

Recommendations for Healthy Eating Habits:

Eat Well for Energy: Refuel by eating consistent, well-balanced meals through the day

Include Food Variety: Include at least 3 different food groups at mealtimes. Vegetables and/or fruit should take up half of your plate

Drink Water: Hydrate with water instead of sweet drinks like soda, juice, lemonade, sports drinks

Eat Mindfully: It takes a few minutes for you to feel full after eating, consider waiting up to 30 minutes after your first serving of food before getting seconds. Put away your screens and electronic devices and take about 15 – 20 minutes to eat your meal

Minimize High-Fat Meals: Try to eat less foods that are greasy or fried

Balanced Snacks: Pair complex carbs + proteins for a balanced snack. High fiber snacks such as fruit, vegetables, nuts, legumes, beans, and whole wheat products are a great option to eat during the day

Baking Tips

Reduce Fat: Replace half of the butter or oil in baked goods with unsweetened applesauce or other pureed fruit. Using applesauce/pureed fruits in place of fats lowers the fat and calorie content and adds extra moisture

Use Less Sugar: Reduce the amount of sugar in the recipe by one quarter. This will reduce calories, and you probably will not notice the difference

Choose Whole Grains: Replace up to 75% of the white flour in a recipe with whole wheat flour. Whole wheat flour is higher in fiber, which helps you to stay fuller longer

Add flavor: When reducing fats and sugars in recipes, add spices and flavorings to give foods extra flavor. Try adding cinnamon, maple extract, almond extract, cloves, allspice, ginger, nutmeg, lemon, or orange peel

Cooking Tips

Add veggies: Add extra vegetables to casseroles, soups, and other dishes

Use less fat: Use non-stick cooking sprays, use less oil and butter and choose low-fat or fat-free products.

Examples: choose low-fat or fat-free dairy products and lean meats. Instead of using cream to thicken soups and sauces, try adding pureed white beans or thicken 1% milk with cornstarch (equal parts cornstarch and water or 1 Tbsp cornstarch thickens 1 cup of 1% milk)

Canned foods: If using canned fruits, vegetables, or beans, rinse with water 1-2 times to remove excess salt and sugar

Nutrition Resources:

<http://eatfresh.org/> (available in multiple languages)

<https://www.superhealthykids.com/healthy-kids-recipes/>

<https://food-guide.canada.ca/en/food-guide-snapshot/>

<https://www.myplate.gov/myplate-kitchen>

<https://www.healthiergeneration.org/campaigns/kohls-healthy-at-home/eating-healthy> (available in Spanish and English)

https://www.cdc.gov/healthyweight/healthy_eating/drinks.html (available in multiple languages)

Find Resources Near You:

<https://211la.org/resources> (available in multiple languages)

<https://www.1degree.org/search> (available in Spanish and English)

<https://www.cafoodbanks.org/find-food/> (available

Resources for Nutrition & Physical Activity:

<http://eatfresh.org/>

- Recipes
 - Free meal plans
 - Education modules
 - Videos
 - Food dictionary
 - Resources
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<https://www.diabetesfoodhub.org/>

- Recipes
 - Meal plans
 - build your grocery list
-

<https://www.superhealthykids.com/healthy-kids-recipes/>

- Recipes
 - Meal plans (Free and \$Fee)
 - Parent blog
 - Resources
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<https://kidshealth.org/en/kids/recipes/#catrecipes>

- Recipes for children and teens
 - Recipes for parents
 - Age-based health information for families
-

https://www.first5california.com/pdf//First5_Cookbook_2014_EN_FULLL.pdf

- Virtual Cookbook
 - Parenting
-

<https://www.foodhero.org/>

- Recipes
 - Free meal plans
 - Education modules
 - Videos
 - Food dictionary
 - Resources
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- Nutrition Management:

- [Calorie King](#)
- [My Fitness Pal](#)
- [Figwee](#)
- Carb Counting with Lenny
- [CarbManager](#)
- [VeryWellFit.com](#)
- [Nutrition Data](#)
- [Recipe IQ](#)

- Physical Activity:

- [Gonoodle.com](#)
- <https://www.1degree.org/>
- <https://211la.org/>
- <https://www.findhelp.org/>
- <https://www.cafoodbanks.org/>
- <https://www.lafoodbank.org/>
- <https://www.foodpantries.org/>

