

UNC Wellness Centers

Talk to Me Tuesday

3 Tips to Manage Weight During the Pandemic

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Poll

- What habit(s) have you started since the beginning of the pandemic?
- Chat in response

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What's Happening Currently

- Consuming more carbs, sugar, and alcohol
- Increase in stress eating
- Purchasing easy to grab snack items

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Opportunity For Change

- Meal Planning
 - Key to weight management success
 - Plan meals and snacks

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Meal Planning

- Select dinners and recipes as needed
- Shop for those ingredients
- Prepare ingredients
- Focus on easy meals

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Tracking

- Food and exercise diary
 - Why?
 - How?
 - Examples: myfitnesspal, Loselt, Sparkpeople, Weight Watchers, good 'ole pencil and paper

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myfitnesspal

3 Months of Premium Free
USE CODE MFPHEALTHY2020

Your Food Diary For: Monday, July 20, 2020

	Calories (kcal)	Carbs g	Fat g	Protein g	Sugar g	Fiber g
Breakfast						
Banana, 0.5 medium	53	13	0	1	2	2
Skim Milk - Skim Milk, 1 cup	80	11	0	8	11	0
Fage [®] - Fage Nonfat Greek Yogurt - Plain, 1 cup (227 g)	130	9	0	23	9	0
Spinach, 2 cup	14	2	0	2	0	1
Add Food Quick Tools	277	35	0	34	27	3
Snack 1						
raisin bread - Bread, 1 slice	80	15	2	2	5	1
peanut butter & co. - Peanut Butter, 2 tbsp.	180	8	15	7	3	2
Add Food Quick Tools	260	23	17	9	8	3
Lunch						
Quinoa salad, 1 servings)	288	27	18	6	3	2
Add Food Quick Tools	288	27	18	6	3	2
Snack 2						
Cottage cheese - Lowfat, 2% milkfat, 1 cup (not packed)	203	8	4	31	1	0
Add Food Quick Tools	203	8	4	31	1	0
Dinner						
SAMs salmon - Salmon, 6 ounces	270	0	14	35	0	0
Add Food Quick Tools	270	0	14	35	0	0
Dessert						

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Health

Intuitive Eating

- Identify emotional hunger vs physical hunger
- Listen to your body
- Remove distractions while eating

Re-assess

- Check in with yourself each month
 - What's working, what's not
 - Nothing changes, if nothing changes
 - Instant success

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Need additional support?

- **Virtual Nutrition Counseling is available.** New members receive a complimentary 30 minute session.
- **Web Wellness Program** – This 10-week program offers regular virtual support from the dietitian. The program starts with an initial virtual nutrition consultation and provides weekly support through email and electronic tracking methods.
 - Contact Liz at Elizabeth.watt@unchealth.unc.edu
 - Contact Britt at Britt.Schuman-Humbert@unchealth.unc.edu

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Coming Up Next!

July 28: 5 Ways to Thrive in the Midst of Chaos

Being human today can be hard and depressing. You are not alone.

Join Coach Julie to learn five simple practices that are proven to increase happiness and fulfillment even when life is unpredictable. You will not want to miss this chance to change the course of your days.

August 4: TBD

All sessions are held on Tuesdays at 12:30 pm using the same link you used to join today. <https://unchealth.webex.com/meet/Julie>