

NEUROSCIENCE TREATMENT TEAM PARTNER PROGRAM



Solutions for Wellness Group Program

A program that offers information and tips on healthy living including nutrition, fitness, and exercise.



Lilly

**NUTRITION, WELLNESS, AND
LIVING A HEALTHY LIFESTYLE**
Patient Manual

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Nutrition, Wellness, and Living a Healthy Lifestyle

When you were a child, the adults in your life made most of the decisions about what you ate. Now that you are an adult, you have many opportunities to decide for yourself what you will eat. The choices you make about food can be very important to you. Food plays a part in your appearance, your vitality, and your ability to function at work, in school, and in other activities. In fact, food plays a key role in your overall wellness. What do we mean when we talk about wellness? Here is how some people describe it.

“Wellness means having the drive and energy to accomplish and succeed in daily tasks and having a good mental outlook about your life.”

– Kristina, Consumer

“To me, wellness is having a balanced life including physical activity, exercise, a nutritious diet, and mental growth and well-being.”

–Kevin, Consumer

“Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things that your special case requires to make you happy, but my friend, these I reckon, will give you a good lift.”

–Abe Lincoln, Former US President

Wellness involves choice and action! The choices we make each day and the actions we take on those choices can lead us to a healthier lifestyle.

To be well, we must learn to balance physical fitness, stress, work, relationships, medication, and nutrition. Making positive choices in these areas and acting on them promotes a sense of accomplishment and well-being. There are other benefits, too! Making a life-long commitment to a healthy lifestyle can reduce the risk of chronic medical diseases, give you more energy, increase self-esteem and self-confidence, and reduce the risk of worsening the symptoms of mental illness or relapse.

What is your definition of wellness?

What role does nutrition play in your definition of wellness?

The lifestyle choices we make each day can lead to a healthier way of living. This is especially true with respect to the food choices we make each day. The goal of this booklet is to focus on the role that good nutrition and wise eating habits play in health. We hope that you will learn:

- Health problems that might be avoided with proper diet
- Dietary Guidelines for Americans
- How to tell whether your current diet provides well-balanced nutrition
- How to set goals and achieve them
- Tips for eating wisely on a limited budget
- How to develop support systems to help maintain a healthy diet and lifestyle
- Suggestions for controlling your hunger



Is there anything else you would like to learn? If so, take a moment to write it down.

Health Problems Associated with a Poor Diet

The typical American diet is high in fat, salt, and sugar and apt to be low in fiber and vital nutrients. This is because, although most of us have healthy food options available, we tend to make poor food choices. Most American adults need to improve their eating habits. Poor dietary habits, in combination with lack of exercise and high stress, have been connected to such health problems as:

- Obesity
- Coronary heart disease and stroke
- High blood pressure (hypertension)
- Diabetes

If you have further questions about any of these problems, talk with your doctor, treatment team member, or therapist.

Obesity

The terms obesity and overweight are often used interchangeably, but they refer to different conditions. Overweight means a body weight that is 10% greater than ideal body weight. Obesity occurs when a person's weight exceeds the ideal body weight by 15% to 20% or more. Morbid obesity refers to a weight that negatively affects a person's health, usually more than 40% above ideal body weight. A quick way to determine your healthy weight is described on the next page. These are general guidelines. Your doctor can help you decide on a healthy target weight for you.



Women — 100 lb for the first 5 ft of height. Then add 5 lb for every inch above 5 ft. For example, if you are 5'4" tall, your target weight would be 120 lb.

$$\begin{array}{rcl}
 5 \text{ ft} & = & 100 \text{ lb} \\
 4 \text{ in} & = & 20 \text{ lb} \\
 \hline
 \text{Total weight} & = & 120 \text{ lb}
 \end{array}$$

If you are large framed, you can add about 10%, which would equal 132 lb in the example. If you are very small framed, subtract 10%, which would equal 108 lb.

Men — 106 lb for the first 5 ft of height. Then add 6 lb for every inch above 5 ft. For example, if you are 5'11" tall, your target body weight would be 172 lb.

$$\begin{array}{rcl}
 5 \text{ ft} & = & 106 \text{ lb} \\
 11 \text{ in} & = & 66 \text{ lb} \\
 \hline
 \text{Total weight} & = & 172 \text{ lb}
 \end{array}$$

As above, you can add 10% if you are large framed and subtract 10% if you are small framed.

Now let's calculate your target body weight. What is your height? _____

$$\begin{array}{rcl}
 \text{_____ ft} & = & \text{_____ lb} \\
 \text{_____ in} & = & \text{_____ lb} \\
 \hline
 \text{Total weight} & = & \text{_____ lb}
 \end{array}$$

Add 10% for a large body frame, or subtract 10% for a small body frame.

Is your current weight within your healthy target range? _____

Excess weight is not healthy for your body. It can cause a strain on your heart, causing it to work harder in order to supply the body with oxygen-rich blood. It can also cause strain on bones and joints as the body tries to support the excess weight.