TRACKING APPLICATIONS FOR SMART PHONES:

Nutrition	Operating System	Cost	What it does
Loselt	iOS, Google Play	Free	food tracker and weight tracker and day's kcal/macro breakdown.
Fooducate	iOS, Google Play	Free	food tracker that "grades" foods and will also provide healthier options, allows scanning of labels
HealthyOut	iOS, Google Play	Free	Provides menu options for local restaurants with nutrition information
WaterLogged	iOS, Google Play	Free	Helps track water intake
Shopwell	iOS, Google Play	Free	Scan barcodes while food shopping though some supermarkets are missing (Trader Joes)
Food Tripping	iOS, Google Play	Free	Provides lists of nearby healthy restaurants/options, including farmers markets, coffee shops, health food stores
MyFitnessPal	iOS, Google Play	Free,\$9.99/month or \$44.99/year	Tracks/logs food intake and calories in/calories out incorporating physical activity and intake
MyPlate Calorie Tracker	iOS, Google Play	Free, in-app purchases	From livestrong.com; can track daily calories.
Cronometer	iOS, Google Play	Free	Food, exercise tracking
Calorie Counter	iOS, Google Play	\$3.99	Comprehensive food scanner, nutrition log and exercise tracker
My Diet Coach	iOS, Google Play	Free	Helps promote healthier eating/physical activity through challenges, makes it into a game
Physical Activity	Operating System	Cost	What it does
Running for Weight Loss	iOS, Google Play	Free or can pay for premium	provides walking/running work outs and voice coaching. Can cater to p.a. goals (walk, run 5k, run 10k, etc.).
7 Minute Workouts	iOS, Google Play	Free w/ads or \$3.99 ad-free	quick workouts, no gym required, can track activity
7 Minute for Kids	iOS	Free	Similar to 7 minute workouts, more kid-friendly
C25K	iOS, Google Play	Free	Training program for walkers/new runners to train to run 5k (3.1 miles). Begins with walking until stamina increases and then running. 3 days/week for 8 weeks
Workout Trainer	iOS, Google Play	Free-can pay for HD workout videos, ad-free	Provides workout routines with videos and step-by-step audio/video instruction
Nike+ Training Club	iOS, Google Play	Free	Workouts designed by professionals, can help track physical activity outside of the app as well
Aaptiv	iOS, Google Play	\$9.99/mo	Trainer-led workouts (>2500 workouts) including running, cycling, HIIT, training for races, can choose workout that you want to do
Freeletics Bodyweight	iOS, Google Play	Free	Body weight workouts, no equipment required
Yoga Studio	iOS, Google Play	\$3.99	Yoga workouts 10-60 minutes each

NUTRIOUS SNACK IDEAS:

Vegetables: very low calorie, from 20-50 calories

- 1 container roasted seaweed
- 1 cup of cherry tomatoes, celery stalks or 1/2 cup sliced cucumbers or snap peas
- 1 cup vegetable soup (NO pasta, NO beans)
- 2 cups greens (lettuce, spinach)
- 1 cup sliced jicama (dip in salsa or sprinkle with rice vinegar)
- 1 cup tomato or vegetable soup (broth based; no pasta, potato, rice or beans)
- 1 cup broccoli or cauliflower (steam the broccoli and then chill it)
- Vegetables can be dipped in salsa, sprinkled with lemon juice & chili powder or marinade in rice vinegar and dill (good with cucumbers)

Fruits: A piece of fruit has about 30-50 calories which is always a good choice

- 1 cup fresh fruit (blueberries, strawberries, raspberries, pineapple)
- 1/2 cantaloupe
- 2 tangerines (cuties)
- 2 kiwi fruit
- 2 cups watermelon
- 1 banana
- Frozen grapes (20)
- 3/4 cup frozen mango
- 3/4 cup sliced apples with 2 teaspoons peanut butter
- 1/2 cup unsweetened applesauce
- 1 small packet raisin

Protein: these choices are about 100 calories

- 1 hardboiled egg with 1 melba toast cracker
- 3 Tablespoons hummus with carrots or celery sticks
- 1 baked or grilled chicken leg
- 14 almonds or 20 peanuts
- 1 Tablespoon peanut or almond butter (with celery or apple)
- Turkey Jerky (1 oz)

