



NEXT LEVEL
NUTRITION

BY *Angela Lucas*

NEXT LEVEL NUTRITION WEEK 11: TRACKING THOUGHTS, FEELINGS AND BEHAVIOURS

WHAT'S HAPPENING IN TODAY'S VIDEO

1. Introduction
2. The 12 week series
3. How to give feedback
4. Recap on last week: Healthy Food Swaps
5. Lesson 11: Tracking Thoughts, Feelings and Behaviours
6. Homework!
7. Q&A

TODAY



WHO AM I?



BACHELOR'S DEGREE IN
HUMAN NUTRITION
(1ST CLASS)



MASTERS DEGREE IN
SPORTS NUTRITION
(DISTINCTION)

SENr
The Sport and Exercise Nutrition Register

BDA The Association
of UK Dietitians



@nextlevelnutritioniom


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WHAT YOU WILL LEAVE THIS COURSE WITH:



Research based behaviour change techniques to dig DEEP into the way you think about food and your daily habits.

How to cook quick and easy meal with high protein.

Healthy food swaps.

and more!

HOUSEKEEPING:

Slides and recording will be available by tomorrow.

Sign up to each class, each week.

You can access them via <https://edu.perksatwork.com/> and searching for Next Level Nutrition in the CoA section.



Course Schedule

Week 1: Know your why & understanding your core values - ✓

Week 2: How to 'surf the urge' to manage cravings- ✓

Week 3: Key questions to trigger mindful eating behaviour in any place- ✓

Week 4: How to change, build & break habits - ✓

Week 5: How to get organised for a week of home cooked meals - ✓

Week 6: Eating more protein part 1 - ✓

BREAK - ✓

Week 7: Eating more protein part 2- ✓

Week 8: How to break the all or nothing diet cycle - ✓

Week 9: Using reflection as a tool for change - ✓

Week 10: Healthy swaps for everyday food - ✓

Week 11: Identify your thoughts & feelings to change your behaviour

Week 12: Recap & Q&A

We really value your feedback



HELP US IMPROVE OUR CLASSES



DOWNLOAD THE

**FEEDBACK
LABS**

MOBILE APPLICATION



iOS App Store:
tinyurl.com/ios-fblabs



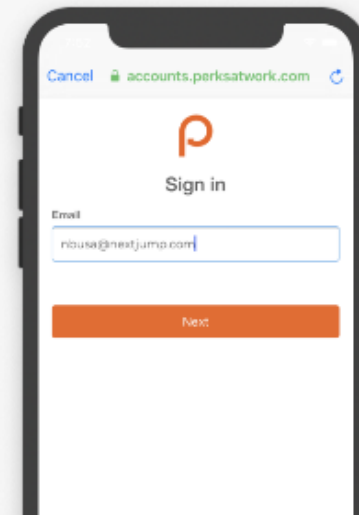
Android Google Play Store:
tinyurl.com/android-fblabs

Need Help Logging In?

1 Enter your work email.

This is the same email you use to log in to Perks at Work!

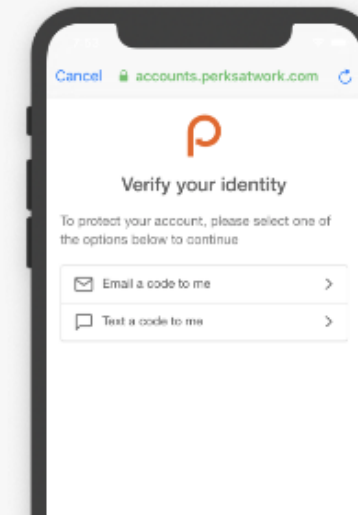
If you are asked to select an organization, please select "WORLD."



2 Verify your account.

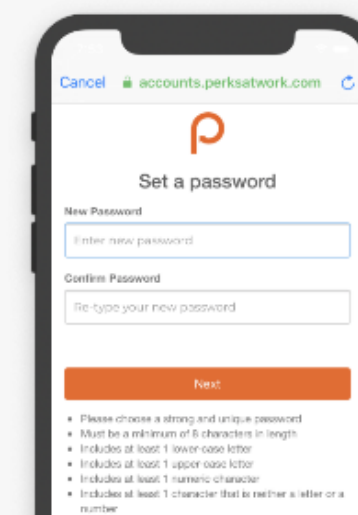
Option 1: Via email.

Option 2: Via invite code nxjacademy.



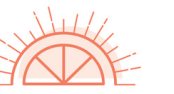
3 Create a password.

This password is used to access all Perks at Work apps.



STILL NEED HELP? PLEASE CONTACT coahelpdesk@nextjump.com





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HEALTHY FOOD SWAPS RECAP

How good was last week - so much sharing of ideas, it was brilliant to see!