Obesity is a major public health problem associated with many complications. Some of the complications of obesity that improve with weight loss are:

- Diabetes mellitus
- Hypertension
- Cardiac disease
- Elevated blood lipid levels (hyperlipidemia)
- Chronic back pain

Although many people look to miracle drugs or crash diets to help them lose weight, these methods can have negative effects on your health, and the results are usually short-term.

THE MOST EFFECTIVE LONG-TERM TREATMENT FOR OBESITY IS A COMMITMENT TO A WELL-BALANCED DIET AND EXERCISE PROGRAM.



The good news is that many health problems may be partly prevented by a healthy lifestyle.

Heart Disease and Stroke

Excess amounts of cholesterol and fat in the blood can cause arteries and blood vessels to narrow. The cholesterol and fat stick to the vessel walls and create a substance known as plaque. Over time, the plaque can build up and eventually close off the blood vessel. Blockage of a heart vessel is known as a heart attack. When a vessel that leads to the brain is blocked, this is known as a stroke.



High Blood Pressure (Hypertension)

Excess sodium, sugar, cholesterol or fat in the diet can cause blood vessels to become smaller. As a result, the heart has to work harder to push the blood through the vessels. This causes strain on the blood vessels, better known as high blood pressure. High blood pressure over a long period of time is associated with an increased risk of having a heart attack or stroke. It can also cause kidney problems.

Diabetes

Diabetes is a medical condition where the body cannot break down sugar (glucose) in the blood. Normally, the pancreas makes an enzyme called insulin that helps the body use sugar for energy. In diabetes, the body does not make enough insulin or can't use insulin properly. The result is that a person's blood glucose level can become dangerously high. Uncontrolled diabetes over the long term can lead to heart disease, stroke, kidney failure, and blindness.

As you can see, there is a strong connection between what you eat, your weight, and your overall physical health. So, how do you find out:

- What foods are needed in your daily diet?
- How much of each food is needed?

The guidelines on the following pages can help.

Dietary Guidelines for Americans

The United States Department of Agriculture and Health and Human Services has established guidelines to help people choose diets that will meet their nutritional requirements, promote health, support active lives, and reduce the risk of chronic disease. The Dietary Guidelines for Americans are meant to be simple and sensible suggestions for people trying to maintain a healthy lifestyle.

Food and proper eating habits are essential to life. However, it is important to realize that food alone cannot make you healthy. Physical health has 3 components which balance each other. Each part is equally important to a healthy lifestyle. If one area is ignored, the overall balance is weakened.

Components of physical health:

