SMALL GOALS MAKE FOR BIG FUTURES

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Plan Your Portions

Use a 9-inch plate to help guide your portions.
Plan Your Portions

Portion Guide
Non-starchy Vegetables
Non-starchy Fruits
Protein Foods
Carbohydrate Foods

Use a smaller plate. This is a 9-inch plate to help guide you.

9 Inches

Water or no-calorie drinks

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Use a smaller plate. This is a 9-inch plate to help guide you.

9 inches
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WHERE IS THE CALORIE CONTENT?

A serving of 23 almonds is about 1 ounce and about 170 calories.

HOW DOES THIS COMPARE TO HOW MUCH YOU USE IN COOKING?

One teaspoon of olive oil goes a long way.

HOW DOES YOUR PORTION COMPARE?

Salad dressing: Two tablespoons are the standard serving size (if you want to cut calories, use less).

FATS: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

EAT OFTEN

Oil-based salad dressing: vinaigrette, oil and vinegar

SOMETIMES

Low-fat creamy salad dressing like light ranch

LIMIT

Full-fat creamy salad dressing like ranch or blue cheese

Olive paste: olive oil

Ask for the dressing on the side and dip your fork in it instead of pouring the dressing on your salad.
VARIETY AND FLEXIBILITY

- No single eating style fits everyone
- Eat favorite foods in moderation
- Eat regular meals with smaller portions based on whole foods
SMART GOALS

SPECIFIC
MEASURABLE
ATTAINABLE
REALISTIC
TIME-BASED
SPECIFIC

- In order to meet larger goals, make small specific goals
- To reduce serving size of rice to ½ cup
• A way to measure progress in small steps
• Keep track of progress in a journal, phone or tracker
ATTAINABLE

- Goals that are within reach if you work towards them
- Start with ½ cup of rice
• Make sure the goals are realistic to your life
• Instead of not eating rice, consider using other grains or preparing better proportions
TIME-BASED

- Set time frames for smaller goals that help you meet larger goals
- Eating a smaller portion of rice three times a week
MEASURING SUCCESS

• Reevaluate progress weekly
• Set goals with family or friends
• Reward yourself when goals are met
• Forgive yourself if you get off track
  • Reevaluate to set more realistic goals
  • Maybe goals were too ambitious
GETTING MORE ACTIVE

- Think of things you enjoy doing
- Find a friend to be active with
- Activity can be household chores
- Start slow
- Make a goal to move your body every day
SIMPLE WAYS TO ADD ACTIVITY

- How can you be more active at home?
- How can you be more active at work?
- How can you be more active when you are out?
ACTIVITY GUIDELINES FOR ADULTS

- Adults should be active 150 minutes a week but that can be broken up into smaller pieces.
- Start with a goal to be active every day and work up to 150 minutes of moderate intensity aerobic physical activity.
SMALL GOALS MAKE FOR BIG FUTURES

- Review your goal often and adjust as necessary
  - Was it specific enough?
  - Was it measurable?
  - Was it actually achievable?
  - Does the time need to be adjusted?

Start with something DOABLE to build confidence
QUESTIONS