# Managing your weight

## Government Employees Health Association, Inc.

- **82+** years
- One of the largest medical and dental plan carriers exclusively for federal employees
- More than **2 million** members
- Extensive nationwide network of doctors, dentists, hospitals and other providers
- We want you to “Do Your Possible” no matter where you are in life

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# Today’s presenters

**Coletta Meyer, MS, MCHES©, CWPC**
Health & Wellness Manager | GEHA

**Melanie Berdyck, MS, RD, CSOWM, LDN, CDCES**
In-store Nutritionist | Giant Food

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# Webinar tips

- **Questions:** Submit any questions in the Q&A box
- **Technical issues:** Email ON24 at **audience.support@on24.com**
- **GEHA benefit questions:** Email **webinars@geha.com** or call **800.821.6136**
- After the webinar, you will receive a recorded webinar link with a copy of the slides presented
- Webinar audio will be played through your computer, no need to mute your device

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# Our Agenda

**In the office** 1 Easy steps to help you manage your weight and health.

**In the aisles** 2 Products and options to help you meet your wellness goals.

**In the kitchen** 3 Tips for success.

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# In the office

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# Eat real food.

- Eat real food most of the time
- Minimize intake of processed foods
- Build a balanced plate at meals
- Watch portions of treats

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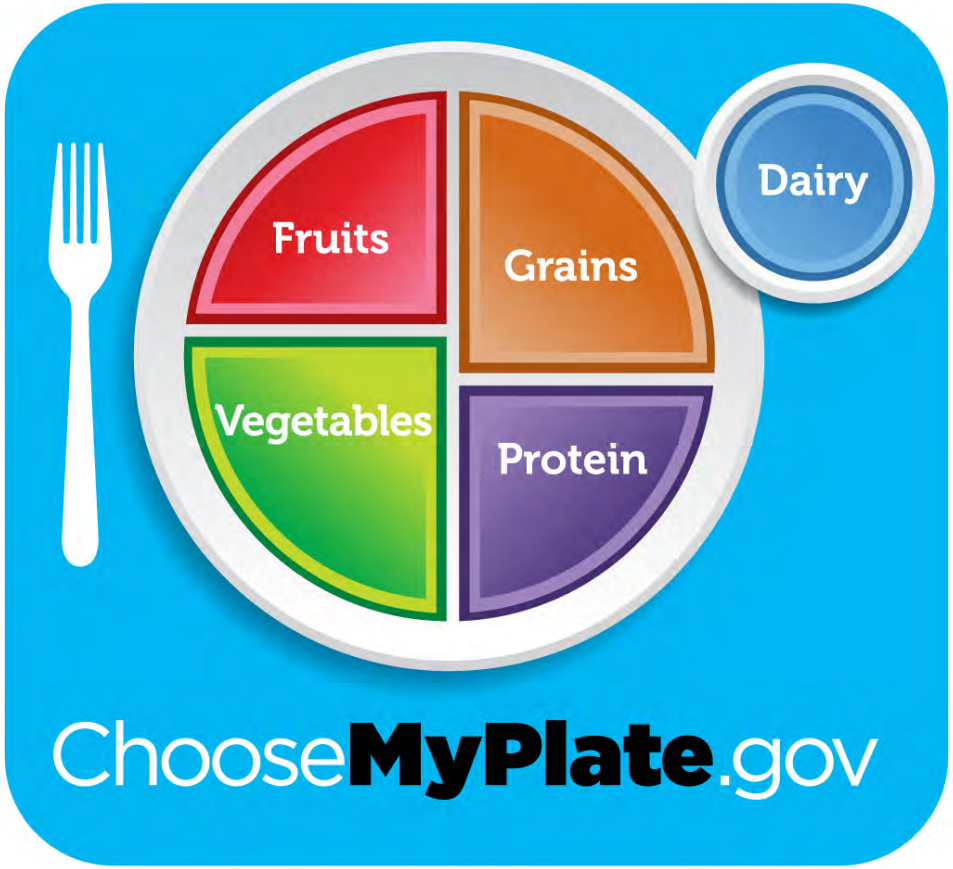
# Make every meal include half a plate of produce.

