



12 Fun Topics

Let The Journey Begin
Introduction to the Diet

Planning Power
Meal Planning

The Main Attraction
Meat

Flour Power
Bread

Thinking Inside the Box
Starchy Veggies

Somewhere Over the Rainbow
Fruits & Veggies

Figuring Out the Fats
Fats & Oils

Do I Have to Eat the Box?
Fiber

Dressed for Success
Salad Dressing

Got A Clue?
Liquid Calories

If Calories Were Cash
Calorie Budgeting

Let's Go Out!
Eating Out

A fun, interactive nutrition program that transforms ordinary people into healthy eaters.

Program includes 12 lessons which can be presented weekly to groups of 5 to 25 participants.

Easy-to-follow Food Plan—1260 calories.

Each lesson includes a Facilitator's Guide, handouts with a fun activity.

A "learning by doing" program.

Participants weigh and measure real food and learn easy techniques to "guesstimate" portions and calories in foods.

Topics can be presented individually as fun nutrition brown bags.

Please Print:

Name _____

Company Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ email _____

Payment options:

Check for \$_____ or

Credit Card: Visa, Master Card, American Express, Discover

Card number:

Expiration Date (month/year)

V code (3 digit number on back of card)

Signature: _____

ITEM	PRICE/UNIT	QUANTITY	TOTAL
Materials for 15 students	\$520		
Facilitator's Manual	\$125		
1 set of Methodist Wellness @ Work® Food Cards in holder	\$ 15		
TOTAL			

Methodist Wellness @ Work[©]

Methodist Wellness Services

The Methodist Hospital

6550 Fannin Street, Smith Tower, Ste. 583

Houston, Texas 77030-2707

713-441-5936, Fax 713-793-1269



Facilitator's Manual

- Complete set of handouts for 12 sessions
- Facilitator's Notes for each class
- General Class Guidelines
- Guidelines for using Food Cards
- One set of Food Cards with holder
- One Calorie King book
- One Food Card Overview

Materials for 15 participants:

- 1 Class Syllabus
- 15 sets of handouts
- 15 sets of Food Cards with holders
- 15 Food Plans

**1 set of Methodist Wellness@ Work[©]
Food Cards with holder**



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