

Name: _____



Plugging In: Becoming Aware and Mindful

What Kind of Eater Are YOU?

1) HOW do you eat?

Check off any of the following eating styles that apply to you. Then rank those in order with one being your most dominant eating style.

Me? Rank:

- | | | |
|-------|-------|---|
| _____ | _____ | Bored eater- eats same thing all the time; has little variety in diet; eats when bored |
| _____ | _____ | Happy eater- likes everything; happy to eat when & wherever |
| _____ | _____ | Picky eater- avoids trying new foods; worries about eating wrong kinds of food |
| _____ | _____ | Binge eater- overeats high-risk foods; emotional eater, not physically hungry but angry, upset, lonely, anxious; skips meals |
| _____ | _____ | Gobbler- fast eater, barely tasting or chewing food, grabs and goes, eat a lot often |
| _____ | _____ | Unconscious eater- eats throughout day while doing other tasks, cooking, homework, etc.; unaware of how much eating |
| _____ | _____ | Poor planner- eats fast food and makes excuses; no fore-thought of food |
| _____ | _____ | Skipper- misses one or two meals a day for various reasons |

People eat for many reasons. You may eat because you are hungry, because the food looks or smells good, because you are bored, or because you see other people eating. Read each statement below and check the line that shows the reasons *you* eat.

2) WHY do you eat?

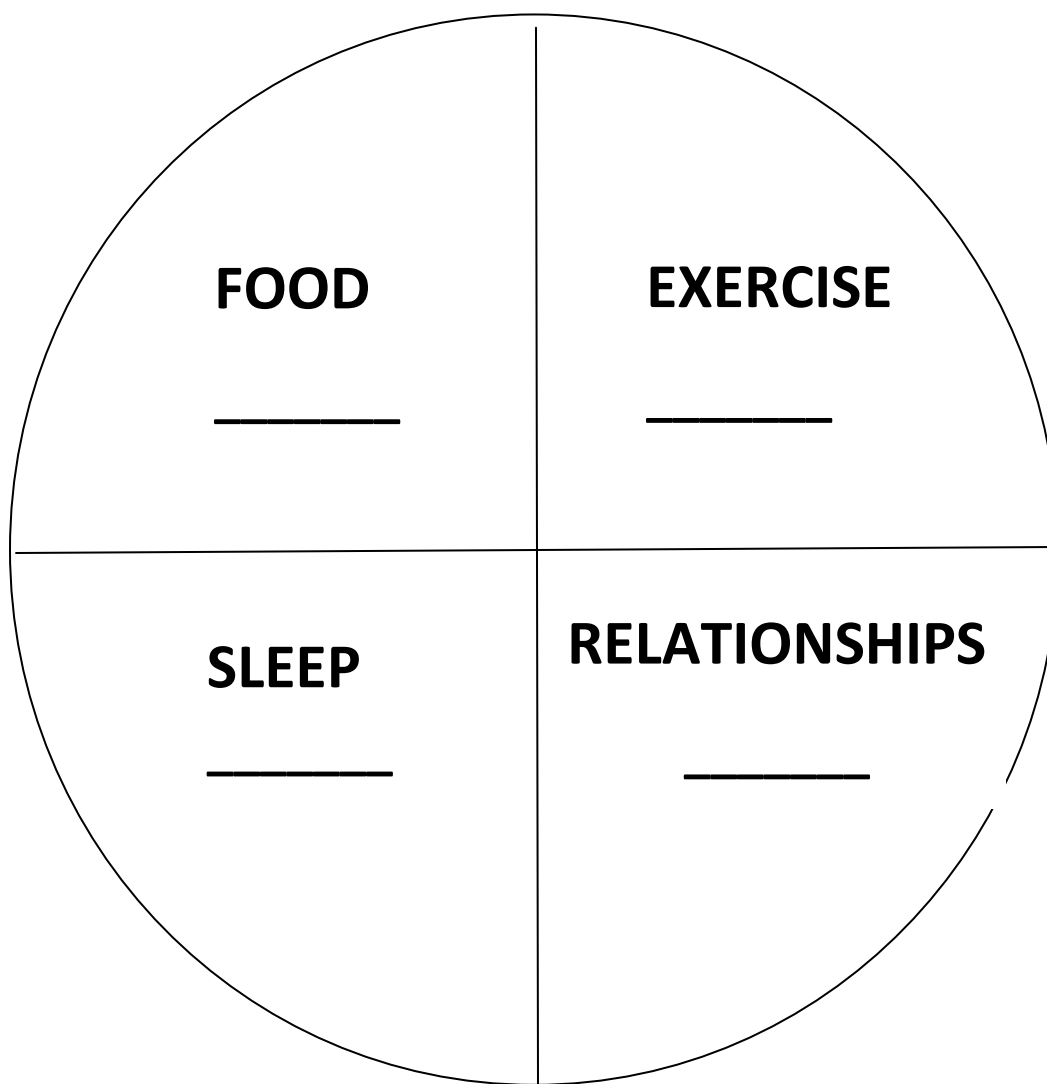
I eat when I'm:	Often	Sometimes	Almost Never
Hungry	_____	_____	_____
Procrastinating	_____	_____	_____
Bored	_____	_____	_____
With my friends	_____	_____	_____
Happy	_____	_____	_____
Worried	_____	_____	_____
Sad	_____	_____	_____
Lonely	_____	_____	_____
Angry	_____	_____	_____
Tired	_____	_____	_____
Told it's time to eat	_____	_____	_____
Excited	_____	_____	_____
Watching tv	_____	_____	_____



