

Session 2:

Can All Fiber-Rich Foods Help You Lose Weight?

The Point: How to tell the difference between fiber-rich foods that can help you lose weight and those that can't

Items Needed by Facilitator

- *The Full Plate Diet* book
- Full Plate Diet Weight Loss Program Facilitator Guide
- *Full Plate Diet Fiber Guide*
- Bottle or glass of water
- Extra pens or pencils
- Timer for timing each activity
- Wastebasket

Notes to Facilitator

It's important to start the program on time in order to get out on time. Plan on a few people straggling in late; it always happens.

During this session you'll be asked to describe, in about 30 seconds, a time when you had a fun experience with water. Think about what you'll say before the session begins.

Thanks for facilitating this session! As facilitator, you'll create a safe, supportive, accepting environment. So smile often! We've added an occasional smiley face as a reminder. ☺

Optional Materials

- Name tags for participants
- Check-in table
- A free gift drawing

Pre-Session E-mail Reminder

Here's a sample e-mail script you can use.

Subject Line: *Are You Eating Enough to Lose Weight? Session 2*

E-mail Body:

I look forward to seeing you on (DATE, TIME).

In this session we'll explore:

- *Whether all fiber-rich foods can help us lose weight*
- *How to use our Full Plate Diet Fiber Guide*
- *How the journey toward weight loss takes place in stages*
- *Why being a role model can help us lose weight*

Make sure to bring your program materials.

See you then,

(YOUR NAME)
Session Facilitator

1. Greeting

(1 minute...53 minutes remaining)

TAKE YOUR CELL PHONE OUT, TURN IT OFF, AND INVITE OTHERS TO DO THE SAME. MEANWHILE, MAKE SURE EVERYONE CAN HEAR YOU.

**Welcome to this second session
of the Full Plate Diet Weight Loss**

Program. I'm glad to see you again!
☺

**My name is (FIRST NAME ONLY)
and I'll be your facilitator for this
session.**

HOLD UP FACILITATOR GUIDE.

**I'll use this Facilitator Guide to
help me map out the next step on our
journey toward weight loss and
greater health.**

**Just a reminder: You might like to
lean the program materials you're not
using against the leg of your chair.**

**Today we'll discover how to tell the
difference between fiber-rich foods
that will help us lose weight and
fiber-rich foods that can actually
pack on the pounds.**

**HOLD UP A BOTTLE OR GLASS OF
WATER.**

**Here's a hint: it has a lot to do with
water.**

2. Friendship Question

(4 minutes...49 minutes remaining)

**Speaking of water, let's get to
know the people around us a bit
better by talking about a fun
experience you've had with water.**

**For some of you, perhaps you've
enjoyed water during a trip to the
lake where you swam, fished, or
water-skied. Or maybe you enjoyed
water in a slightly different form
when you went downhill skiing or
carved figure eights at an ice skating
rink. Or maybe you were ambushed
at a child's birthday party by a pack**

**of wild kids with water balloons and
squirt guns.**

**For me, my fun experience with
water was...**

**BRIEFLY—IN 30 SECONDS—
DESCRIBE A FUN EXPERIENCE
YOU HAD WITH WATER. MODEL
THE SORT OF RESPONSE YOU'D
LIKE TO SEE SHARED BY
PARTICIPANTS.**

**That's my water story...but what's
yours? ☺**

**Please form groups of three. It's
okay to turn or move your chairs
around so you can sit close together;
we'll all be talking at once so scoot
close to your partners so you can
hear.**

**Take the next two minutes and
share with each other about a fun
experience you had with water.**

**HELP PARTICIPANTS FORM
GROUPS, IF NECESSARY. STICK TO
GROUPS OF THREE IF AT ALL
POSSIBLE; IT WILL ALLOW
EVERYONE TO HAVE TIME TO
DESCRIBE A FUN TIME WITH
WATER.**

**ALLOW 2 MINUTES FOR GROUPS
TO SHARE. GIVE 30-SECOND
WARNING.**

**Thanks for sharing with your
friends.**

3. What Does Harvard Have to Say?

(3 minutes...46 minutes remaining)

Today, as we talk about food, we'll also talk about water's impact on whole, fiber-rich foods. We call it the **Water-Fiber Principle**. It's the reason that **Powering Up** your plate, which we discussed in **Session 1**, allows you to have a full plate and still lose weight.

But before we dive into the **Water-Fiber Principle**, let's touch on a couple important points.

