. That way, you change both sides of the balance at once.

Tip the calorie balance to lose weight.

Work to find a new balance at a new, lower weight.

Make the eating and activity changes part of your lifestyle,
to keep the weight off.

How much does it take to tip the balance?

- Eating 500 fewer calories per day should result in losing about 1 pound per week. Research shows that this varies from person to person.
- Slow, steady weight loss (an average of 1 to 2 pounds per week) is the best way to lose weight.
- Your calorie goal was set to help you “tip the balance” enough to reach your goal weight.
- Beware of falling into the “because I exercised” trap. Physical activity uses calories, but not as many as people think. For example, 1 mile of brisk walking (15-20 minutes) uses about 100 calories.

To lose:	Tip the balance by this number of calories:
1 pound per week	Roughly 3,500 per week (or 500 each day for 7 days)

**Eat at least 1200 calories per day to have a
healthy, well-balanced diet.**



Changes You Have Made So Far

To be more active:

Planned Activity: _____

Spontaneous Activity: _____

To change your eating pattern:

Fewer calories: _____

Healthier food choices: _____

Have these changes *tipped the calorie balance*?

Look on your **Weekly Record** for the following:

- Your goal of 7% weight loss: _____
- Your Session 1 weight: _____
- Your Session 5 weight (today): _____

Change in weight so far: _____

No, I weigh as much or more than I did at Session 1.

- To lose weight, try something else to tip the balance.
- We'll work together to find what will work better for you.

Yes, I have lost 1-5 pounds so far.

- You have made some progress.
- To lose more weight, try something else to tip the balance further.

Yes, I have lost more than 5 pounds so far.

- You have tipped the balance.
- Keep tipping the balance, and you'll keep losing weight.



New Ways to Tip the Balance

Keep Track

- Record everything. Watch portion sizes.
- Try a new way to spread your calories throughout the day.
- Try a digital option for tracking eating and activity.

Be Active

- Move more throughout the day.
- Borrow an exercise DVD from your local library.
- Join an exercise class or gym.
- Find ways to be more active using TV or the internet.
- Find an activity buddy.

Try New Recipes

- Look for healthy recipes online.
- Borrow low-calorie cookbooks from your local library.

Be Aware of Liquid Calories

- Drink more water.
- Replace sugar-sweetened beverages (soft drinks, sweetened coffee drinks, sweet tea, etc.) with ones that are calorie-free.
- Limit liquid calories from alcohol.
 - Alcohol increases appetite and lowers self-control.
 - Calories in alcohol are called “empty calories” because they don’t have healthy nutrients.
 - Health experts recommend no more than two drinks per day for men and no more than one drink per day for women. If you don’t consume alcohol, don’t start.
- Limit liquid calories from coffee drinks.
 - Be aware of added sugars and/or fat.
 - Health experts say that moderate coffee intake is not associated with an increased risk of disease. This is defined as no more than 3 to 5 cups (8-ounce each) per day (or up to 400 mg/day of caffeine). If you don’t consume caffeine, don’t start.

Try a New Eating Pattern

Eating patterns provide ideas for healthy meals and snacks.

For example:

- **USDA.** These websites list 12 calories levels with the daily amount needed from each food group.
 - Healthy U.S.-Style Eating Pattern.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-3/>
 - Healthy Mediterranean-Style Eating Pattern. This eating pattern is based on the positive health outcomes seen in studies of Mediterranean-Style diets.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-4/>
 - Healthy Vegetarian Eating Pattern. This eating pattern does not contain meat, poultry, or seafood but does include dairy and eggs. It can be adapted for vegan diets.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-5/>
- **MyPlate.** Go to “Online tools” on this website.
 - Choose the “Daily Checklist” option if you want general information about how much to eat for your calorie level.
 - Choose the “SuperTracker” option if you would like to create a personalized plan.
<https://www.choosemyplate.gov/>
- **The GLB Healthy Menu Ideas** are on pages 9-11. These menu ideas are based on your calorie and fat gram goals and give you an example of how you might spread those calories throughout the day. Menus for meals and snacks, recipes, and a shopping list are included.