Energy Regulation



The human body is very intelligent. It is one of the greatest mysteries known to mankind. It beats your heart, pumps your blood, heals your broken bones and ribs, all on its' own. Just like the universe at large, the body is looking to be in a state of equilibrium. Sometimes we recognize the need for balance in our lives, or we feel unbalanced, but often times, this desire to be balanced merely shows up as cravings and sensations in the body. At A World Fit For Kids! we believe our body is affected by 4 energy regulators: Food, Exercise, Sleep, and Relationships. These work together to create balance and health and it is our job to dissect our cravings, pay attention to what we need, what we are missing, and provide it in a healthy context.



A World Fit For Kids! - Nourishing MattersSM

Empowerment Through Nutrition



I. Energy Regulators: food, sleep, exercise, relationships

II. Portions

- ▶ Varies by activity level/body-type/size, etc.
- ▶ General guidelines:
 - Fruits and Vegetables - 9-12 servings recommended
 - Protein - size of deck of cards
 - Carbohydrates - ½ cup about 1 handful of pasta/rice
 - Fat/oils/nut butters - about 2 tbsp
 - Cheese - about the size of 2 dominos
- ▶ Caution: Portion Distortion
 - Check portions per container
 - Mega Meal, Super Size menus

III. What information do I need so I can make my own informed choices to regulate my energy?

- ▶ What does the body need?
 - Living Foods- greens/fruits/vegetables/nuts/seeds
 - Macronutrients (based on a 2000 calorie diet):
 - Carbohydrates - 300 grams (1200 calories)
 - Fats - 60 grams (540 calories)
 - Proteins - 30 grams (120 calories)
 - Micronutrients:
 - Vitamins - A, B, C, D, E, L ☺
 - Minerals- calcium, iron, magnesium, etc.

IV. What's in macro and micronutrients that I need? And where can I get them?

- ▶ Anti-oxidants - fruits, vegetables
- ▶ Good fats - avocados, olive oils, nuts/seeds
 - Omega 3 fatty acids - fish, flax oils
- ▶ Fiber - fruits, vegetables, whole grains
- ▶ Water

V. What are the health implications if I'm lacking in... ?

- ▶ Vitamin D –
 - heart disease
 - osteoporosis
 - arthritis
 - inflammatory bowel disease
 - PMS
 - insomnia
 - ▶ Magnesium –
 - irregular heart beat
 - diabetes
 - heart disease
 - migraines
 - mood swings
 - anxiety
 - confusion
 - ▶ Calcium –
 - osteoporosis
 - ▶ Omega 3's –
 - heart disease
 - depression
 - asthma
- cancer
 hypertension
 depression
 obesity
 Crohns Disease
 MS and other autoimmune diseases

 insomnia
 muscle spasms
 anxiety disorders
 osteoporosis
 depression
 fatigue
 hallucinations

 arthritis
 cancer
 ADHD

VI. How do you read a food label so you know *exactly* what you're putting in your body?



- 1) First, check the serving size. Know how much you are eating.
- 2) Second, look at the first 3 ingredients. The first 3 ingredients are the main ingredients in the product. Sugar should not be one of them ☺
 - ▶ Avoid sugar, high fructose corn syrup, and hydrogenated oil
- 3) Finally, check the ingredients. If you can't pronounce a word on the label, it's likely a chemical, not a real food. Your body wants food ☺

