

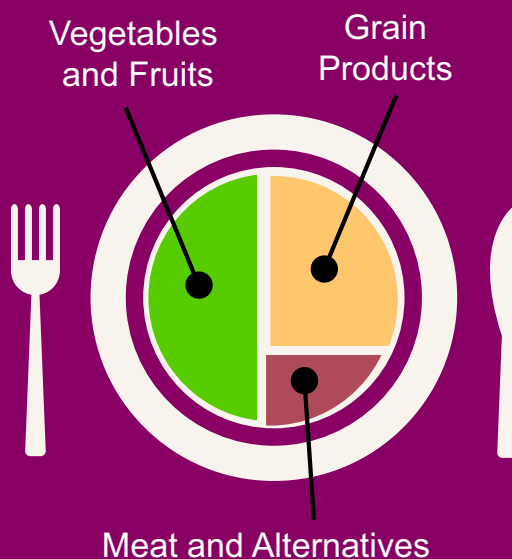
## ***Building Blocks for Fast, Fun Meals!***

**Once you know what your plate should look like, it's easy to customize delicious, quick meals and snacks:**

- Whole grains (whole grain pasta, cereals, brown rice, etc.).
- Fruits and vegetables (eat the rainbow of colourful ones like dark green broccoli, spinach; yellow and orange choices like carrots, sweet potato, clementines; reds, as in tomatoes, pomegranates).
- Dairy or dairy alternative products (low fat/nonfat cheese, milk, almond milk, etc.).
- Proteins (lean meats, fish, eggs, meat substitutes, tofu, tempeh).
- Water (easy to forget, but an important part of healthy eating!).



Now that you have all the ingredients for a healthy meal, you can start focusing on portion sizes! In the last email, we saw what your plate should look like – half the plate should be taken up by vegetables and fruits, a little over a quarter should be whole grains, and just under a quarter should be meat or meat alternatives. There should be a small amount of dairy, a minimum of fats (like salad dressing), and of course, water!



***Below you will find foods that are handy to have in the freezer/fridge/pantry.***

**Add selections from each column to make your plate.**

<b>Veggies/Fruit</b>	<b>Grains</b>	<b>Milk and Alts</b>	<b>Meat and Alts</b>
Steamed garlic broccoli	Couscous	Crumbled feta or shredded Parmesan cheese	Boneless, skinless chicken cooked with salsa
Roasted cauliflower	Whole grain noodles	Plain nonfat yogurt or sour cream	Slices of turkey meatloaf
Red and green pepper strips with onions	Baked potato	Milk	Turkey/veggie/salmon burger
Spinach with orange sections	Brown rice	Cottage or ricotta cheese (non-fat)	3-bean or tofu chili

## ***Some tips for controlling portions:***

- Eat on smaller plates. Many of our plates today are oversized and give the idea you need to fill them.
- Make sure you eat 3 main meals per day, including breakfast, and add 2-3 small, planned snacks in between meals.
- Remove your plate when you have finished your meal and give yourself a cue that it's over (e.g., chew a piece of gum, brush your teeth, etc.).

## ***Rule of Thumb, and Other Measures!***

There's no need to haul out the measuring cups and spoons if you keep these handy serving estimates in mind when prepping and freezing your food, or even when eating out.

- 1 teaspoon of fat (margarine, salad dressing, oil, etc.) = size of the tip of your thumb (1st joint to tip).
- 2 tablespoons of peanut or nut butter = size of a ping pong ball.
- 1 serving of cheese = size of 4 dice stacked together, or the size of your thumb.
- 1 serving of chicken, meat, or equivalent = size and thickness of a deck of cards.
- 1 serving of rice, pasta, or cooked vegetables = size of an ice cream scoop.
- A medium fruit = size of a baseball (not a softball!).
- A medium potato = size of a computer mouse.



## What Can I Do?

Focus on the flavours and textures of your food when planning and building your meals and mix them up to make it interesting. Adopting new habits takes time and ongoing effort – it's unfair to expect too much of yourself all at once. Think about challenges that may come up over the next week (office party, dinner at a friend's house) and plan how you'll manage those. It's a process! Understand that you'll have setbacks and just get back on track for the next time – and remember that there's always a next time! Here are some things to think about when building your meals:

### When?

- **It starts when you make your grocery list.** Think about what you'll need to meet the needs of your snacks and meals, and stick to the list. Also, try not to shop when you're hungry; when you do groceries on an empty stomach you're more likely to make unhealthy choices or buy on impulse.

### Why?

- Building healthy meals and snacks and having most or all of the servings you need at the ready helps make eating well as convenient as eating unhealthily.

### What?

- Take a look at your usual way of eating (the “before”) and together with your healthcare professional, compare it with how you want to eat to be able to manage your weight (the “after”). **Together, make a list of short-term and long-term goals.**

### Where?

- **Choose a place to eat and try to make it your focus.** Eating in front of the TV or while standing makes you feel like you haven't eaten as much and can cause you to overeat.

### Who?

- **Who will you eat with (if anyone)?** What if they choose something unhealthy or in a larger portion? You'll be around people who aren't trying to manage their eating habits and it helps to prepare yourself in advance for how that will feel and what you can do to not follow suit.

### How?

- **Write down your plan for your meals and snacks for the next day.** And don't forget to drink water throughout the day to keep hydrated and to avoid eating when you're actually thirsty!



## Mind Shift



### From here

"It's Friday and I ate poorly after work. I'll give myself the weekend and start eating properly on Monday."

### To here

"So, I went a bit overboard after work. I'm going to write down my eating plan for tomorrow and may even take a walk around the block.

There's always a way to get back on track!"

### How to get there

We all play little games with ourselves to avoid change. Recognizing when you put off doing something, make excuses, or blame someone/something for not sticking to your plan is more than half the battle! When you "win" by cheating yourself, it's a bit of a hollow victory. Focus on your real reasons for your setback and be kind to yourself.

Talk to your healthcare professional or a **CONTRAVE Support program** nurse counsellor and then pick up where you left off!



## Food for Thought

Think about the goal you set with your healthcare professional. It isn't about fitting into your jeans from high school or losing "X amount" of weight before your next beach vacation or your reunion. It's about adopting a healthy lifestyle. Think about the pros and cons of not changing anything at all versus moving toward a healthier lifestyle.



### Pro

Being inactive and eating unhealthily may give you more time to watch Netflix at this moment.



### Con

Over time, an unhealthy lifestyle can lead to health issues.

Focus on the wins of adopting a healthier lifestyle and feeling better in the short term. Set some short-term goals with your healthcare provider, e.g., "By this time next week, I want to walk 5 minutes more than I did this week."



**Change doesn't happen overnight, but it's important to not use that as an excuse to avoid change entirely.**



And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CNTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

**CONTRAVE** is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood)

**CONTRAVE** should be used along with a reduced-calorie diet and increased physical activity.

**CONTRAVE** should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.

**Contrave** **Support  
program**