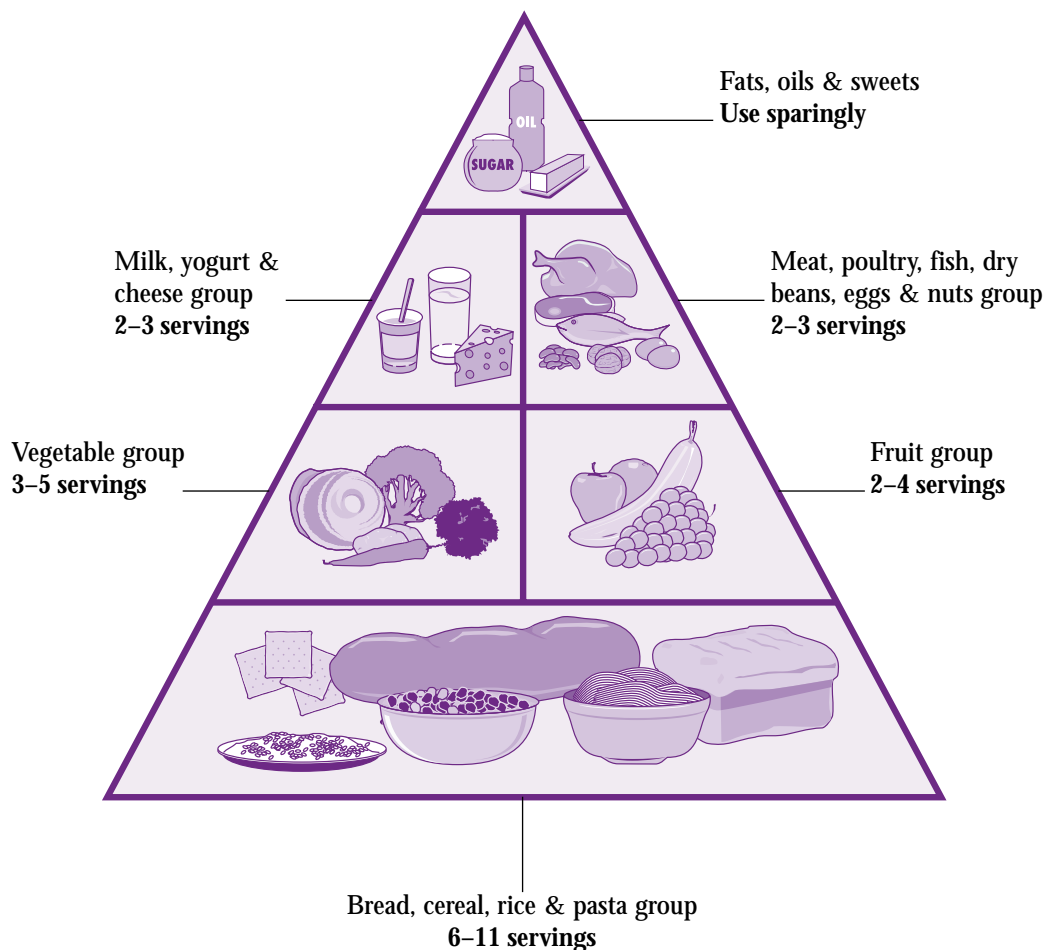
- Nutrition
- Relaxation
- Exercise

For people with mental illness, an important factor in overall health and well-being is taking all medications as prescribed by your doctor. Always report any problems or symptoms as soon as they occur so that your health care team can address them quickly.

Now, let's move on and learn what the Dietary Guidelines for Americans are, and how they can help you make better food choices and possibly improve your health!

Guideline #1: Eat a Variety of Foods

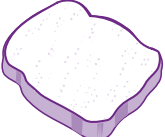


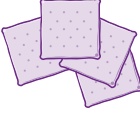


All foods contain substances the body needs for growth and repair, energy, and regulating body processes. These substances are called nutrients. There are over 40 known nutrients that your body needs to stay healthy. No single food can supply all the nutrients you need. To be well nourished, each day you need to eat a variety of foods that contain balanced amounts of these nutrients. The Food Guide Pyramid was developed to show the recommended balance among food groups and to help you set up a daily eating pattern for good health. The Guide helps to ensure that you get the needed variety of foods in your diet.



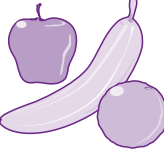
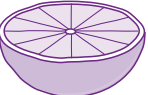



What Counts as a Serving?

Many times adults not only make poor food choices, but may overeat healthy foods as well. To help improve your eating habits, it is important to eat foods in the proper amounts.




Bread, cereal, rice & pasta group

	1 slice bread
	1/2 hamburger bun or English muffin
	1 small roll, biscuit or muffin
	3 to 4 small, or 2 large crackers
	1/2 cup cooked cereal, rice or pasta
	1 oz ready-to-eat cereal


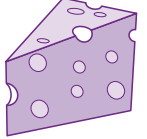
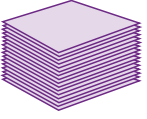
Fruit group

	1 whole fruit such as a medium apple, banana or orange
	1/2 grapefruit
	3/4 cup juice
	1/2 cup berries
	1/2 cup cooked or canned fruit



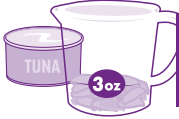
Vegetable group


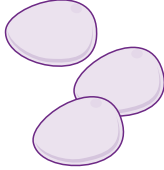
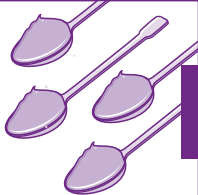
	1/2 cup cooked vegetables
	1/2 cup chopped raw vegetables
	1 cup leafy raw vegetables

Milk, cheese & yogurt group

	1 cup milk or yogurt
	1 1/2 oz natural cheese
	2 oz processed cheese

Meat, poultry & fish, dry bean, egg, & nut group

	2-3 oz cooked beef
	2-3 oz cooked chicken or turkey
	3 oz water-packed tuna

	1-1 1/2 cup cooked beans
	2-3 eggs
	4 tablespoons peanut butter

Checking What You Know about the Food Pyramid

1. According to the food pyramid, how many servings of the following should a person have each day?

Fats _____

Breads, cereal, rice, and pasta _____

Vegetables _____

Meats, dry beans, nuts, and eggs _____

Milk and cheese _____

Fruits _____

2. In which section of the food pyramid would each of the following items be placed?

Carrots _____ Navy beans _____

Pita bread _____ Skim milk _____

Wild rice _____ Apple _____

Almonds _____ Broccoli _____

Fish _____ Oatmeal _____

3. Match the food item to its serving size.

FOOD ITEM		SERVING SIZE
Whole wheat bread	_____	A. 4 tablespoons
Lettuce	_____	B. 1 1/2 cup cooked
Apple	_____	C. 1 slice
Peanut butter	_____	D. 1 cup
Baked beans	_____	E. 1 whole fruit
Milk	_____	
Rice	_____	
Yogurt	_____	
Banana	_____	
Spaghetti	_____	

Guideline #2: Balance the Food You Eat with Physical Activity — Maintain or Improve Your Weight

“I’ve been watching what I eat and trying to exercise at least three times a week. This is helping me to lose the weight I gained since I’ve been ill. Sometimes I really crave sweets, but I eat something with less calories instead — popcorn, fruit, or drink a diet soda.”

– Christine, Consumer

Sometimes people do not make wise decisions concerning the calories in the foods they eat. A calorie is the unit used to measure the amount of energy produced by the food you eat. If a person eats food containing more calories than the body needs for energy, the extra calories may be stored as fat. In order to maintain your weight, the amount of calories you eat must equal the number of calories you burn. In order to lose weight, you must use more calories than you consume. Physical activity is the only way to burn calories.

