Eating for Energy and Health

- Include protein, carbohydrates, and fat at each meal. They work together for lasting energy.

- B-vitamins charge your brain and steady your nerves. Get them in green leafy vegetables and meat.

- Eating on the run? Grab fresh foods rather than fat-loaded fast food.

- Coffee and tea are diuretics—water loss is energy loss. Remember, it is water that helps nutrients be absorbed more efficiently. Water also regulates your electrolytes and mineral salts. Example: Potassium enables the nerves to send signals and enables your cells to take in nutrients.

- Fat is not bad. We need some fat circulating in our blood. It carries vitamins A, D, E, and K, and is necessary in converting food to energy. You should have at least 25 to 40 grams of fat a day. This is equivalent to 2 - 3 tablespoons of olive oil.

- Tired? Seventy-five percent of young women’s diets are deficient in iron. Eat meat or take a supplement.

- Eat deep-colored fruits and vegetables. The darker the color, the more nutrients.
Food Facts

- Food is our body’s fuel. Most of us run on either empty or full, rather than on an even flow.

- Only 23% of Americans eat the recommended 5 or more servings of fruits and vegetables per day, but...

- We consume 12 lbs. of candy per year, on average—some consume a lot more.

- Our diets are low in nutrition but high in fat and sugar. That combination equals fatigue.

- Calories are not bad. They are units of energy. But empty calories (calories that come from food that has little or no nutritional value) leave you with mood swings due to fluctuating blood sugar levels.
Putting it All Together

Using Your New Coping Strategies When Stress Threatens Your Nutrition

Below are a few of the coping strategies we talked about today. See if you remember what you learned. Match each of the 10 coping strategies listed below with one or more of the 5 healthy eating challenges.

The Five Healthy Eating Challenges:

A. Difficult News / Situations
B. Tempting Social Settings
C. Irrational Thoughts
D. Negative Feelings
E. Sudden Stress / Crises

Ten Coping Strategies:

___1. Have a friend call before, during, or after the big challenge.
___2. Have a healthy breakfast, even if your other meals are challenging.
___3. Make a list of alternative coping activities you will perform.
___4. Decide your limit beforehand.
___5. Schedule 3-4 activities for the upcoming week each Sunday night.
___6. Challenge the truth of each powerful statement you tell yourself.
___7. Use your “Awareness Chart” to locate where you’re challenged the most.
___8. Locate a friend, help out, reward yourself later.
___9. Replace automatic thoughts with balanced, more accurate statements.
___10. Rehearse your responses to inquires about your eating.
Nutrition Awareness Chart

Use this tool to help you identify your eating habits.

Week of ________________

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>From 1-10, how healthy did you eat today?</td>
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<td>Today’s strong eating cues</td>
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<td>Which sense most influenced your eating today?</td>
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<td>List any situational factors you think affected your eating.</td>
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<td>List any social factors you think affected your eating.</td>
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<td>List any conflict or stress factors you think affected your eating.</td>
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<td>Today’s Strong Feelings</td>
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<td>Loneliness</td>
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<td>Depression or Sadness</td>
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<td>Frustration</td>
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<td>Guilt or Shame</td>
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<td>Other Feeling(s) (List in the box)</td>
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10 Ways to Add Fruits & Vegetables to Your Diet

1. Top cereal, waffles, and pancakes with fresh, canned, or dried fruit.

2. Drink 100 percent fruit or vegetable juice instead of soda pop for a snack or with breakfast.

3. Replace your cookie jar with a fruit bowl.

4. Keep vegetable sticks in your refrigerator in plastic bags.

5. Experiment with exotic fruits and vegetables such as pomegranates, artichokes, jicama, and mangoes.

6. Try dried apricots, cranberries, raisins, or a mixed fruit combination.

7. Pile your sandwich high with lettuce, tomato, cucumbers and/or sprouts.

8. Add chopped or grated broccoli, carrots, or sweet potatoes to spaghetti sauces and casseroles for extra flavor and nutrients.

9. Dip fruit in low-fat vanilla yogurt or make a veggie dip with reduced-fat sour cream or mayonnaise.

10. Include a fruit or vegetable with every meal.
Building a Healthy Meal on the Run

Tips on how you can order a meal at a fast-food restaurant without feeling guilty:

- Generally it’s better for you to stick with the charbroiled, grilled, or roasted sandwiches, especially chicken.

- Go for the salads and salad bar, but beware of the fat-laden salad dressings and other condiments, such as cheese, sour cream, and guacamole. Put order dressing on the side and dip your fork in a little at a time while eating your salad.

- Try quenching your thirst with water, juice, or low-fat milk. Diet sodas, coffee, and tea are other low-calorie options.

- Have a sweet tooth? Take advantage of the frozen yogurt offered in many fast-food places.
# Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2066, or email it to sue.weinberger@cignabehavioral.com

Your company: 
Seminar date: _______ Company city, state: ____________________
Presenter: ______________ Title of seminar: ______________________

<table>
<thead>
<tr>
<th>Definitely/Excellent</th>
<th>To a Great Extent/Good</th>
<th>Satisfactory</th>
<th>To a Small Extent/Poor</th>
<th>Minimally/Very Poorly</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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</tbody>
</table>

1. Were the goals set at the beginning of the session met?
   
   5  4  3  2  1

2. Have you learned at least one new skill that you can use in your personal or professional life?
   
   5  4  3  2  1

3. How clearly did the facilitator present the subject?
   
   5  4  3  2  1

4. What is your overall evaluation of this seminar?
   
   5  4  3  2  1

5. What part(s) of the seminar did you like best, and why?

6. What part(s) did you like least, and why?

Other comments:

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