- At least **5** servings of vegetables per day
- Aim for variety
- Fresh, frozen and canned
  All forms fit!

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# Choose whole grains.

- Nutrient rich
- Look for the Whole Grain Council stamp
- Ingredients list: 100% whole grain or wheat

100% OF THE GRAIN IS WHOLE GRAIN

50% OR MORE OF THE GRAIN IS WHOLE GRAIN

EAT 48g OR MORE OF WHOLE GRAIN DAILY

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Source: Whole Grain Council

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# Include protein at every meal.

- Gives you staying power
- Plant and animal-based options:
  - Lean meat and eggs
  - Dairy and plant-based beverages
  - Legumes
  - Nuts

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# Rethink your drink.

- In 2013, Americans drank over 38 gallons of soda in a year
  - That's eight 12-ounce cans per week
- The brain doesn't register liquid calories
- Stay hydrated with water, **not** sugar

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# Read the labels.

- Serving size
- Calories
- Fat and cholesterol
- Sodium
- Total carbohydrates
  - Total vs. net carbs
  - Fiber
  - Added sugar
- Protein
- Ingredients list

## Nutrition Facts

2 servings per container

**Serving size** 1 cup (255g)

| | Per serving | | Per container | |
|---|---|---|---|---|
| **Calories** | **220** | | **440** | |
| | | % DV* | | % DV* |
| **Total Fat** | 5g | 6% | 10g | 13% |
| Saturated Fat | 2g | 10% | 4g | 20% |
| *Trans* Fat | 0g | | 0g | |
| **Cholesterol** | 15mg | 5% | 30mg | 10% |
| **Sodium** | 240mg | 10% | 480mg | 21% |
| **Total Carb.** | 35g | 13% | 70g | 25% |
| Dietary Fiber | 6g | 21% | 12g | 43% |
| Total Sugars | 7g | | 14g | |
| Incl. Added Sugars | 4g | 8% | 8g | 16% |
| **Protein** | 9g | | 18g | |
| Vitamin D | 5mcg | 25% | 10mcg | 50% |
| Calcium | 200mg | 15% | 400mg | 30% |
| Iron | 1mg | 6% | 2mg | 10% |
| Potassium | 470mg | 10% | 940mg | 20% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:**
Whole Grain, Canola Oil, Rice Flour, Corn Syrup, Fructose, Salt, Soy Lecithin, Glycerin, Natural Flavors.

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# Be mindful.

- Limit distractive eating
- Savor the eating experience
- Assess your eating habits
- User the hunger scale

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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# Stay active.

- Aim for 30 minutes of physical activity daily
  - 10-minute intervals
  - Resistance exercises
- Multiple benefits

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# In the aisles

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# In-store programs.

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# Products we love: Non-starchy veggies

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# Products we love: Whole grains and fiber

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# Products we love: Protein

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# In the kitchen

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# Have a plan. Steps for success.

- Create a recipe database
  - *Savory* magazine
- Develop your meal plan
- Make a shopping list

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# Set up for success.

- Make healthy food easy
- Make space to eat
- Prep your kitchen
- Minimize distractions during meals
- Track eating patterns

