Title: Keep a Healthy Weight

Target Audience: Pregnant, Breastfeeding and Postpartum Women

Objectives: The client will:

1. Propose two healthy alternatives to unhealthy diet choices
2. List one healthy meal idea that can be prepared quickly
3. Identify at least one activity that can be done in place of overeating

Teaching Materials Needed, Including Handouts:

1. Materials for interactive nutrition education center display
2. Printed handouts for all attendees
3. Materials to support the interactive components chosen from the list below

Advance Preparation Needed:

1. Set up nutrition education center display
2. Copy all handouts for attendees
3. Prepare materials for one or more of the interactive components chosen from the list below.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one strategy you can use to keep a healthy weight?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. During the first six weeks after birth, mothers need healthy foods and plenty of fluids to maintain a healthy weight. Extreme dieting is never a good idea for weight loss at any time in a woman’s life.
2. Reducing weight or dieting is not recommended during pregnancy. Emphasis should be on maintaining a healthy weight gain during pregnancy by eating healthy foods and keeping active.
3. Most postpartum women want to return to their pre-pregnancy weight. The goal should be gradual weight loss (1-2 pounds per week).
4. Some people overeat for emotional reasons, stress, and lack of sleep. Planning strategies to substitute other activities for overeating can help one maintain a healthy weight.
5. It takes time and hard work to change the habits that lead us to overeat. It may take you 3 or 4 weeks of practice to begin to see an old habit really change.
**Interactive Component:** Choose one or more of the following interactive items:

1. Have a blank paper available where attendees can write down their best tips for losing weight safely. Discuss with attendees why some diet tips work and others may not lead to long-term weight loss.
2. Share some ideas for quick Heat and Eat meals that can help new mothers cook healthy meals for their family while taking care of their new infant. Remind attendees that part of maintaining a healthy weight is planning and making healthy foods for meals and snacks.
3. Have a variety of envelopes available for attendees to choose. Explain that a new mom, Anna, has just had a baby and wants to get back to a healthy weight. She does one of the things listed in the envelope. Have the attendee decide if Anna’s choice is a healthy way to lose weight, or if it is not, suggest another option for Anna. Discuss their decisions.
4. Provide attendees the handout “What to do instead of overeating”. Have the client circle what options could work for them to limit overeating. Discuss their choices and offer other possibilities or answer their questions on how to control overeating.
5. Have a blank paper available with a heading “Why do you overeat?” Have attendees write down the reasons they sometimes overeat. You may want to write down a few options on the sheet to encourage clients to write their own. Another option for this activity is to have clients circle the reasons they overeat and discuss ways to overcome overeating behaviors.
6. Have a volunteer lead a group of clients and their children in fun movements that encourage activity. A DVD which shows ways to move and be active could also be used.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

**Lesson Plan Written By:** Patricia Dunavan, MS, RD, LD, September 2013

**Lesson Plan Approved By:**

**Date:**
Keep a Healthy Weight

**Before your baby is born:**
- Keep active
- Eat healthy foods for meals and snacks
- Avoid weight loss diets

**After your baby is born:**
- Keep active
- Aim for 1-2 pound weight loss per week
- Plan and fix healthy meals and snacks
- Watch for things that trigger overeating
Anna’s Choice

Use the following scenarios in envelopes for the Anna’s Choice Activity:

Anna always has potato chips while watching TV

Anna’s family eats dinner while watching TV in the evening

Anna’s family goes to the all-you-can-eat buffet every Sunday

Anna has 3 glasses of unsweetened tea every day

Anna has biscuits with gravy most mornings

Anna’s usual lunch at work is a hamburger, fries and a drink

Anna uses a little less salad dressing on her salads.

Anna packs apples and low-fat cheese when she goes to the park with her family.

Anna takes cut carrots for a snack at work

Anna knows she has blown her diet after eating French fries, so she has 2 doughnuts

Anna skips breakfast to save calories

Anna learns how to cut back on fat in her enchilada recipe

Anna buys whole milk at the store

Anna has a healthy snack beside her while she is feeding the baby
Heat and Eat Meals

Quesadillas

Place cheese slices on half of a corn or whole wheat tortilla. Top the cheese with salsa or thinly sliced raw garlic cloves. For more protein, add pieces of leftover chicken. Fold the other half of the tortilla over the cheese after adding the filling. Heat in the microwave or oven until the cheese melts. The quesadilla goes well with a glass of juice.

Hot Bagel Sandwiches

Mix a small (6 ounce) can of water packed tuna with 1-2 tablespoons of mayonnaise. Place half a bagel on a plate. Put the tuna mixture on top of the bagel. Top with a thin slice of cheese. Heat under the broiler or in the microwave until the cheese melts. Save any leftover tuna for the next day. For a complete meal, heat frozen vegetables and have a glass of low-fat milk with your hot bagel sandwich.

