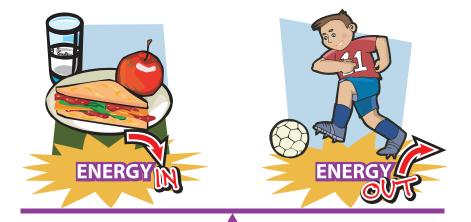


### **About Energy Balance**



Eating the same number of calories as you burn results in no weight change. (Weight Balance)

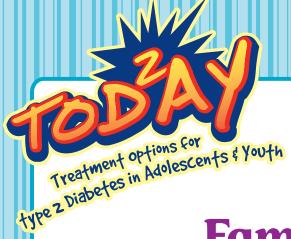
Eating more calories than you burn leads to weight gain. (Positive Energy Balance)



Eating fewer calories than you burn leads to weight loss. IV (Negative Energy Balance)

TODAY LIFESTYLE PROGRAM

FOOD



## **Family Meetings**



- Family meetings each day help you mark your progress in making healthy behavior changes.
- Family meetings help keep motivation high for you and your child.
- Family meetings provide a chance to solve problems your child may be having in the program.
- Family meetings give you a chance to praise your child for success.

# type 2 Diabetes in manual of the Lifestyle Log

- Write down all the things you eat and drink in the Lifestyle Log.
- Keep track of serving size and calories for each food and drink choice. Add up all the calories so that you know the total for each day.
- Get familiar with calories and serving sizes for foods that you often eat.
- Go over your and your child's Lifestyle Logs during your family meeting to increase your awareness of food choices.
- Remember that becoming aware of what you are doing is the first step in behavior change. Keeping track in the Lifestyle Log is a great way to be aware.
- Praise yourself and your child for awareness of and practicing healthy behaviors.

lay 📃 Wednesday 📃 Thursday 📃 Friday 📃 Saturda

Totals

Amount Calories

Food Monitoring: Fill in as much information as you can

# The Colors of the TLP Eating Plan

#### **GREEN means GO!**

- GREEN foods have fewer calories than other foods and are full of nutritional value.
- GREEN foods have little or no fat or sugar (less than 2 grams of fat per serving).
- GREEN foods should be your <u>first choice</u>.

### **YELLOW** means SLOW down.

- YELLOW foods can give you important nutrition, but YELLOW foods usually have more calories and a little more fat or carbohydrates than GREEN foods.
- > YELLOW foods have 2-5 grams of fat per serving.
- YELLOW foods should be your <u>second choice</u> when choosing what to eat.

### **RED** means STOP and think.

- RED foods are full of calories, sugar or fat (more than 5 grams of fat per serving). They have little nutritional value.
- RED foods do not help your body stay strong or healthy.
- All candies, chips, and sweets are RED foods, as well as most oils and fats.
- RED foods are not healthy choices.