HOLD UP *THE FULL PLATE DIET* BOOK.

Please turn to page 11 in *The Full Plate Diet* book.

PAUSE TO ALLOW PARTICIPANTS TO TURN TO PAGE 11.

Notice the bold quote in the right column: "The more fiber you eat, the more weight you'll lose."

Would someone be willing to read aloud from where the "Harvard Study" section begins to the bottom of that first column?

ALLOW UP TO 10 SECONDS FOR A VOLUNTEER TO SPEAK UP. IF NOBODY HAS VOLUNTEERED IN THAT TIME, READ THE SECTION ALOUD YOURSELF.

[HERE'S THE READING ON PAGE 11 OF *THE FULL PLATE DIET* BOOK FOR YOUR CONVENIENCE:

"The more fiber you eat, the more weight you'll lose. The less fiber you eat, the less weigh you'll lose.

When Walter Willett, M.D., and his colleagues at The Harvard School of Public Health studied

nearly 75,000 women over a 12-year period, one thing was obvious: the women who ate whole-grain fiber weighed less than the women who did not.

By stimulating the release of certain intestinal hormones, fiber promotes a feeling of satisfaction earlier in the meal. Fiber also slows the emptying of the stomach, prolonging that sense of fullness. As a result, fiber helps you eat less. It also slows the digestion and absorption of starches. This allows your body to break down dietary fats instead of storing them."]

Thanks for reading.

That's good news: A study of 75,000 women found that those who ate fiber weighed less than women who didn't eat fiber.

You might think, then, that losing weight is just a matter of eating more fiber...that's not the case, because all fiber-rich foods are not created equal when it comes to having a full plate and losing weight.

Let's talk about how much weight you can reasonably expect to lose if you fill your plate with whole, fiber-rich foods.

4. Expectations: Realistic Weight Loss

(5 minutes...41 minutes remaining)

How many of you have ever watched an episode of "The Biggest Loser?"

PAUSE.

Watching people lose significant weight can be inspirational, but the rapid weight loss portrayed on that show can actually be a problem.

And, for many people, seeing how quickly others manage to shed pounds isn't inspirational. It's demotivating and discouraging.

So let's push the pause button and take a moment to examine our expectations regarding weight loss.

PAUSE.

We live in a microwave society. We want instant results, sort of like popping a meal in the microwave. In goes the food, a buzzer sounds, and out comes a fully cooked meal.

But losing weight with the Full Plate Diet approach is more like cooking with a crock pot. It's slow, steady, sustainable weight loss.

Slow weight loss is healthy weight loss. Dropping weight too quickly can actually harm our health, and pounds lost quickly often find their way back to our waistlines.

Maybe some of you have experienced that in your own lives. 😊

Do this for me, please: Think of a time in your life when you managed to lose some weight.

In your group, share whether that weight loss was more like a microwave or a crock pot experience. Did you lose the weight very quickly...or slowly? And did you keep the weight off or gain it all back? Take two minutes to share in your group.

GIVE PARTICIPANTS 2 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

If you follow the steps provided in this weight loss program, you can lose 1-2 pounds per week, without feeling hungry. That means you could, over the next six weeks, drop a full dress size or a notch or two on your belt—which is good news. 😊

But the better news is this: If you practice what you learn on this journey, you can expect to *keep* those pounds off—for good.

5. Can All Fiber-Rich Foods Help You Lose Weight?

(7 minutes...34 minutes remaining)

Now let's explore the Water-Fiber Principle I mentioned earlier.

Please turn to page 14 in your Participant Guide.

PAUSE AS PARTICIPANTS TURN TO PAGE 14.

You'll see a page of fiber-rich foods hanging out at the beach.

Please take a minute to circle any foods on this page that you've eaten in the last few days.

If you need a pen or pencil, raise your hand. I brought loaners. 😊

PAUSE 1 MINUTE FOR PARTICIPANTS TO CIRCLE THEIR CHOICES. GIVE 15-SECOND WARNING.

Thanks for doing that.

Unfortunately, not all fiber-rich foods are created equal when it comes to filling your plate and helping you lose weight.

If you would, draw a line along the shoreline.

CONTINUE SPEAKING AS PARTICIPANTS DRAW LINES.

All the foods pictured are fiber-rich foods, but those on the left side of the line are what our friends at the Full Plate Diet call “Full Plate Superfoods.”