Calories In < Calories Out = Weight Loss

If you can increase your physical activity so that you are burning an extra 300 calories each day, you will lose one pound of fat in 12 days or 30 lb in one year!

People with mental illness may face special obstacles in balancing their eating with exercise. Some symptoms (apathy, lack of motivation, withdrawal) may prevent people from being as active as they once were. Medications play a role in this as well. Unfortunately, some medications taken to relieve symptoms can cause muscle stiffness and involuntary movements that make it almost impossible to exercise. Other medications may increase the appetite and cause weight gain.

With your doctor’s help you can create a plan that will help you live a healthier lifestyle. Always remember to talk with your doctor before changing your current exercise regimen.



Guideline #3: Choose a Diet with Plenty of Grain Products, Vegetables, and Fruits

Scientists have discovered there are health benefits when we eat more fruits, vegetables, and grains and less meat and dairy products. Because fruits, vegetables and grains are loaded with vitamins and minerals but have little or no fat, they make wise dietary choices. Notice that these food groups make up the base of the Food Guide Pyramid — most of your food choices should come from these groups. By increasing the amount of fruits, vegetables, and grains in your diet you may be able to:



- Help reduce your risk for heart disease
- Reduce your chances of getting cancer
- Make your immune system stronger
- Reduce the risk of stroke
- Watch your waistline get slimmer and trimmer
- Lower your blood pressure
- Reduce your food costs (fruits, vegetables and grains are generally cheaper than meat and dairy products)

An additional benefit from eating these foods is that they increase the FIBER in the diet.

What Is Fiber?

There are two types of fiber — soluble and insoluble. Most plants contain a mixture of both types.

SOLUBLE FIBER: By absorbing water and swelling, this type of fiber forms a gel in the gastrointestinal tract. This gel can give you a full feeling and help you eat less.

INSOLUBLE FIBER: This type of fiber is sometimes called roughage because of the bulk it adds to the diet. It is found in grain cereals, breads, fruits, and vegetables. This type of fiber does not add calories.

Why is fiber important? A diet high in fiber (20-30 grams daily) may:

- Help alleviate constipation (a common side effect of taking some medications)
- Give you a full feeling, which can help you reduce the amount of food you eat
- Reduce blood cholesterol levels
- Help control blood sugar levels
- Help prevent hemorrhoids
- Reduce the risk for bowel disorders and colon cancer

List some examples of foods you eat that are high in fiber:



Guideline #4: Choose a Diet Low in Fat, Saturated Fat, and Cholesterol

FAT: Some dietary fat is needed for good health. In fact, fats supply energy and help the body to use vitamins A, D, E, and K. However, high-fat diets have been associated with heart disease, high blood pressure, and cancer. Fat also provides twice as many calories as proteins and carbohydrates in the same amounts.

Carbohydrate = 4 calories per gram

Protein = 4 calories per gram

Fat = 9 calories per gram

List 5 foods you eat that may be a source of extra fat and calories in your diet:

SATURATED FAT: Any fat that is solid at room temperature is a saturated fat. Both animal and vegetable fats can be saturated. Too much saturated fat in the diet can cause blood cholesterol levels to rise and may lead to health problems.

Some foods high in saturated fat are:

- Bacon
- Sausage
- Lard
- Bologna
- Coconut oil
- Peanut butter (made with hydrogenated oils)
- Ham
- Butter
- Whole milk
- Ice cream
- Cream cheese

CHOLESTEROL: When we talk about fat in our diet, many of us immediately think of cholesterol. Cholesterol is carried in the blood. As you read earlier, excess cholesterol can build up in the blood vessels and lead to heart disease and stroke. Cholesterol comes from animals, not plants, so only foods from animals contain cholesterol (egg yolks, meat, poultry, high-fat milk products/cheese, shellfish, and pork). The body makes all the cholesterol it needs, so we should limit our cholesterol intake to less than 300 mg per day.



Guideline #5: Choose a Diet Moderate in Sugars

Foods made with simple sugars or carbohydrates contain mostly empty calories and very little vitamins or minerals. Sugar is the #1 food additive and is often listed on labels under names not familiar to most of us. A general rule is that any food item listed on a label that ends in “-ose” is a sugar.

Some sugars frequently seen on labels are:

Corn fructose	Dextrose	Fructose	Lactose
Maltose	Sucrose	Glucose	Polydextrose

Other names for sugar seen on labels include:

Barley malt	Dextrin	Honey	Invert sugar
Beet sugar	Mannitol	Raw sugar	Sorghum
Molasses	Turbinado	Sorbitol	Caramel
Corn syrup	Grape sugar	Fruit concentrates	



Problems Caused by Excess Sugars

- Excess calories from sugars are stored as fat unless they are burned up in exercise.
- Simple sugars in the diet can promote tooth decay.
- A diet high in sugar may uncover or worsen diabetes.