What can you see yourself doing with your eating and activity behaviors to “tip the balance” further?

Increasing physical activity and eating fewer calories helps tip the calorie balance towards weight loss. These two lifestyle changes are key to improving your health and well-being.



To Do:

Check the boxes when you complete each item:

- Keep track of your weight.** Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day.** Come as close as you can to your calorie and fat gram goals.

New things to practice:

- Tip the balance** (see pages 5 and 6). What changes did you make?
-

- Be active for _____ minutes this week.** Record what you do.

- The suggested activity goal for last week was **60 minutes**.
- If you reached **60 minutes**, try adding 30 minutes this week.
- If you were active for less than **60 minutes**, that's okay. Start at your current activity level and try adding 30 minutes more.
- If you are doing more, great work and keep it up.

Look for blocks of time when you could be active. Have these blocks of time last for 10 minutes or more. Plan activities you LIKE to do.

	What You Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (My goal: ____ minutes)			

- Make active choices throughout the day.** List some of the ways you increased your spontaneous activity.
-

Session 5: Resources

Page

The Group Lifestyle Balance™ Healthy Menu Ideas	9
Menu Ideas for 1200 Calories	10
Menu Ideas for 1,800 Calories	11
Breakfast Food List	12
Light Meal Food List	13-14
Main Meal Food List	15-16
Snack List	17
Shopping List	18
Lentils Ole	19



The Group Lifestyle Balance™ Healthy Menu Ideas

Using these menu ideas may:

- **Provide structure.** You have fewer choices and decisions to make.
- **Help you stay away from high calorie foods** in the store and not bring them into your house.
- **Make it easier and faster to shop for food.** We give you a simple shopping list.
- **Make it easier to keep track.** The calorie and fat grams are listed for meals and snacks.
- **Show you how to spread your calories throughout the day.** This helps you feel fuller and be less likely to make unhealthy food choices or eat too much.

About the GLB Healthy Menu Ideas:

- **The calories are spread over the day as follows:**

	Breakfast	Light Meal	Main Meal	Snacks
1,200 calories:	200-300	300-400	500-550	200
1,800 calories:	250-400	400-500	600-650	200-400

- **If your calorie goal is 1,500 calories:**
Begin with the **Menu Ideas for 1,200 Calories.** Add 300 calories by adding more servings from one or more food groups.
- **If your calorie goal is 2,000 calories:**
Begin with the **Menu Ideas for 1,800 Calories.** Add 200 calories by adding more servings from one or more food groups.
- The calories and fat grams on the food lists are **averages.** If you eat a packaged food, use the values found on the package's Nutrition Facts label.

Note: Over time, you will come up with your own healthy eating pattern that suits your lifestyle. You may want to return to these menu ideas if you feel you need more structure.

Menu Ideas for 1,200 Calories

Mix and match the menus below for breakfast, a light meal, a main meal, and snacks. Choose foods from the attached lists. Make sure to follow the portion sizes on the lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • 1 cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Peanut butter or low-fat cheese • Toast (1 slice), or ½ English muffin/bagel • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg or egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel, or 1 tortilla • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Yogurt • Fruit • Chopped walnuts
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: <ul style="list-style-type: none"> • 1 protein serving (chicken, turkey, salmon, or tuna) • 1 slice low-fat cheese • 2 bread servings • Mayonnaise • Raw vegetables • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Salad: <ul style="list-style-type: none"> Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with olive oil vinaigrette • 1 pita or ½ bagel or whole grain crackers • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Cottage cheese • Fruit • 1 pita or ½ bagel or whole grain crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with balsamic vinaigrette • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, rice, barley, couscous, yam, or quinoa • Vegetable with soft (tub) margarine • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with avocado and low-fat dressing • Vegetable with soft (tub) margarine • Fruit 	<ul style="list-style-type: none"> • Lean beef or pork • Pasta, potato, rice, barley, couscous, yam, or quinoa • Salad with sunflower seeds and low-fat dressing • Vegetable • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Chicken stir-fry • Rice • Fruit • 1 cup milk or yogurt
Snack 200 calories	Mix and match choices from the Snack List to total 200 calories.			