Scrambled Eggs Plus

Beat 1-2 eggs in a bowl with 1 tablespoon water. Heat 1 teaspoon of oil in a frying pan. Cook the scrambled eggs in the pan. Stir them often. As they become firm, add ¼ cup of leftover vegetables or diced fresh vegetables. Try adding ¼ cup of leftover rice or one slice of cheese for extra flavor. Stir until done. Top with salsa if you want a spicy touch. Have the eggs with a glass of low-fat milk.

Chiles, Cheese and Bean Wraps

Drain one 15.5 ounce can of kidney beans. Place in a casserole. Add one 14.5 ounce can of tomatoes with chiles and one small (7 ounce) can of green chiles. Stir together. Put grated low-fat cheese or thinly sliced cheese on top. Heat in the oven or microwave until the cheese melts. Place on corn or whole wheat tortillas. Roll them and eat.
Quick Baked Potatoes

Use your microwave to bake a potato. First wash the potato. Then cook it until it is soft when stuck with a fork. The time will vary with the potato’s size. Cut the cooked potato lengthwise and open. Top with a leftover vegetable such as cooked broccoli or carrots. Place two slices of cheese on top of the vegetables and reheat in the microwave until the cheese melts. Eat it with a glass of juice.

Quick Soup with a Sandwich

Place one 14.5 ounce can of Italian-flavored tomatoes and one 15 ounce can of whole kernel corn in a sauce pan. Warm over medium heat. Make a sandwich using peanut butter and two slices of bread. Enjoy your soup and sandwich with a glass of milk.
Reasons People May Overeat
Circle Reasons That You Sometimes Overeat

- Feeling bored
- Feeling blue
- Feeling Angry
- Feeling happy
- With certain people
- Eating while doing other things
- Watching TV
- Keeping food at your desk, in the car or in your bedroom
- Serving large portions of food
- At an all you can eat buffet
- Drinking a lot of soda, Kool-Aid, or sweet tea during the day
- Skipping meals and then overeat later
- Failing to plan meals and snacks in advance
- Shopping when hungry
- When tired
- Feeling under stress
- Feeling lonely
- Saying bad things about yourself to yourself
- At a party
- Your family encourages eating
- When in the car
- Keeping high-calorie foods handy
- Supersized portions at restaurants
- Always finishing everything on your plate
- It is a favorite food
- Thinking about food a lot
- Eating small amounts of food all the time
- Buying treats at the store
- Just blew your diet and you keep eating
Why Am I Eating?

Here are some tips to help you find out if you are eating because your emotions or if you are eating because you are hungry.

★ In Emotional eating:
  o The cravings come on suddenly.
  o The craving is in your mind.
  o You often crave a specific food.
  o You eat even when you are not hungry.
  o You feel guilty after eating.

★ When eating due to hunger:
  o The hunger comes on very slowly.
  o Your stomach will rumble or feel empty.
  o Many foods could satisfy you.
  o You can wait before you eat.
  o You stop when you are full and do not feel guilty.
What to Do Instead of Overeating

**For Emotional Reasons:**

- Call a friend
- Go for a walk
- Read a book or magazine
- Listen to music
- Play with your children
- Go outside and enjoy nature

**For Social Reasons:**

- Plan ahead which lower-calorie foods to eat at a party
- Plan activities with friends and family that do not involve eating
- Take a vegetable plate and low calorie dip to a party
- Plan ahead which lower calorie foods to eat at a restaurant
- Eat half of the foods on your plate

**For Automatic Eating:**

- Keep treats out of sight
- Do not keep food at your desk
- Eat only at a dining table
- Eat more slowly
- Don’t keep food in the car
- Do not keep food in your bedroom
- Turn off the TV while you eat
- Exercise while watching TV
For Eating Large Amounts:

Leave some food on your plate at every meal
Buy a small bag of chips instead of a large bag
Buy a bite-sized piece of candy instead of a candy bar
Take half of the food home from a restaurant
Skip the fries
Limit how often you drink sodas or sweetened tea

Split a dessert with other people
Measure out the food you will eat
Use a small plate, so portions look bigger
Skip supersizing
Eat a salad or soup first at your meal
Order child-sized portions

For Other Reasons:

Keep low-calorie snacks handy
Have someone else clean the kitchen
Take a walk after a meal to avoid eating the leftovers
Make a grocery list
Find an activity you enjoy

Do not put serving dishes on the table
Eat three meals a day
Do not eat after supper at night
Take a nap