Sugar Substitutes

Since long-term studies are lacking on many sugar substitutes, they should be used in moderation. Some common examples of sugar substitutes are Equal®, Splenda®, Sweet-N-Lo®, saccharin, NutraSweet®, and aspartame. Talk to your doctor or treatment team member if you have questions about specific products.

Guideline #6: Choose a Diet Moderate in Salt and Sodium

Sodium is a mineral found in salt that occurs naturally in some foods. Many people add more salt when they cook or serve foods. In the body, sodium plays an important role in regulating body fluids and blood pressure. However, a major hazard of excess sodium in the diet is high blood pressure. Some people with high blood pressure can control it without other medications just by decreasing the amount of salt in their diets.

The body needs 2,400 mg of sodium per day, or the amount in 6 grams (about 1 teaspoon) of salt. Most people eat more than this amount daily.



What Foods Are Highest in Salt and Sodium?

Snack foods	Potato chips	Pretzels
Processed meats	Ham	Bacon
Bologna	Ketchup	Soy sauce
Mustard	Pickles	Olives

Ways to Reduce Sodium Intake Include:

- Eating more fresh fruits and vegetables
- Using herbs and salt-free spices to flavor foods
- Avoiding processed and packaged foods
- Not adding salt at the table — using garlic powder, onion powder, or a salt substitute instead!

Sugar and Sodium Exercise

SUGAR. Take a look at some of the food products you have in your home and see how many hidden sugars you find on the labels. List them below.

SODIUM. While you are looking, find 4 items high in sodium that could be replaced with healthier choices. List the possible replacements next to the items.

ITEM	REPLACEMENT
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Guideline #7: Avoid Alcohol

Alcohol supplies large amounts of calories and few or no nutrients. Additionally, drinking alcohol can lead to:



- High blood pressure
- Brain damage
- Liver damage
- Added risk for heart disease
- Increased risk for stroke
- Inflammation of the pancreas
- Impaired judgment

People with mental illness should be especially careful about drinking alcohol. It is known that alcohol interacts with many medications taken to treat mental illness. Mixing alcohol and psychiatric medications may cause interactions that can make some side effects worse, like sleepiness and sedation. Mixing medication and alcohol can also cause certain symptoms of mental illness (eg, hallucinations, delusions and social isolation) to worsen. This can lead to hospitalization or relapse. It is best to avoid the use of alcohol completely.

The Role of Water in Good Nutrition

The importance of water in the diet cannot be overestimated. Healthy lifestyles that include exercise and a high fiber diet require a person to drink plenty of water. More than 75% of the human body is made up of water. Even bones are 20% water.

The body needs water to perform the following functions:

- Digest food and dissolve nutrients so they can pass through your digestive system.
- Carry waste products out of the body.
- Send electrical messages between cells so that your muscles can move, your eyes can see, and your brain can think.
- Regulate body temperature, cooling the body with perspiration that evaporates on the skin.
- Lubricate moving parts (joints).

It is estimated that eating only replenishes about 2 cups of water a day. Experts suggest that a person drink 8 additional 8-ounce glasses of water a day. For anyone participating in a regular exercise program, 9 to 13 glasses daily are advised.

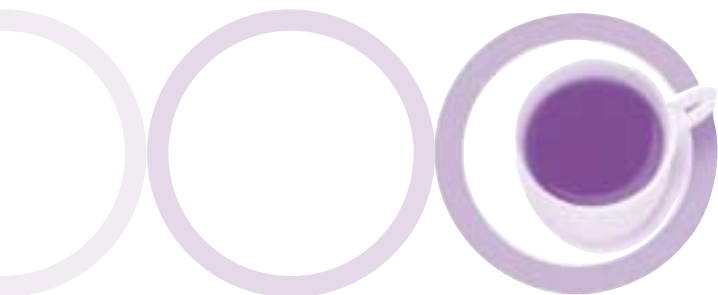


Juices and soft drinks can add excess calories that your body does not need. Caffeinated drinks such as coffee, colas and tea are diuretics, which means they can cause you to lose some of your stored body fluids. As a result, drinking caffeinated drinks may actually increase your need for water. You can drink milk, but remember to stay within the recommended guidelines. Water is by far the best fluid to drink!

Don't wait to feel thirsty before drinking water. By the time your mouth feels dry, you are already dehydrated. Prevent dehydration by drinking small amounts of water throughout the day — keep a sports bottle handy. Many medications used in the treatment of mental illness may cause a dry mouth — these small sips of water can keep your mouth moist and comfortable.

Some people with severe mental illness drink too much water, a condition known as polydipsia. A person who has this disorder drinks water excessively and cannot stop. An extreme amount of water keeps antipsychotic medications from working properly, causing an increase in the symptoms of mental illness. Polydipsia can also cause other medical complications by lowering the person's blood sodium levels. So, although it is important to drink enough water, as with everything else, moderation is the key.

If you think you may be drinking too much or too little water, talk it over with your doctor.



How Do I Get There from Here?

Below is a self-assessment to help you determine your nutritional status and identify areas that may need improvement.

