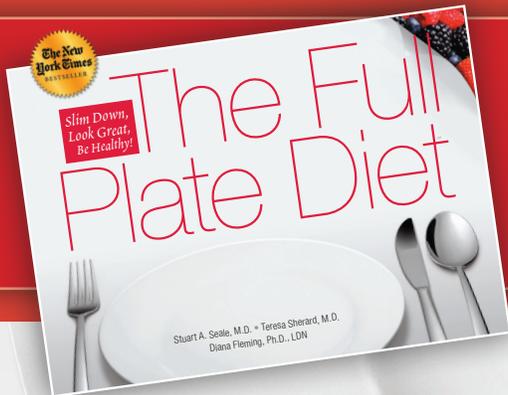


Can All Fiber-Rich Foods Help You Lose Weight?



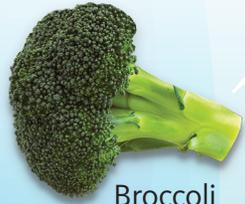
Full Plate Diet
Weight Loss Program

Participant Guide
Session 2

Can All Fiber-Rich Foods Help You Lose Weight?



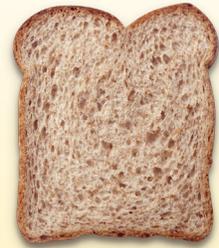
Cooked brown rice



Broccoli



Peanuts



Whole wheat bread



Cooked oatmeal



Whole wheat bun



Cooked lentils



Whole wheat crackers



Spinach



Corn tortillas



Apple



Cooked pinto beans



Whole wheat tortillas



Orange



Granola



Fiber bar



Blueberries



Sunflower seeds



Whole wheat bagel



Sweet potato

Quick Tips

1. Neither water nor fiber have calories. So the more water and fiber foods contain, the fewer calories they have. Power Up your plate with Full Plate Superfoods and you can fill your plate and still lose weight.