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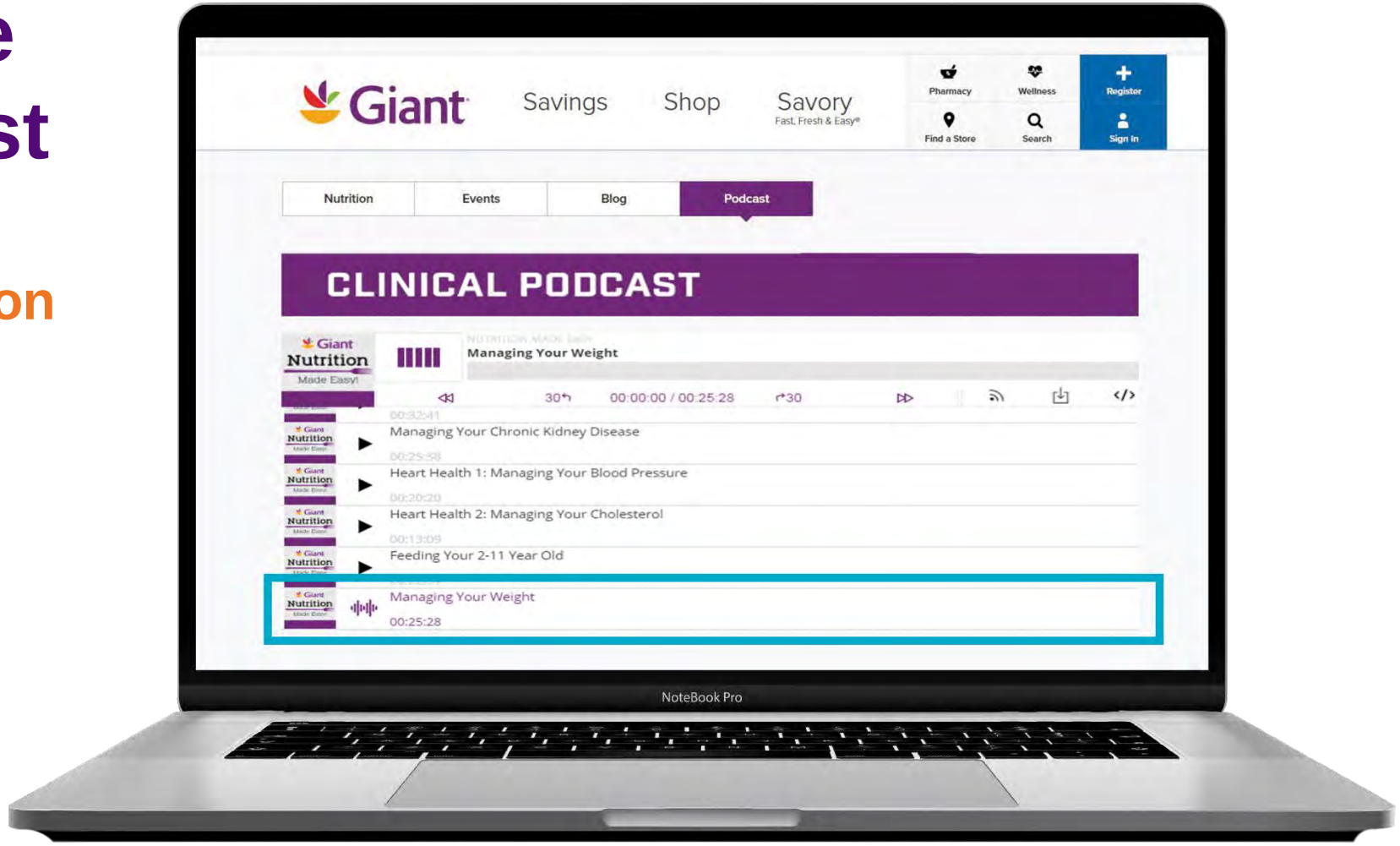
# Nutrition Made Easy!™ podcast

**giantfood.com/Nutrition**

Podcasts

GET IT ON Google Play

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# Nutrition Made Easy!™ blog