Score yourself according to how well you match the following statements.

- 0 No, never, or hardly ever
- 1 Occasionally or rarely
- 2 Sometimes or maybe
- 3 Often
- 4 Yes or always

_____ I pay attention to the quality and amount of the foods I eat.

_____ I avoid fast foods and greasy, overcooked meals.

_____ I think my diet is well balanced and wholesome.

_____ I am aware that I feel different when I eat different foods, and I can choose foods that help me feel good.

_____ I minimize snacks and do not eat sugary or high-fat foods between meals.

_____ I drink fewer than 3 alcoholic beverages per week.

_____ I add little or no salt to my food.

_____ I eat at least 2 raw fruits or vegetables each day.

_____ I can tell the difference between “stomach hunger” and “mouth hunger,” and I don’t eat when I am experiencing only “mouth hunger.”

_____ It takes me 20 to 30 minutes to eat a meal.

_____ I feel good about how I eat and avoid using food as a reward, escape, or punishment.

_____ I eat only small amounts of sweets or sugary things.

Add up your score and place your total number here: **Total:** _____

Divide the total by 12: _____

How Did You Rate?

- Above 3:** You have good dietary habits and are at a decreased risk for some chronic diseases. Keep up the good work!
- 2 to 2.9:** You are average in your approach to eating. There are some areas that you can improve to feel better and be healthier.
- 1 to 1.9:** You do not have a healthy diet, but you do try. Look at the guidelines and pick one you would like to improve.
- Below 1:** The good news is that there is a lot of room for improvement. Get help from your doctor or other treatment team members to change your eating habits.

Now that you know how you rate, you can make decisions on where you want to go. Once you have identified areas that could use some improvement, you are now ready to set goals and take action!

It is important to make changes in your dietary habits a few at a time. Trying to make too many changes at once can be overwhelming and make you quit trying altogether.



Setting Goals Toward a Healthy Lifestyle

This GOAL SHEET is designed as a tool to help you learn: 1) what is keeping you from reaching your goals and 2) what action must be taken to get you where you want to go. A sample goal sheet is given below.

GOAL SHEET

Goal # 1: *I want to lose 10 pounds*

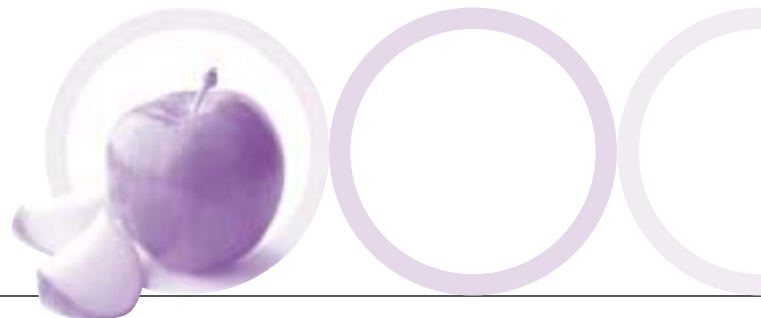
Goal # 2: *I want to add more fruits to my diet.*

What is keeping me from my goals?

1. I eat sweets or high-fat foods between meals.
2. I eat out at fast food restaurants frequently.
3. I eat desserts at every meal.

What am I willing/able to do about it?

1. Eat only at specified times and choose foods wisely.
2. Pack a healthy lunch to take to work or school.
3. Substitute fruit for a sweet dessert at one meal.



The Goal Sheet Action Plan

Once you have decided what your goals are and filled out your goal sheet, it is important to make a plan for the following week to make sure that you reach your goals. Below is an example of what a Goal Sheet Action Plan might look like.

GOAL SHEET ACTION PLAN

- MONDAY:** *1. Buy fresh fruit today to have for dessert.*
2. Go for a walk at 3:00 pm.
3. Pack a lunch for work.
- TUESDAY:** *1. Offer to take my neighbor's dog for a walk.*
*2. Take a bath in the evening instead of snacking
in front of the TV.*
- WEDNESDAY:** *1. Look for lower-fat choices at fast food restaurants since I won't be
able to take my lunch today.*
2. Meet my friend Susan to go for a walk in the park.

It is sometimes helpful to have a separate plan for the weekends since many people have different schedules and routines on those days. The important thing is to look ahead to see what action you need to take to reach your goals.

Now take some time to complete your Goal Sheet and Goal Sheet Action Plan.

GOAL SHEET

Goal # 1: _____

Goal # 2: _____

**What is keeping me from
my goals?**

**What am I willing/able
to do about it?**

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

Now, plan your strategy for reaching your goals by filling in the Goal Sheet Action Plan.

