

## Health Objective Assessment

### Nutrition Objective

The objective of a healthy diet is to improve health by providing palatable and nutritious foods while enhancing your nutrition education and provide nutritional building blocks to optimum health.

#### *How Does My Diet Affect My Health?*

What you eat can greatly affect your health and well-being. All the good things that you associate with health – enhanced appearance, optimal weight, great vitality, and restoration of normal function, positive moods, and a deep feeling of well-being can be attained by eating a healthy diet. Scientific studies have shown time and again that choosing healthy foods can reduce the risk of heart disease, cancer, and other diseases.

Healthy foods can also help you maintain a healthy weight. According to the National Heart, Lung, and Blood Institute, close to 100 million Americans are overweight or obese. Being obese or overweight substantially increases the risk of morbidity from several conditions, including heart disease, hypertension, type 2 diabetes, stroke, osteoarthritis, sleep apnea, and several types of cancer.

So what type of diet is best for disease prevention and to maintain a healthy weight? The best diet is one that you can stick with for life. A healthy diet is a lifestyle, not a fad that is dangerous or difficult to maintain.

Abundant evidence suggests that the most healthful diets set aside animal products and also reduce fats in general, while including large amounts of vegetables and fruits. Eliminating meat and dairy products from your diet is a powerful step in disease prevention. These products are typically high in saturated fat and cholesterol and completely devoid of fiber. They have also been specifically linked to an increased risk of certain types of cancers. Eating a low-fat, plant-based diet rich in whole grains, beans, fruits, and vegetables is the best way to prevent disease and increase chances of survival.

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### Diet and Nutrition Goals

Personal goal setting of health goals will bring outstanding results to your health as well as to other areas of your life. When applied appropriately, personal goal setting is a process that enables you to clarify your goal or goals with intent.

When setting goals make sure they are specific, measurable, attainable, realistic and timely. When you don't have a specific goal, it's difficult to keep track your progress to see how far you've come. Keep in mind that you can have a variety of goals you set for your diet. Before you start your nutrition program take a moment and ask yourself these questions:

1. What do I want to accomplish with this diet/program?
2. Is my goal realistic and attainable?
3. Do I know how to reach my goal?
4. Do I have a timeline for reaching my goal?
5. How will I reward myself when I get there?

Here are some goals to consider and use:

- Weight Loss goals: specify realistic and reasonable weight loss by time periods, i.e., lose 1-3 pounds a week until reaching your set point weight.
- Food goals: Eating healthier foods preferably whole foods, such as whole grains, vegetables, and fruits.
- Improve any chronic health issues, like diabetes, heart disease, etc.
- Exercise goals: Improve your activity level with exercise whether it be a brisk walk daily, yoga, running, or weight / resistant training.
- Find a support system: do you have the support of those who influence your life?

### Goal Setting Your Healthy Eating Plan for Success

Start with clarity about what you're doing!

- Why you are setting nutrition goals?
- What are the barriers to achieving your nutrition goals?
- How are going to overcome these barriers?
- Who can help you achieve your healthy eating goal?

You can learn more about how to gain such clarity about goal setting your healthy eating plans by accessing this 5 part goals settings guidance and using goal setting worksheet (attached).

Here are just a few examples of typical challenges or barriers you might likely encounter when goal setting your healthy eating plan. It is *crucial* that you identify those that are

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unique to you and, which you perceive could get in the way of you achieving your healthy eating goal.

- Time constraints because you work long hours
- Your tendency to eat junk foods or convenience foods
- You do not consider your cooking skills adequate
- Your diet restricts certain foods - e.g. you're a vegetarian
- You have limited knowledge on diet and nutrition

By clearly *identifying the challenges* you will most likely encounter; you're better placed to find solutions when approaching your nutrition goal setting and your healthy eating plans.

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# Health Goal Setting Worksheet

The following activity goal setting exercise will help you get this level of clarity and enable you to prioritize your values.

Please take some time now to consider what is important to you in life at this particular time. For instance, when you think about your health, what are the things you value most highly?

List 10 things you consider to be of personal value in relation to your overall health. To get you started, here are some personal values and the core health areas to which each belong. Use this list and/or add some other values not listed and rank them in order of priority (placing a number in the second column) - for example, supposing 'beauty' is the last value on your list of 10. Is this where it belongs - in 10th place or do you value it much higher in, say, and 1st place? Simply rewrite your values until you are satisfied with them in their order of importance. Your top value should be 1 and so on.

<b>Personal Value</b>	<b>Rank</b>
Good health (Physical)	
Emotional and mental well-being (Mental)	
Healthy eating (Food Nutrition)	
Exercise (Physical)	
Inner beauty (Beauty Health)	
body image (Beauty Health)	
Peace of mind (Mental Health)	
Skin care (Beauty Health)	
Rest/Sleep (Physical & Mental Health)	
Happiness (Mental Health)	

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### My Health and Nutrition Goals

Name: \_\_\_\_\_

What do you want to achieve with health and nutrition? Name your goals below:

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What specific health issue or issues would you like to improve, being as specific as possible:

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What other areas would you like to improve emotionally or physically, i.e., stress management, sleep, eating habits, being as specific as possible:

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Set a deadline(s) for the completion of each goal:

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Tell why you want to achieve your goals:

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List the obstacles or constraints in your way, and how you plan to overcome them:

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Recognize three qualities you have which will help you reach your goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Health Objective Assessment

### **Suggested Health and Nutrition Resources:**

#### **Suggested reading, reference books, DVDs:**

The China Study – T. Colin Campbell, PhD  
The McDougall Quick and Easy Cookbook – John and Mary McDougall  
The Engine 2 Diet – Rip Esselstyn  
Prevent and Reverse Heart Disease – Caldwell Esselstyn, Jr., M.D.  
The Food Revolution – John Robbins  
Food and Healing – Annmarie Colbin  
The McDougall Program – 12 Days to Dynamic Health – John D. McDougall, M.D.  
Whitewash: The Disturbing Truth about Cow's Milk and Your Health – Joseph Keon

Forks over Knives DVD - Documentary about plant-based nutrition and its effect on chronic diseases featuring T. Colin Campbell and Dr. Caldwell Esselstyn. Available at [www.forksoverknives](http://www.forksoverknives.com) or at Amazon.com

#### **Recommended websites about health and nutrition from experts:**

<http://www.drmcDougall.com/> - John McDougall, M.D.  
<http://www.vegsource.com/> - Health and nutrition information, and Forums.  
<http://tcolincampbell.org/> - T. Colin Campbell, PhD  
[www.compassionatecooks.com](http://www.compassionatecooks.com) – Great vegetarian recipes.  
<http://www.pcrm.org/> - Physicians Committee for Responsible Medicine (PCRM)  
<http://wellnessforum.com/> - Pam Popper, N.D., Health and nutrition information and resources.  
[www.cancerdecisions.com](http://www.cancerdecisions.com) - Ralph W. Moss, PhD