VII. What should I consider eliminating from my diet???

- ▶ 1) WHITE REFINED SUGAR
 - cookies, cakes, tomato sauce, ketchup
- ▶ 2) HIGH FRUCTOSE CORN SYRUP
 - soda, ketchup, sports drinks, fruit juices, cereal, baked goods, crackers, frozen foods, fast food, yogurt, candy, etc.
- ▶ 3) TRANSFAT
 - margarine, spread, packaged foods (Bisquick), soups (Ramen Noodles), fast food (fries, chicken, pancakes), baked goods, donuts, cookies, pound cakes, chips, crackers, cereals, etc.

VIII. ABOUT how much does my body need?

- ▶ **About 2,000 calories**
- ▶ 60 grams of fat
- ▶ 300 grams of carbohydrate
- ▶ 35 grams of protein

IX. Tips for Success:

- a. Be aware and mindful of what your body is craving.
- b. Pay attention to what you are hungry for: food, sleep, contact, companionship, movement, fresh air, down-time, etc.
- c. Connect to a bigger vision for yourself to make choices in the moments – what do you want to do/be/have later in life? What **CHOICE** would **THAT** person make in this moment?
- d. Enjoy your food... prepare it with Vitamin L☺

***If you don't take care of yourself,
where are you going to live?***

Success Strategies

- Know your outcome - decide what it is you want
- Develop a plan
- Take action - using your plan as your guide
- Notice what's working and what's not
- Be flexible - make changes until you succeed
- Celebrate!!

A World Fit For Kids!

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A WORLD FIT FOR KIDS!

Team Fitness/Nutrition Survey Spring 2011

Data Summary

Survey Background

A World Fit for Kids! (*WFIT*) team members completed a survey in May 2011 about their own fitness and nutrition habits since first joining *WFIT*.

Fitness and Nutrition Behaviors for *WFIT* Team Members

The majority of *WFIT* team members (83% of those surveyed) made changes to their nutrition and/or physical activity habits since joining *WFIT*.¹ More than three-quarters changed their nutrition habits and about two-thirds changed their physical fitness habits.

Nutrition changes most commonly made by *WFIT* team members include that they now:

- Eat more vegetables / greens
- Make healthier food choices when deciding what to eat
- Drink more water
- Eat more fruit
- Drink less soda
- Eat less junk food and/or fast food

"I eat more fruits and veggies, and replaced some unhealthy snacks with WFIT recipes."

"I avoid junk food and I eat more veggies. Now that I know how things are made, I'd rather go healthy."

Physical fitness changes made by *WFIT* team members typically involve adding a new type of activity for the first time or increasing the frequency with which they do their chosen activities.

Most commonly mentioned activities include:

- Run or jog
- Exercise, work out or go to the gym
- Play team sports
- Walk
- Everyday active activities and/or functional fitness activities

"I try to always have my heart rate up. I have healthy goals for myself now. I've taken up hiking and running with my dog."

"I started to play volleyball, and do more exercises and a lot more activities."

WFIT's Impact on Team Members' Nutrition and/or Physical Activity Habits

Team members described that they changed their own health habits, in addition to supporting youth to do so, because working for *WFIT*:

- Provides them with information and training on nutrition and quality physical activities
- Influences them to be healthy role models for their youth given the program goals
- Puts them in an environment where health is a priority – helping to generally raise consciousness of their own habits
- Engages them with colleagues who provide support and motivation for each other around improving health habits
- Involves teaching youth about nutrition, fitness and health so team members learn and are regularly reminded about its

"The workshops really helped to open my eyes to new, fun ways of leading good workouts and teaching about better eating habits."

"If I tell kids to do something, I should practice what I teach. If not, they won't take it seriously."

"Being surrounded with this information has motivated me more to live a healthy lifestyle."

"WFIT has showed me healthier choices, about labels and servings, that I didn't care about before. I'm more active to be able to keep up."

¹ Of the 14 team members who did not make nutrition and/or physical activity changes, almost all said it was because they already practiced healthy habits in those areas before joining *WFIT*.

importance through this process