

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

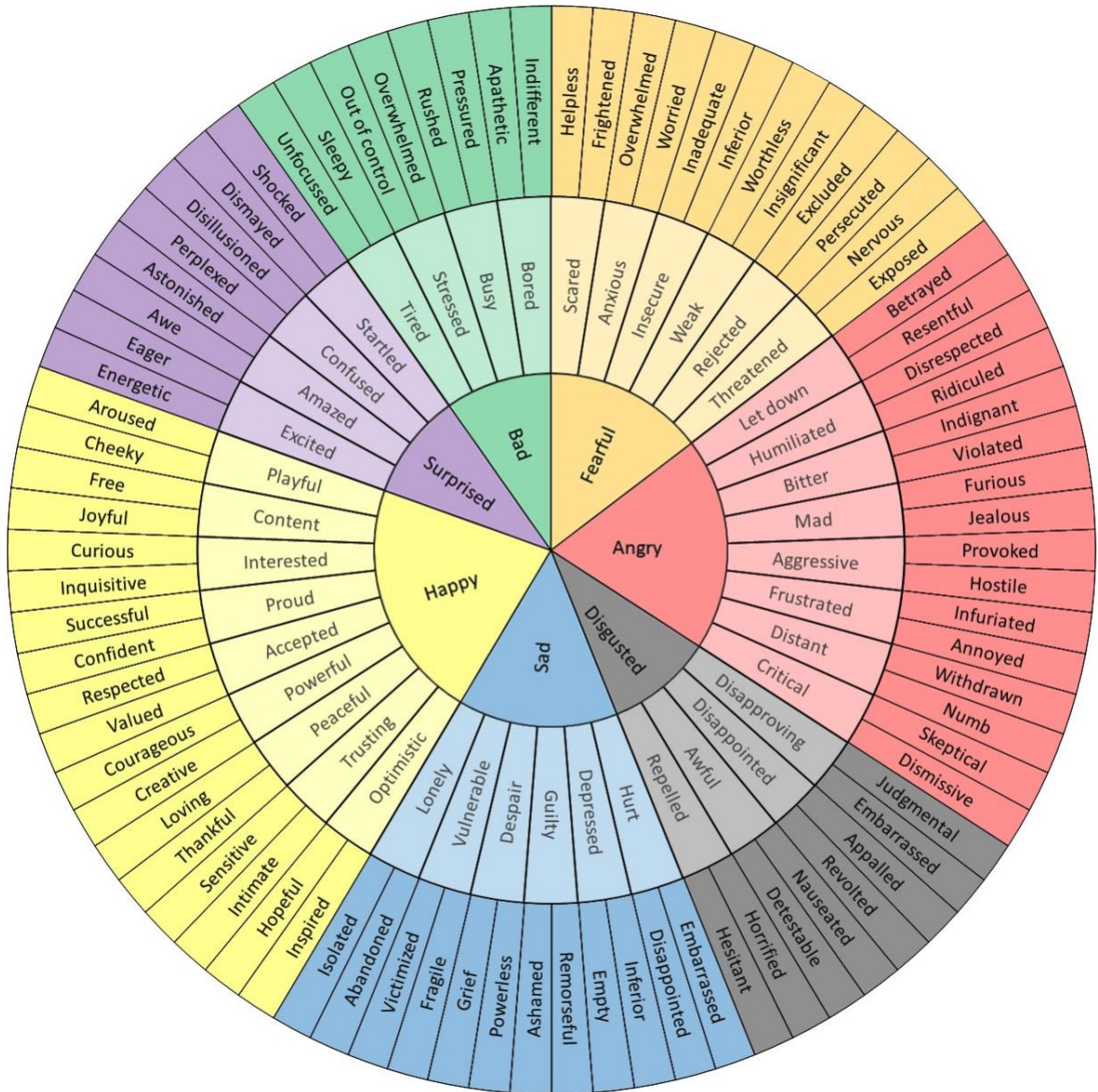
1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.

Session 3 Review:

1. ACCOUNTABILITY: Let's check in at the end of today's session.
2. TOOL BOX: Intentions and affirmations.
Intentions are I will statements and
Affirmations are I am statements.
3. PROTEIN: Eat more, eat some and eat less for protein. Looked at quality vs quantity. And Animal protein sources and plant-based protein sources.
4. GOAL: Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well?
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience?
6. What got in the way? What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.



TOOLS / STRATEGIES:

SUPPORT:

- Communicate
- Outside of your circle: Social media groups
- 3 Hs: Helped, Heard or Hugged
- Accountability Partner
- Resources
- Boundaries

JOURNALING:

- Prompts to help reflect vs no prompts
 - What went well?
 - What needs work?
 - What is the learning?
 - How will tomorrow be different?
- Let go of editing, spelling, handwriting, formatting.
- Don't write for others. Your eyes only.

WEEKLY SELF CHECK-INS:

- Set an appointment with self: What day? What time?
- Where will you sit?
- How will you reflect?
 - Sitting with thoughts
 - Conversation / verbalize
 - Journaling / writing

Carbohydrates: Sugars and Starches

CARBS



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Barley



Sweet potatoes



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

CARBS



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



White bagels, breads, English muffins, pastas, and wraps

CARBS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups, & jellies



Canned, dried, and pureed fruit with added sugar



Sugar



Soda



Crackers



Pretzels



Foods with 10+g added sugar



Chips



Fries



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

Carbs are a great energy fuel.