Menu Ideas for 1,800 Calories

Mix and match the menus below for breakfast, a light meal, a main meal, and snacks. Choose foods from the attached lists. Make sure to follow the portion sizes on the lists.

Breakfast 250-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • 1 cup milk • ½ cup fruit juice or 1 fruit serving • Toast (1 slice) or ½ English muffin/bagel 	<ul style="list-style-type: none"> • Peanut butter or low-fat cheese • Toast (2 slices), or 1 English muffin/bagel • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg/Egg substitute • Toast (2 slices), or 1 English muffin, bagel, or 1 tortilla • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Yogurt • Fruit • Chopped walnuts • Toast (1 slice), or ½ English muffin or ½ bagel
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: <ul style="list-style-type: none"> • 1 protein serving (chicken, turkey, salmon, or tuna) • 1 slice low-fat cheese • 2 bread servings • Mayonnaise • Raw vegetables • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with olive oil vinaigrette • Pita, bagel, or whole grain crackers • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Cottage cheese • Fruit • Pita, bagel, or whole grain crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with balsamic vinaigrette • Fruit
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, rice, barley, couscous, yam, or quinoa • Vegetable with soft (tub) margarine • Dinner roll • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with avocado and low-fat dressing • Vegetable with soft (tub) margarine • Dinner roll • Fruit 	<ul style="list-style-type: none"> • Lean beef or pork • Pasta, potato, couscous, rice, barley, yam or quinoa • Salad with sunflower seeds & low-fat dressing • Vegetable • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Chicken stir-fry • Rice • Fruit • 1 cup milk or yogurt
Snack 200 - 400 calories	Mix and match choices from the Snack List to total 200-400 calories.			



Breakfast Food List

Grains	1 Serving	Calories	Fat (g)
Bran flakes	¾ cup	100	0
High-fiber cereal	¾ cup	100	1
Oatmeal, cooked	1 cup	120	2
Whole wheat bread	1 slice	80	1
Tortilla, whole wheat	1(6" diameter)	95	2
Tortilla, corn	.7 ounce	40	1
English muffin, whole grain	½ muffin	65	.5
Bagel, whole grain	½ (3" diameter)	100	1

Dairy			
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0

Protein			
Egg substitute	½ cup	60	0
Large egg	1	70	4
Egg whites	3	50	0
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Peanut butter or other nut butters	1 Tablespoon	95	8

Fruit			
Fruit juice with no added sugar	½ cup	50	0
Banana	½ (8" long)	60	0
Fresh fruit	1 small/medium	80	0
Fruit canned in juice	½ cup	70	0
Grapefruit	½ medium	41	0
Berries, any kind, fresh or frozen	1 cup	70	0
Melon, any kind	1 cup	60	0
Dried fruit	2 Tablespoons	60	0

Miscellaneous			
Soft (tub) margarine	1 Tablespoon	70	7
Regular jam or jelly, any flavor	1 Tablespoon	50	0
Low sugar jam or jelly, any flavor	1 Tablespoon	25	0



Light Meal Food List

Frozen Low-Calorie Entrées:

Choose any which have less than 300 calories and 10 grams of fat.

Protein	1 Serving	Calories	Fat (g)
Tuna, canned in water	3 ounces	99	1
Salmon, canned in water	3 ounces	130	6
Turkey or chicken breast, roasted	3 ounces	140	3
Lean beef or pork	3 ounces	100	3
Tofu	½ cup	94	6
Soy burger	1 patty	95	2.5
Hummus	2 Tablespoons	50	2
Cooked dried beans or canned	½ cup	110	.5
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Seeds (unsalted)	2 Tablespoons	93	8
Grains			
Pita , whole grain	1 (4" diameter)	75	1
Bagel, whole grain	½ (3" diameter)	100	1
Whole wheat bread	1 slice	80	1
Tortilla, 6-inch, whole wheat	1 (6" diameter)	95	2
Tortilla, corn	.7 ounce	40	1
Whole grain fat crackers	6	100	3
Fruit			
Fresh Fruit	1 small/medium	80	0
Banana	½ (8" long)	60	.5
Fruit canned in juice	½ cup	70	0
Dried fruit	2 Tablespoons	60	0
Berries, any kind, fresh or frozen	1 cup	70	0
Melon, any kind	1 cup	60	0
Dairy			
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0
Cottage cheese, low-fat	½ cup	80	1