Dairy: these choices are about 100 calories

- 6 ounces non-fat yogurt: try plain yogurt add some fruit or 1/2-1 tsp jam or honey
- 1 string cheese stick
- 1/2 cup nonfat cottage cheese (add fruit or chopped cucumber)
- 8 ounces non-fat milk (or have 4 ounces and a graham cracker)

Grains: these choices are about 100 calories

- 10 tortilla chips OR 10 small cheese crackers
- 1 slice whole grain bread
- 2 cups PLAIN air popped popcorn (sprinkle with paprika or 1 T parmesan cheese)
- 1 rice cake or 2 melba toast with 1 teaspoon peanut butter, 1 teaspoon jelly
- 2 graham crackers (rectangles)

TIPS FOR EATING OUT:

- **AVOID** Appetizers
 - Avoid appetizers which are usually high in redlight calories (e.g., chicken wings, fried potato skins, nachos, artichoke dip, fried calamari)
 - If you want a first course, choose a salad with oil-based dressing on the side or broth-based soup, minestrone
 - Limit or say no to bread and butter, chips, and salsa when you first sit at the table
- **BE** aware of hidden calories, fat, and sugar
 - Be aware menu items that have the words: fried, breaded, creamed, cheesy, crispy, sautéed, deep fried, melt, glazed, or sweet and sour in their description
 - Foods that are fried and prepared in creamy or sweet sauces have lots of extra calories, fat, and sugar
 - Keep your salads light –don't add bacon bits, fried chicken, creamy dressings
 - Limit mayonnaise, aioli, creamy dressings
- **CUT** large portions and calories
 - Share with someone
 - Take half home for a meal the next day
 - Don't be tempted by "value meals"
- **Decrease** calories by eliminating extra sauces, cheese, and condiments
- **DRINK** water
 - Ask for water with a lemon wedge
 - Avoid sodas, juice, and milkshakes
 - Try a sparkly water instead
- **EAT** more green-light foods
 - Look for "healthier" words on the menu: grilled, baked, steamed, poached, broiled
 - Keep MyPlate in mind when ordering: "Half my plate should be vegetables," "Half my grains whole," "Aim for 3 food groups"
 - Add flavor with mustard, vinegar, fat-free dressing, salsa, kimchi, hot sauce

FIBER:

- Fiber is important because it:
 - Helps with digestion
 - Makes you feel full (helps prevent overeating)
 - Lowers the risk of certain cancers and heart disease
 - Helps control blood sugar in people with diabetes
- How much fiber do I need?
 - Adults should eat between 20-35 grams of fiber each day
 - Children 18 and under should add 5 grams to their age to calculate how many grams of fiber they need.
- Look for fiber on labels:
 - Fiber is found in plant-based foods (grains, fruits, vegetables, beans, legumes).
 - A good source of fiber is 5 grams or more.
- How can I include more fiber into my diet?
 - Eat a variety of foods:
 - Aim for 5 servings of fruits and vegetables
 - At least 3 servings of whole-grain breads, cereals, legumes, or beans
 - Include at least one high-fiber food at every meal
 - Make ½ of your plate be fruits and vegetables
 - Eat the skins on fruits and vegetables
 - Make ½ of your grains, whole grain
 - Replace sugary breakfast cereals with whole grain choices
 - Eat beans and legumes a few times a week
 - Snack on raw vegetables, fruit, or popcorn instead of chips, crackers, chocolate bars
 - Drink PLENTY of fluids (at least 6-8 cups each day) when also eating fiber-rich foods
 - Eat your favorite veggies!
- Great Sources of Fiber!
 - Strawberries (halves) 1 cup: 3.0
 - Orange 1 medium: 3.1
 - Sweet corn, cooked 1 cup: 4.0
 - Oatmeal, instant, cooked 1 cup: 4.0
 - Brussels sprouts, cooked 1 cup: 4.1
 - Apple, with skin 1 medium: 4.4
 - Broccoli, boiled 1 cup: 5.1
 - Oat bran muffin 1 medium: 5.2
 - Bran flakes ¾ cup: 5.3
 - Pear, with skin 1 medium: 5.5
 - Barley, pearled, cooked 1 cup: 6.0
 - Pasta, whole-wheat, cooked 1 cup: 6.3
 - Raspberries 1 cup: 8.0
 - Green peas, cooked 1 cup: 8.8
 - Baked beans, vegetarian, canned, cooked 1 cup: 10.4
 - Lima beans, cooked 1 cup: 13.2
 - Black beans, cooked 1 cup: 15.0
 - Lentils, cooked 1 cup: 15.6
 - Split peas, cooked 1 cup: 16.3

MOVEMENT:

GETTING STARTED: CHANGING ACTIVITY HABITS

Here are some tips that have helped other people move more, burn up calories and feel better. Remember, activity is very, very important after you have surgery; it helps keep the weight off long term.

