

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Nutrition Basics Learning Activities

- Describe something you learned from Nutrition Basics and one change you can implement now to help you obtain better health.
- Experiment with keeping a food journal for one week. Here are some tips:
 - Record everything you eat and drink (right after you eat and drink). Be realistic estimating portion sizes.
 - Write what you're doing while you're eating: driving, watching TV, working, etc.
 - Describe your emotions when you ate: Were you truly hungry? Bored? Nervous? Angry? Sad?
 - How do you feel after eating? Full? Just right? Still hungry?
 - Be honest. This information is for *you*-and it provides feedback. It is not meant to shame.
 - Each day, review your journal and evaluate how your emotions affect your eating.
 - This [article](#) provides some good insights as well.