Why do they call them Full Plate Superfoods? Besides the fiber, they also contain a lot of water, at least 60 percent or more; the foods on the right side don’t.

The high water content of the foods on the left make them super weight loss foods; you can fill your plate with them and still lose weight. That’s why...

HOLD UP *THE FULL PLATE DIET* BOOK

the book is called, “The Full Plate Diet.”

Some of the foods on the left side made the cut because, when you prepare them, you add water. Beans, and whole grains, like oatmeal and brown rice, become Full Plate Superfoods when you cook them in water.

You might be surprised to find nuts and seeds on the right side of your line. That’s because they contain very little water. No question that they’re healthy foods, but if you’re trying to

lose weight, only eat a small handful a day.

So why does water content matter? Water has no calories, so the more water natural, fiber-rich foods contain, the fewer calories they tend to have. Power Up your plate with Full Plate Superfoods and you can eat enough to be satisfied and still shed pounds.

A quick question: What did you find most surprising about this activity? Who would like to share? 😊

ALLOW SEVERAL LARGE GROUP RESPONSES.

Thanks for sharing.

A quick reminder: *you* get to choose what you eat. And enjoying a food from the right side of the page won’t harm you. Just realize it probably won’t help you lose weight as well as a Full Plate Superfood. 😊

It’s sometimes hard to know which fiber-rich foods are best for weight loss because food companies often advertise their products as a healthy source of fiber, and imply their products will help you lose weight.

In some ways, those companies are telling the truth.

If you eat a whole-wheat bagel instead of a deep-fat fried stick of butter, that bagel is certainly the better choice for weight loss. 😊

But an even better choice would be an apple...or an orange...or blueberries.

6. *Full Plate Diet Fiber Guide*

(7 minutes...27 minutes remaining)

Since we can't always depend on advertising to guide us to the best sources of fiber-rich foods, our friends at the Full Plate Diet have put together a *Full Plate Diet Fiber Guide* for us.

HOLD UP *FULL PLATE DIET FIBER GUIDE*.

Please open your copy to page 30.

PAUSE AS PARTICIPANTS TURN TO PAGE 30.

You'll see some foods have a blue background. These are the Full Plate Superfoods we just talked about.

They're highlighted in blue to remind us that besides naturally containing fiber, they have a lot of water.

That's the reason they're great for Powering Up your plate. You'll feel full, stay full longer, and consume fewer calories.

You've got to love those Full Plate Superfoods! 😊

Now flip through your *Fiber Guide* and pick out a couple of your favorite Full Plate Superfoods. Take a minute to do that.

WAIT 1 MINUTE. GIVE 15-SECOND WARNING.

Now describe to your group how you enjoy eating the foods you chose.

For instance, if you like bananas, do you slice them in cereal? Freeze and blend them in a smoothie? Or just peel and eat them plain? Share with your group. Go ahead and take a couple minutes to do that.

GIVE GROUPS 2 MINUTES FOR SHARING. GIVE 30-SECOND WARNING.

Thank you for sharing with each other.

Keep your *Full Plate Diet Fiber Guide* in your purse or backpack and you can refer to it the next time you prepare a shopping list, or you're ready to grab a snack.

Now turn to page 15 in your Participant Guide for a couple of Quick Tips.

PAUSE AS PARTICIPANTS TURN TO PAGE 15.

The first tip is this: *"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."*

Tip number two: *"If you eat Full Plate Superfoods at the beginning of your meals, they'll fill you up so you'll have less room in your stomach for higher calorie foods."*

Go ahead and underline the next 5 words:

"Eat Full Plate Superfoods first!"

PAUSE.

And a reminder of a Quick Tip from last session: Drink up! Boost your water consumption as you eat more fiber-rich foods because fiber loves water like a pig loves mud. So drink water throughout the day.

For a fun video on fiber and water, search “Fiber’s Obsession with Water” on YouTube. You’ll notice that’s listed on the bottom of page 15.

7. Are You Eating Enough to Lose Weight?

(4 minutes...23 minutes remaining)

Time for a pop quiz!

If the average American eats 3 servings of fruits and vegetables a day, how many grams of fiber is that average American likely to consume? Any guesses?

PAUSE FOR SEVERAL GUESSES.

Let’s turn to page 24 of *The Full Plate Diet* book and find out.

Will the first person who finds the fiber gram count in 3 servings of fruits and vegetables please call out the answer?