Make sure you give these strategies a good **two-week** chance before you give up.

1. Any sort of movement or activity is better than none. Think about simple ways you can add more activity into your life. Here are some examples:
 - Stand instead of sit
 - Park your car at the back of the parking lot
 - Get off the elevator one floor early and walk down a flight of stairs
2. If you're not used to exercising start out slowly:
 - Increase your activity by 5 or 10 minutes a week
 - Keep track of your progress on a chart or calendar.
3. If pain is keeping you from moving, treat your pain!
 - Take 2 Tylenol or Advil about a half-hour before you plan to exercise. (Check with your doctor on what medication is safe for you)
4. Although exercising for 30 minutes a day is the ideal, the 30 minutes can be broken into small parts like
 - Three 10-minute periods.
 - Two 15-minute periods
 - Even six 5-minute periods (if you are out of shape)
5. Get the TV out of your bedroom and get rid of the remote.
 - You'll sleep better with no TV in the bedroom
 - If you want to change channels, you'll need to stand up and move.
 - Use the commercial breaks as a signal to stand up and move around.
6. Make the time you spend being active, pleasurable:
 - Get a friend to walk with you
 - Listen to music or books on tape
 - If you're outside listen to the birds, enjoy the feeling of the sun, look around you'll be surprised how much better you'll feel

SLEEP HYGIENE:

- Get regular. One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- Sleep when sleepy. Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed
- Get up & try again. If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up) or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- Avoid caffeine & nicotine. It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep
- Avoid alcohol. It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- Bed is for sleeping. Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.
- No naps. It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- Sleep rituals. You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night or sit calmly with a cup of caffeine-free tea.
- Bath time. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- No clock-watching. Many people who struggle with sleep tend to watch the clock too much.
- Use a sleep diary. This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock it is a good idea to only use it for two weeks to get an idea of what is going and then perhaps two months down the track to see how you are progressing.
- Exercise. Regular exercise is a good idea to help with good sleep but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- Eat right. A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- The right space. It is very important that your bed and bedroom are quiet and comfortable for sleeping.
- Keep daytime routine the same. Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.

MENTAL HEALTH RESOURCES:

- CHLA Outpatient Behavioral Health Center (aka UCEDD [<https://www.chla.org/developmental-disabilities-ucedd>], 3250 Wilshire clinic); 3250 Wilshire Blvd., Los Angeles, CA 90010; 3rd, 5th, 6th floors
- CHLA Division of Adolescent and Young Adult Medicine (aka Citibank Building, 5000 Sunset clinic); 5000 W. Sunset Blvd., Los Angeles, CA 90027; 5th floor
- Mental health provider directory (https://professional.diabetes.org/mhp_listing)
- <https://professional.diabetes.org/ada-mental-health-provider-directory>
- Mental Health Resources:
 - Virtual Counseling:
https://lacounty.iprevail.com/chat?rsc=lac_c_go&gclid=CjwKCAiA9qKbBhAzEiwAS4yeDehSPU TYQMxXKv9ihGAYua0TwA6eRGoIWYJ05BZ0OSEUPoMQhR8W9BoCXwMQAvD_BwE
 - If you or someone you care about is in crisis, take action with one of the following resources:
 - Reach out to a trusted friend
 - Call or text 988 or chat 988lifeline.com
 - Text HOME to 741741 to connect with a Crisis Counselor at the Crisis Text Line (Envíe el mensaje "AYUDA" para comunicarse por texto en español)
 - Text CONNECT to 85511 for the Crisis Link Hotline
 - Call 1-800-273-8255 (Llame 1-888-628-9454 para hablar en español), 6) Chat online with a specialist at ImAlive.org
 - Call the ACCESS line: 1-888-793-4357, a 24-hour 7 day a week telephone number staffed by a behavioral health provider
 - Go to the nearest emergency room at your local hospital