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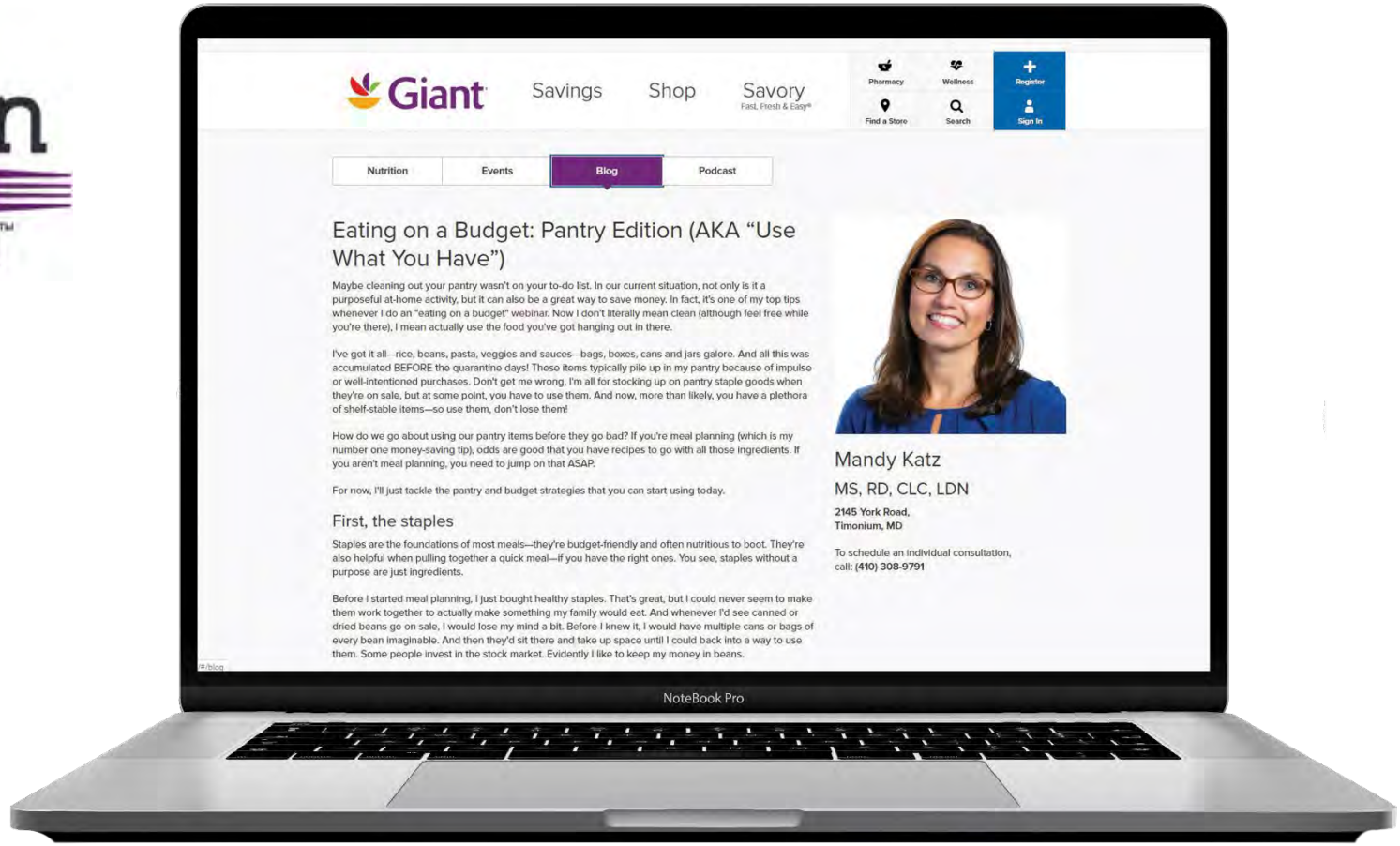


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# Online resources.

**Consultations**

**Events: classes and Nutrition at Noon**

**Blog: inspiration and education**

**Nutrition Made Easy!™ Podcasts**

**giantfood.com/Nutrition**

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# Q&A

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