GOAL SHEET ACTION PLAN

Name: _____ Week of: _____

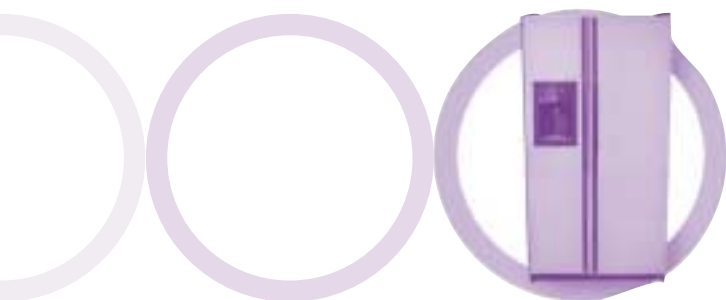
DAY	ACTION
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Strategies to Improve Eating Habits

Helpful hints for improving your eating habits include:

- Clean out your cupboards at home. Donate foods that are not a part of your new healthy lifestyle to a food kitchen, food drive, or a needy family. Make a decision not to have those foods around the house.
- Avoid eating between meals. Eating between meals adds extra calories that you probably don't need and slows down the digestive process, which can lead to bloating or constipation.
- If you snack, choose low-calorie/high-fiber foods. Carrots, celery, and popcorn are inexpensive and filling snack alternatives.
- Slow down as you eat your meals. Eating slowly allows time for your stomach to tell your brain that you have had enough food. Typically, this helps you to eat less at mealtimes.
- Chew your food well. The better you chew your food, the less stress you put on the entire digestive system.
- Avoid fast foods. When you must eat at a fast food restaurant, choose a salad instead of a hamburger and avoid french fries.
- Plan and cook healthy meals with friends. You can all help each other choose the right foods and have fun preparing meals together.

If you are planning to make big changes in your eating habits, it's a good idea to talk with your doctor about them.



Controlling Your Hunger

Some of the medicines you are taking to treat your mental illness may increase your appetite. There are things you can do to decrease your hunger and the desire to eat. This will help you avoid eating high-calorie, high-fat foods between meals. Here are some helpful hints on controlling hunger.

- ***Take a walk when you feel hungry.***

A person's body is not good at doing two things at once. When you exercise, the digestive system takes a break and allows the energy it would normally use to go to the muscles. As a result, you do not feel hungry after about 10 minutes of continuous exercise.

- ***Drink a glass of water or other sugar-free beverage.***

Liquids fill up the stomach and trick the stomach into feeling as if you have eaten. It is important to drink only water or sugar-free beverages so as to avoid extra, unneeded calories and sugar in your diet.

- ***Eat a rice cake or a half cup of raw vegetables.***

At times during the day when you tend to feel hungry, eat a high-fiber, low-calorie snack. You may also want to drink some water because it will make the fiber expand in your stomach. This snack is not likely to make you feel full, but it will curb your hunger enough to make it to mealtime.

- ***Chew sugar-free gum or suck on sugar-free mints.***

- ***Know the difference between "mouth hunger" and "stomach hunger."***

Stomach hunger is your body's way of telling you it needs food. Mouth hunger is the urge to use food to soothe feelings of boredom, nervousness, anger, sadness, or stress.

- ***DON'T take over-the-counter diet pills or appetite suppressants unless your doctor recommends them.***

In some cases, these products can interact with other medications, including antipsychotics, and have unwanted or dangerous side effects.

Are there any other ways you can control your hunger?

Tips for Eating Wisely on a Limited Budget

In general, a diet that places less emphasis on meat, dairy products, packaged or processed foods, and fast foods will usually be more economical.

Income

Anyone can benefit from using money wisely — it's just good sense. And for those on a limited or fixed income, budgeting is especially important. The following pages suggest some ways to make the most of your food budget.

Ways to Trim the Food Budget

- **Purchase fruits and vegetables in season.** Look for farmer's markets where fresh produce is often sold in bulk and can be offered at reasonable prices.
- **Buy larger packages.** Grocers often offer “family size” packages of food at discount, but purchase these only if you think you will use all the food before it spoils.
- **Use freezer storage.** If you have a freezer to store food, you can take advantage of specials and buy more of the things you need while they're on sale.
- **Purchase foods in bulk.** Store foods in airtight containers or in the freezer to protect them from spoilage, moisture, and bugs.
- **Buy store brands.** Store brands or generic products tend to be more affordable than name brands. The quality of the store brands is typically the same as famous brands.



- **Watch unit pricing.** Some grocery stores place tags near food items that show how much you are paying for a small unit of product. For example, a 10-ounce box of cereal costs \$3.60. The unit price per ounce of cereal is \$0.36. Unit pricing can be used to compare the cost of two similar products in different sized packaging. Although larger packages often cost less per ounce than smaller ones, this is not always true. It's important to check the unit price.
- **Use coupons.** Some stores give double value on coupons up to \$.50. Make sure that you compare prices with store brands to ensure that you are getting the best buy.
- **Have dinner with friends.** Every day you are in contact with people who have to watch their budgets too. You may be in treatment with them or they may live next door. Sharing the cost of meals can save everyone money, since you usually have less waste when you cook for more than one. Another advantage is that the responsibility for preparing meals can be shared with others so it seems like less work—even fun! Sharing meals can help prevent isolation. You can also use your friends as a support group to help you maintain your healthier eating habits and lifestyle.