Light Meal Food List (continued)

Vegetables	1 Serving	Calories	Fat (g)
Avocado	1/4	80	7.5
Tomato or vegetable juice	1 cup	40	0
Salad greens (lettuce, spinach)	1 cup	7	0
Raw vegetables (carrot, celery, bell pepper)	1/2 cup	20	0

Oils

Light salad dressing	2 Tablespoons	70	5
Balsamic vinaigrette	2 Tablespoons	60	5
Olive oil vinaigrette	2 Tablespoons	70	5
Mayonnaise	1 Tablespoon	90	10
Light mayonnaise	1 Tablespoon	35	3
Soft (tub) margarine	1 Tablespoon	70	7



Main Meal Food List

Frozen Low-Calorie Entrées:

Choose dinners which have less than 400 calories and 12 grams of fat.

Protein	1 Serving	Calories	Fat (g)
Halibut	3 ounces	125	3
Cod	3 ounces	95	1
Tuna, yellow fin, fresh	3 ounces	115	1
Salmon	3 ounces	175	10
Turkey or chicken breast, roasted	3 ounces	140	3
Lean beef or pork	3 ounces	100	3
Tofu	½ cup	94	6
Soy burger	1 patty	95	2.5
Cooked dried beans or canned	½ cup	110	.5
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Seeds (unsalted)	2 Tablespoons	93	8

Grains

Pasta (cooked.), whole wheat	1 cup	175	1
Brown rice	½ cup	110	1
Barley, cooked	½ cup	97	0
Couscous, cooked	½ cup	88	0
Quinoa, cooked	½ cup	110	2
Dinner roll	1	84	0

Vegetables

Tomato or vegetable juice	1 cup	40	0
Cooked non-starchy vegetable (Brussels sprouts, cabbage, carrots, cauliflower, broccoli, green beans, spinach, zucchini, beets)	1 cup	60	0
Cooked starchy vegetables (Corn, peas, lima beans)	½ cup	70	.5
Potato, baked in skin	Medium	180	0
Sweet potato (yam)	Medium	105	0
Salad greens (lettuce, spinach)	1 cup	7	0
Raw vegetables (carrot, celery, bell pepper)	½ cup	20	0
Avocado	1/4	80	7.5

Main Meal Food List (continued)

Dairy	1 Serving	Calories	Fat (g)
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0

Fruit			
Fresh Fruit	1 small/medium	80	0
Banana	½ (8" long)	60	.5
Fruit canned in juice	½ cup	70	0
Dried fruit	2 Tablespoons	60	0
Berries, any kind, fresh/frozen	1 cup	70	0
Melon, any kind	1 cup	60	0

Oils			
Light salad dressing	2 Tablespoons	70	5
Balsamic vinaigrette	2 Tablespoons	60	5
Olive oil vinaigrette	2 Tablespoons	70	5
Mayonnaise	1 Tablespoon	90	10
Light mayonnaise	1 Tablespoon	35	3
Soft (tub) margarine	1 Tablespoon	70	7



Snack List

Feel free to include healthy snacks during the day, if desired.

Choosing snacks that are less than 200 calories will help you to stay close to your daily calorie goal.

Snack time is a great time to enjoy veggies, fruit, and foods high in calcium. Snacks with protein and fiber may help you feel fuller longer.