Refined carbs (have been processed or milled by removing one or more parts of the kernel (bran, fiber). They are not whole grains. They contain fewer micronutrients and less fiber.

Examples of refined carbs: white flour, white pasta, candy, cookies, cereal, white rice, muffins, pastries, cakes, pizza dough.

Refined carbs and sugar are in the eat less category. Over consumption can lead to overeating, increase weight gain, spike blood sugar to lead to insulin resistance and type-2 diabetes. They lack nutrition.

Sugar:

- Brain
- Heart health
- Liver
- Joints
- Weight gain
- Dental health
- Sleep
- Diabetes
- Mood
- Gout
- Kidney Stones

Guideline

American Heart Assoc.

Men 9tsp / 38g

Women & Children 6 tsp / 25g



Sweeteners...

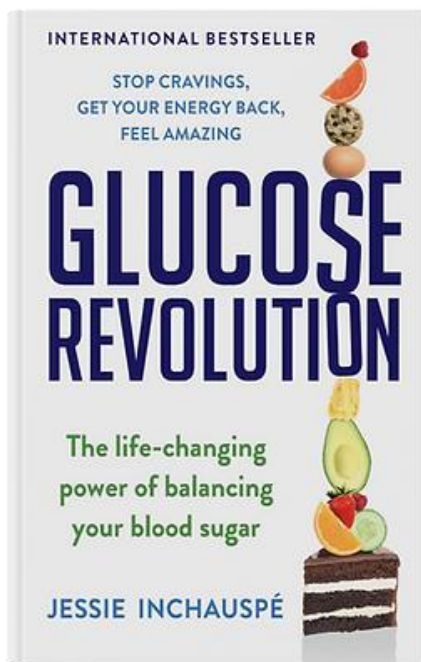
- Cane Sugar
- Raw Sugar
- Brown Sugar
- Corn Syrup
- Dextrose
- Fructose / Agave
- Fruit Juice Conc.
- High Fructose Corn Syrup
- Honey / Maple Syrup
- Invert Sugar
- Lactose
- Maltose
- Barley Malt / Malt Syrup
- Molasses
- Sucrose

Artificial Sweeteners

- Aspartame
- Saccharin
- Sucralose
- Acesulfame Pot. (Ace-K)
- Neotame
- Advantame
- Sugar Alcohols

Natural Sweeteners

- Monk Fruit
- Stevia
- Allulose
- Tagatose



To help control blood sugar:

1. Savory Breakfast
2. Fiber first (salad), then fat / protein, carbs last.
3. Move for 10 min after eating
4. Put some clothes on your carbs: add fat and protein.
5. Apple Cider Vinegar.

QUESTIONS:

What are Additives:

- Food additives are added to food to preserve flavor, enhance taste, appearance, or texture.
- Over 10,000 chemicals and additives are allowed in food in the US.
- Food additives can be divided up into several different groups includes anti-caking agents, food coloring, Fortifying agents (vits and minerals), flavorings, stabilizers, sweeteners, etc.
- FDA lists additives as items generally recognized as safe (GRAS)

Eat Less:

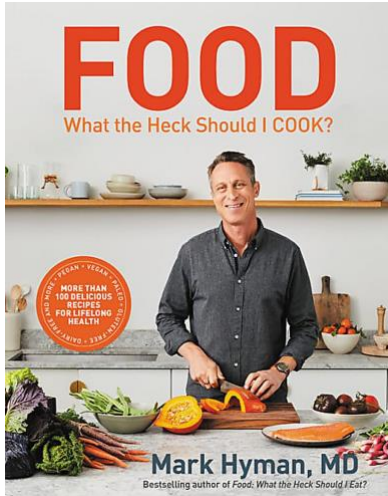
1. Trans Fat
2. MSG Monosodium Glutamate
3. Nitrates and Nitrites (Sodium Nitrite)
4. Guar Gum (can be irritating for some folks)
5. Yeast extract
6. Carrageenan
7. High-Fructose Corn Syrup
8. Artificial Sweeteners (saccharin aspartame, sucralose, etc.)
9. Artificial Food Coloring
10. Artificial flavoring
11. Sodium Benzoate
12. Sulfites such as ammonium sulfate.
13. Cellulose
14. Potassium Bromate
15. Butylated Hydroxyanisole (BHA) and Butylated hydroxytoluene (BHT)
16. Propyl paraben
17. Tert-butylhydroquinone TBHQ
18. Titanium Dioxide
19. Brominated vegetable oil BVO
20. Polyfluoroalkyl PFAs

Ref: [EWG Chemicals to Avoid..>>>](#)

Planning to eat a whole food diet will naturally limit additives.

BOOK:

Food What the Heck Should I Cook? By Mark Hyman



WEBSITE:

Vegetarian [Love and Lemons](#)

RECIPE:

[One Pot Pumpkin Black Bean Soup](#)

Pointers:

Garlic: buy peeled and freeze / Ginger: wash and freeze

Buy Veggie stock / broth that is clean. Read the ingredients label.

Serve with sourdough bread made in the traditional way from a cultured starter. Or quesadillas made from whole wheat tortillas with clean cheese.

[Pumpkin Bread ...>>>](#)

What is one CHANGE around Carbs or processed foods you want to make?

SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?