Unit Pricing Exercise

When you are at the grocery store you have many food choices from which to select: name brand items, store brand items, generic items, larger and smaller packages, discounted and coupon items. When buying a particular food, compare the unit price among all choices before making your purchase.

Which is a better buy?

Cereal at \$0.36/oz or \$0.85/oz

Crackers at \$0.55/oz or \$0.22/oz

Macaroni at \$0.12/oz or \$0.08/oz

Yogurt at \$0.06/oz or \$0.11/oz

Developing Support Systems for Maintaining a Healthy Lifestyle

Making changes is not easy. We often know what we should do but cannot seem to motivate ourselves to follow through. The many symptoms associated with mental illness can make it especially hard to stay motivated and achieve your goals. The **Goal Sheet** and the **Goal Sheet Action Plan** may help you. But those tools may not be enough. You may find that you need additional help. Here are some suggestions on where to find help:



Buddy System: Find a friend, co-worker, or schoolmate who is interested in having a healthier lifestyle and develop a buddy system. Exchange phone numbers, then share your Goal Sheets and Goal Sheet Action Plans for the week, share walks, plan meals together, and encourage one another.

Family: Family members can help you select appropriate foods. If they are with you at mealtimes, they can help you with portion control. Most of all, they can be your cheerleader with a helpful “You can do it!” when you need it most.

Local Places of Worship: In addition to the support that comes from being part of a congregation, churches, synagogues, and other worship centers may have their own weight loss groups or even cooking schools that may be offered at nominal fees.

Overeaters Anonymous: Many people who have trouble overusing food find help and support through this organization. This is a lay, non-profit group that can be found locally in almost every city in America. It is usually listed in the phone book. Meetings are held at various times of the day and evening so that finding a convenient group is usually not a problem. It is based on a 12-step program similar to Alcoholics Anonymous. There is no membership fee.



A Final Word

Food and eating are essential to life. If we make the right nutrition choices we can feel better, have more energy, age better, avoid many chronic diseases, and increase our sense of wellness.

With the right information, support systems, and a team of people ready and willing to support your move toward a healthy lifestyle — success is just around the corner!

Remember, the greatest wealth is health!

Nutrition Activities

Use these words for the activities on pages 40–41.

Essential

Nutrients

Cholesterol

Yogurt

Buddy system

Meat

Saturated fat

Food pyramid

Water

Fiber

Exercise

Poultry

Wellness

Variety

Six

Nutrition Activities

Food Pyramid Exercise

Please fill in the blanks with the proper words. Then locate those words in the puzzle.

1. The _____ is a guide to help you make daily food choices.
2. Food plays a key role in your overall _____.
3. You should eat a _____ of different foods.
4. Foods in the meat category include fish and _____.
5. _____ helps give you a full feeling which can help you reduce the amount of food you eat.
6. Too much _____ in the diet can cause blood cholesterol levels to rise and may lead to health problems.
7. Nuts and dried beans are items from the _____ group.
8. We should limit our _____ intake to less than 300 mg per day.
9. More than 75% of the human body is made up of _____.
10. Develop a _____ with a friend, co-worker, or schoolmate who is interested in having a healthier lifestyle.
11. You should have 2 - 4 servings per day of milk, _____, or cheese.
12. Food and eating are _____ to life.
13. There are _____ different food groups represented in the food pyramid.
14. Healthy eating and _____ can help you maintain your weight.
15. Your body needs over 40 different _____ to stay healthy.

Food Pyramid Word Search

F	A	N	E	F	G	M	O	M	E	A	T
P	O	R	U	S	O	C	N	B	P	A	Q
T	L	O	M	T	D	J	E	R	F	U	C
S	U	K	D	J	R	I	T	H	S	G	H
A	B	V	W	P	A	I	V	W	N	Y	O
T	C	E	D	O	Y	G	E	H	X	I	L
U	O	S	N	U	M	R	F	N	K	J	E
R	P	S	Q	L	L	R	A	E	T	L	S
A	S	E	U	T	U	V	W	M	F	S	T
T	A	N	X	R	C	D	K	J	I	M	E
E	Y	T	B	Y	Q	K	H	L	B	D	R
D	X	I	S	I	S	U	R	G	E	N	O
F	T	A	V	U	I	F	E	O	R	P	L
A	B	L	A	E	X	E	R	C	I	S	E
T	C	S	R	V	W	X	D	Y	A	M	N
E	F	D	I	H	I	Y	J	U	Q	O	M
A	G	W	E	L	L	N	E	S	S	E	L
Y	C	I	T	X	V	T	S	R	T	P	K
B	H	R	Y	W	I	U	O	S	H	I	Y
A	G	S	W	U	Q	P	Y	O	N	G	O
F	H	V	T	X	Y	S	N	P	M	J	G
D	E	T	R	S	Y	X	W	L	F	L	U
F	C	E	U	D	L	J	B	R	Q	K	R
B	G	Q	D	N	M	C	I	V	U	E	T
Y	K	U	P	O	D	K	J	K	T	S	C
A	B	W	A	T	E	R	H	L	D	M	B