Snacks	Calories	Fat Grams
1 cup fat-free milk with 1 graham cracker sheet/rectangle	150	1
100 calorie pack of almonds	100	9
1 container fat-free Greek yogurt with 1 cup sliced strawberries	140	1
1 sliced apple with 1 Tablespoon peanut butter	180	8
1 low-fat cheese stick or 1 ounce low-fat cheese with ½ cup grapes	140	5
4-ounce fat-free vanilla pudding snack with ½ banana	150	0
¼ cup hummus with raw veggies (carrot, bell peppers, celery)	100	6
8-ounce can low-sodium vegetable or tomato juice with 1 low-fat cheese stick	130	6
½ cup low-fat cottage cheese with ½ cup fresh or canned fruit in juice	140	2
100 calorie bag of microwave popcorn	100	2
2 Tablespoons guacamole with raw veggies (carrot, bell peppers, celery)	50	4.5



Shopping List

Check (✓) the items you need to follow the GLB Healthy Menu Ideas.

Produce

- Fresh fruit
- _____
- _____
- _____
- Dried fruit
- _____
- _____
- Avocado
- Salad greens
- Potatoes, white
- Potatoes, sweet
- Raw vegetables
- _____
- _____
- _____

Dairy

- Milk/soy milk
- Yogurt
- Low-fat cheese
- Low-fat cottage cheese
- _____

Salad Dressings

- Low-fat salad dressing
- Vinaigrette dressing
- Mayonnaise
- _____

Cereals/Grains

- High-fiber cereal
- Oatmeal
- Whole wheat bread
- Dinner rolls
- English muffins
- Bagels
- Pita
- Whole grain crackers
- Brown rice
- Whole grain pasta/couscous
- Barley
- Quinoa
- Tortilla, whole wheat or corn
- _____
- _____
- _____

Frozen Entrées

- Light meals (less than 300 calories & 10 fat grams)
- Main meals (less than 400 calories & 12 fat grams)

Protein Foods

- Chicken/turkey white meat
- Lean beef or pork
- Fish
- Canned tuna or salmon, in water
- Eggs or egg substitute
- Peanut butter
- Walnuts
- Sunflower seeds
- _____
- _____

Miscellaneous

- Soft (tub) margarine
- Vegetable/olive oil
- Garlic
- Nonstick spray
- Jam or Jelly
- Canned or frozen fruit
- Canned or frozen vegetables
- 100% fruit or vegetable juice
- _____
- _____



Lentils Ole´



This is one of the best tasting lentil dishes I've ever prepared. I found it in the *Minnesota Heritage Cookbook*, produced in a state not known for haute cuisine but one that harbors quite a number of wonderful cooks.

Serving suggestions: These lentils go well with rice, plain pasta, baked potato or corn bread. Or serve them as a taco filling or on a flour tortilla with chopped fresh vegetables (tomato, lettuce, cucumber, peppers, onion) and shredded cheese for garnish or as the base for tostadas (prepared with softened corn tortillas) with toppings that might include shredded carrots and zucchini, chopped fresh spinach or lettuce, mashed avocado, plain yogurt, salsa, and sunflower seeds.

Preparation tip: This recipe freezes well. It holds up well, and the flavor improves upon reheating.

Lentils Ole´

7 ½ cups water	2 cups chopped sweet red or green pepper
1 pound lentils	2 ½ Tablespoons chili powder
1 Tablespoon olive oil	1 teaspoon ground cumin
4 cloves garlic, minced	28 ounce can tomato sauce or crushed tomato
2 bunches green onions, chopped (including green tops)	2 ½ Tablespoons molasses
	2 ½ Tablespoons red-wine vinegar

1. In a large saucepan, bring the water and the lentils to a boil. Reduce the heat to medium-low, cover the pan, and simmer the lentils for 25-30 minutes or until the lentils are tender but not mushy. **Do not overcook the lentils.** Drain the lentils.
2. While the lentils cook, sauté the garlic, onion and pepper in olive oil in a large pot for about 2 minutes or until the vegetables are tender-crisp.
3. Add the chili powder, cumin, tomato sauce, molasses and red-wine vinegar and simmer.
4. When the lentils are cooked and drained, add the lentils to the vegetable mixture. Heat through before serving it.

½ cup serving = approximately 155 calories, 1.5 grams fat, 7 grams fiber

Source: *Jane Brody's Good Food Gourmet 1990*

Note: Use no-salt-added tomato sauce or crushed tomatoes to lower the sodium content.