Here’s a hint: the answer is in the first paragraph. 😊

PAUSE UNTIL YOU HEAR THE CORRECT ANSWER: 10 GRAMS

Ten grams of fiber per day is the current intake of the average American. Is that adequate?

Please turn to page 16 in your Participant Guide.

PAUSE AS PARTICIPANTS TURN TO PAGE 16.

Shade in the bar up to 10 grams, the average American fiber intake. Use your pen or pencil.

WAIT 15 SECONDS WHILE PARTICIPANTS DO THIS.

The Full Plate Diet recommends you work your way up to about 40 grams of fiber a day, primarily from Full Plate Superfoods. Go ahead and shade in the bar for *The Full Plate Diet* recommendation of 40 grams.

WAIT 15 SECONDS WHILE PARTICIPANTS DO THIS.

Wow! That’s four times more fiber than the average American eats! This little chart is the secret to how you can fill your plate and still lose weight. It’s an important mile marker on our journey to weight loss and greater health.

So the question is, “Are You Eating Enough to Lose Weight?”

PAUSE.

Keep in mind that 40 grams is a general guideline, not a hard-and-fast target to attain.

If you want to count your daily fiber grams, your *Full Plate Diet Fiber Guide* can help you do that. But if crunching number isn’t your thing, just keep Powering Up your plate with more Full Plate Superfoods, and you can lose weight.

But remember, if you add fiber too quickly, you’re likely to experience

bloating, cramps, and more gas than usual.

So go slow. Your body and the rest of us will thank you. 😊

8. More Than Just Fiber

(3 minutes...20 minutes remaining)

Here's something you should know: Full Plate Superfoods do more than help you lose weight. They provide many other health benefits as well.

Look at page 17 in your Participant Guide and you'll see a list of those benefits.

Take the next minute and look through the list and check all those that you care about.

WAIT 1 MINUTE WHILE PARTICIPANTS DO THAT. GIVE 10-SECOND WARNING.

Now take the next 30 seconds and circle the one that is most important to you, and then you'll share that with your group.

GIVE PARTICIPANTS 30 SECONDS TO COMPLETE THE TASK.

Now please share with your group which health benefit you've chosen and why. Take one minute to do that.

GIVE PARTICIPANTS 1 MINUTE TO SHARE. GIVE 15-SECOND WARNING.

9. Stages On Your Weight-Loss Journey

(5 minutes...15 minutes remaining)

Thanks for sharing your thoughts.

In a moment I'll ask you to shoot a basket from where you're seated. Your goal is to score two points by sinking your shot.

OK, here we go...ready, aim, shoot!

PAUSE.

Oh, that's right—you're not ready. Please turn to page 19 of your Participant Guide and rip out that page of a picture of a basketball. Then crumple up the page until you have a little ball that you'll be able to shoot at the basket.

PAUSE.

Now let's go. Ready, aim, shoot! Oh, wait...you can't aim unless we have a basket.

PLACE A WASTEBASKET SO EVERYONE CAN SHOOT AT IT.

Now is everyone ready? On the count of three, launch your shot from where you're seated and let's see how we do.

One, two, three!

PAUSE AS PAPER BALLS FLY TOWARD THE BASKET.

Outstanding! There's Olympic potential here, no doubt about it! 😊

A question for us as a group: What went wrong the first time I asked you to shoot? And the second time? Why didn't you shoot?

ALLOW SEVERAL GROUP RESPONSES.

Thanks.

It's hard to be ready...and aim...and hit a target if you don't do it in the right order. That's true of basketball...and it's true of weight loss, too.

Research confirms the number one reason people fail to lose weight and keep it off is they simply don't know how.

Successful weight loss is a process that takes time and involves progress through five stages.

You can't skip a stage and be successful anymore than you can make a basket without having something to shoot with or something to shoot into.

Our friends at the Full Plate Diet describe reaching our desired weight as a journey—one that's described on page 21 of your Participant Guide. Turn to that page, please—but don't tear it out! 😊

PAUSE AS PARTICIPANTS TURN TO PAGE 21.

Notice there are five stages on a successful weight loss journey. Please take one minute to read the

five stages to yourself and then circle the stage that most closely describes where you are right now on your journey. Which stage best describes you?

ALLOW 1 MINUTE FOR READING AND MARKING. GIVE 15-SECOND WARNING.