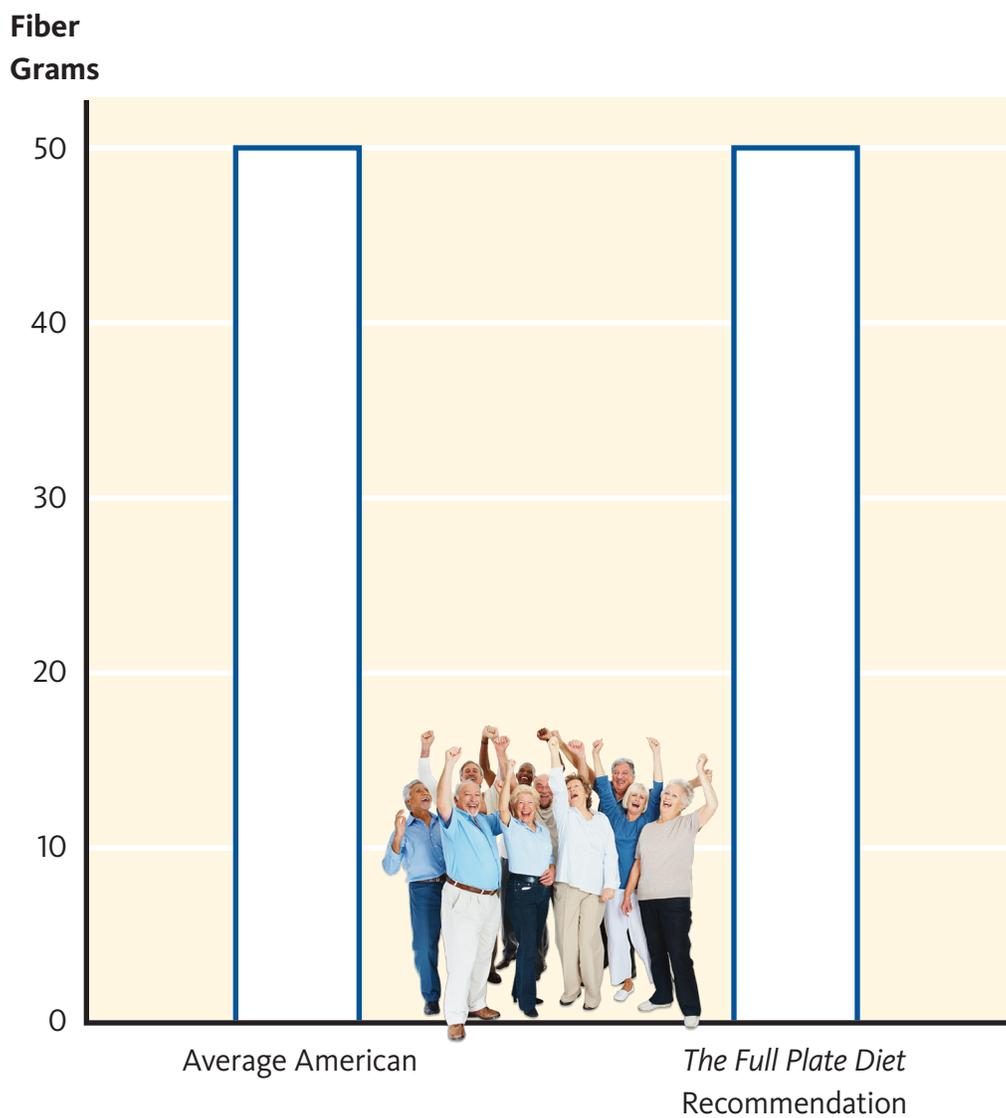


2. If you eat Full Plate Superfoods at the beginning of your meals, they'll fill you up so you have less room in your stomach for higher-calorie foods. Eat Full Plate Superfoods first!



For a fun video on fiber and water, search “Fiber’s Obsession with Water” on YouTube.

Are You Eating Enough to Lose Weight?



You can lose 1–2 pounds per week without feeling hungry by following *The Full Plate Diet* recommendation!

More Than Just Fiber

Here is a list of the health benefits of eating lots of Full Plate Superfoods. Check off the ones that are important to you.

- Provides blood sugar control
- Increases energy
- Lowers the risk of cancer
- Reduces the risk of heart disease & stroke
- Helps you look better
- Improves memory
- Decreases the risk of hemorrhoids
- Raises “good” (HDL) cholesterol
- Lowers “bad” (LDL) cholesterol
- Reduces the risk of gallstones and gallbladder disease
- Reduces triglycerides (fat in your blood)
- Decreases the risk of acid reflux
- Lowers blood pressure
- Lowers the risk of stomach ulcers
- Reduces the risk of constipation
- Helps you lose weight and keep it off
- Lowers the risk of Type 2 diabetes
- Reduces the risk of osteoarthritis
- Improves sleep
- Helps you feel better
- Decreases the risk of pre-diabetes

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Stages on Your Weight-Loss Journey

Here are the five Stages*:

Stage 1

You're not ready to lose weight

Maybe you're not sure you even have a weight problem. Or you've given up because past efforts to slim down have failed.



Stage 2

You're thinking about losing weight

You can see there would be benefits to slimming down, but you're primarily focused on the challenges. You're not sure you can do it.



Stage 3

You're preparing to lose weight

You're committed to losing weight in the next month. You may have even taken some small steps to start slimming down.



Stage 4

You're losing weight

You've been losing weight within the past 6 months but haven't reached your weight loss goal yet.



Stage 5

You're keeping the weight off

You've maintained your ideal weight for more than six months.

Regardless of what stage you are in today, know that the Full Plate Diet Weight Loss Program offers something for you.

*Information on the stages adapted from James Prochaska's book, *Changing for Good*.



Be a Role Model

Imagine tucking your child into bed and sharing a hug. As you look into your child's eyes, he or she tells you, "You know, I always wanted to be just like you."

Whether we like it or not, we're all role models. Those who are important to us are watching. The things we do in our lives always have an effect on them. This effect can be positive or negative.

Being aware that we're role models can be a powerful tool to help us meet our weight loss goals, if we choose to use it.

Think of the people who are important to you. It might be your children, your grandchildren, a friend, or your spouse. As you make choices today, think of yourself as a role model for these important people.

Who do you want to be a role model for?

List two people who would benefit from you losing weight. How would they benefit?

1. _____

How would he or she benefit?

2. _____

How would he or she benefit?

*Be the change you wish to
see in the world.*

—Gandhi

How Losing Weight Will Change My Life

1. What two things would I like to do but can't because of my weight?

2. How will losing weight enhance my life?