During these Full Plate Diet sessions we'll dig into ways we can take the next step along the way. For all of us our journey may be two steps forward and one step back—that's normal and to be expected. And it's okay—each step prepares us to take the next step.

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

10. Be a Role Model

(6 minutes...9 minutes remaining)

I love that we're taking this journey toward weight loss and health together. You're each a role model for me as I take steps on my own journey.

And here's a secret: You're a role model to others, too. Let's pause and consider who those others might be.

Please turn to page 22 in your Participant Guide and read the paragraphs at the top of the page to yourself.

GIVE PARTICIPANTS 30 SECONDS TO READ THESE PARAGRAPHS ON PAGE 22 SILENTLY.

Now, if you would, choose two people who would benefit from you losing weight. And write down how they would benefit. Maybe it's a friend who can't seem to complete challenging projects and seeing you take off 10 pounds would be an inspiration. Or it's a family member who, because she loves you, wants you to take better care of yourself.

Take the next minute to do this now.

**GIVE PARTICIPANTS 1 MINUTE.
GIVE 15-SECOND WARNING.**

In your group, take three minutes to share with each other whom you've chosen, why they're important to you, and how you losing weight would benefit them. If you happen to have a picture in your wallet or on your phone, feel free to share that as well.

GIVE PARTICIPANTS 3 MINUTES TO SHARE. GIVE 1-MINUTE WARNING.

11. Moving Forward

(8 minutes...1 minute remaining)

Thanks for sharing together with your group—and for giving each other the gift of a listening ear and a supportive conversation. ☺

One way to gauge your progress on a journey is to review how far you've come. That's why I'd like you to turn back to page 10 in session one of your Participant Guide.

PAUSE AS PARTICIPANTS FIND PAGE 10.

Last session we each chose a first step to take. I'm confident some of us moved forward and took that first step. Others of us may still have it out in front of us...and that's OK. There's still time. ☺

Get in your groups and share what step you took and how it went. Was it easier or harder than you expected? You have two minutes to share your experiences.

GIVE PARTICIPANTS 2 MINUTES TO SHARE. GIVE 30-SECOND WARNING.

Now turn to page 23 where you'll find a few steps you might take before our next session.

PAUSE AS PARTICIPANTS FIND PAGE 23.

Let's review the choices.

Step A is before next session, you'll take some time to think about the answer to the following two questions:

- 1. What two things would you like to do but can't because of your weight?**
- 2. How will losing weight enhance your life?**

Then you'll write your answers on page 24.

Step B is tracking the number of Full Plate Superfoods you eat for the number of days you choose. You can use the Full Plate Superfood & Water Tracker in the back of the Full Plate Diet Fiber Guide to help you count.

Please take a quick look at the Tracker in the back of your *Fiber Guide* on page 46.

PAUSE WHILE PARTICIPANTS FIND THE TRACKER ON PAGE 46.

The Tracker is divided into mealtimes and a section for snacks. This page is an example of how to use it. You can track your Full Plate Superfoods and your water intake, if you'd like.

PAUSE.

Now let's go back to page 23 in your Participant Guide.

PAUSE.

Step C is creating your own step. There's room for you to write what that step would be.

Decide which step or steps you're willing to take before our next session and check them off.

Then circle the number on the 0 to 10 scale that best describes how confident you are in your ability to do the step or steps you've chosen.

Take the next minute to decide how you'd like to move forward.

GIVE PARTICIPANTS 1 MINUTE TO WRITE. GIVE 15-SECOND WARNING.

Thanks for making that commitment to yourself. 😊

Please huddle up with your group one last time and take one minute to quickly share what step or steps you're willing to take toward

weight loss and health. How did you decide to move forward? What did you write down? Go ahead and share.

ALLOW 1 MINUTE FOR GROUPS TO SHARE. GIVE 15-SECOND WARNING.

12. Closing Thoughts

(1 minute of 1 remaining minute)

As you take steps, you're on your way. You're making progress. 😊

I respect you for moving forward on your journey to lose weight, gain greater health, and have a more energized, enjoyable life. You inspire me...and I know you'll inspire others.

Thanks for being here today.

Enjoy Powering Up your plate with Full Plate Superfoods this week! If you'd like to find some great ways to use those foods, flip through *The Full Plate Diet* book or visit fullplatediet.org.

I look forward to seeing you at our next session and hearing how you did taking your Moving Forward step! 😊

Remember: if you want to lose weight and have more energy, Power Up your meals with more Full Plate Superfoods!