Let's quickly recap:



PIZZA

High calorie:
Take out/home delivery pizza

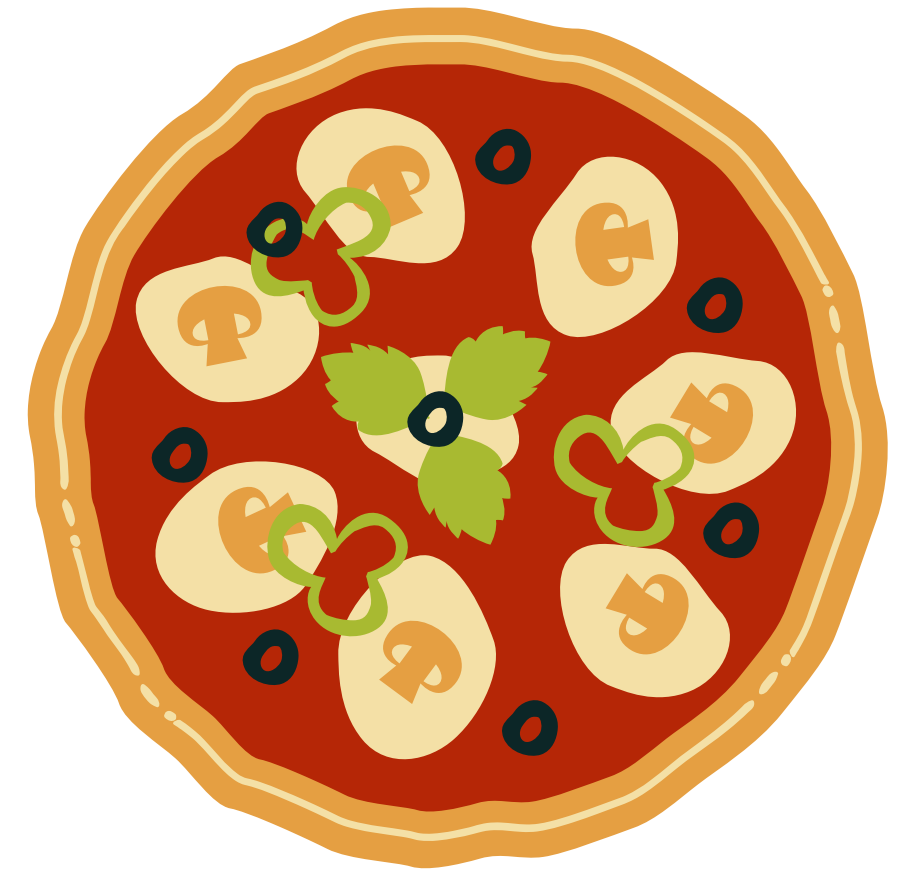
Lower calorie:
Reduced portion +
salad



Lower calorie:
Swap toppings to
lower calorie



Lower calorie:
Swap vegan pizza
(no cheese)



BURGER & FRIES



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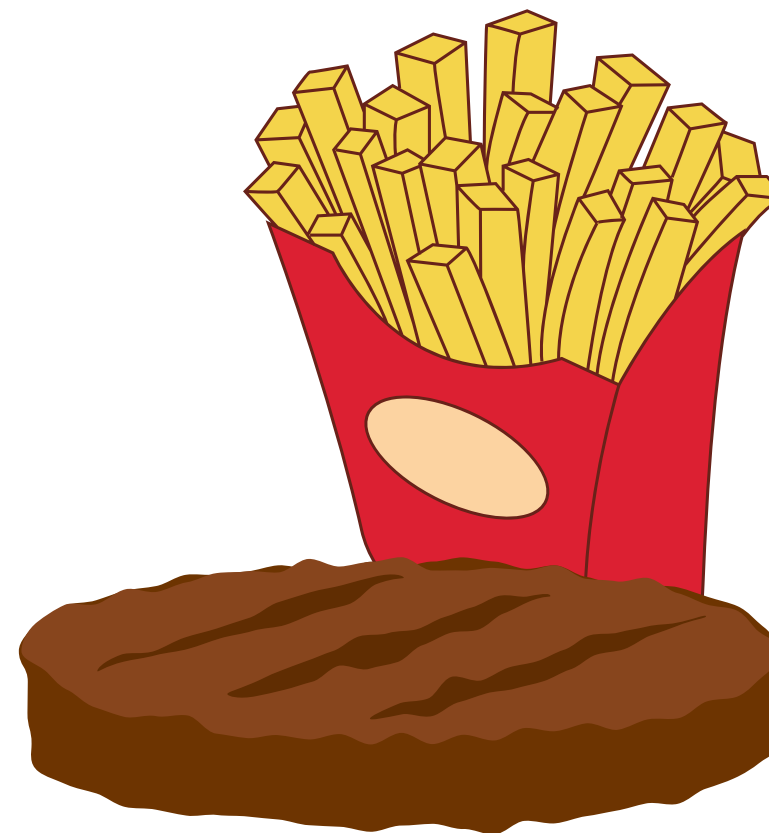
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High calorie:
Burger, bun & fries

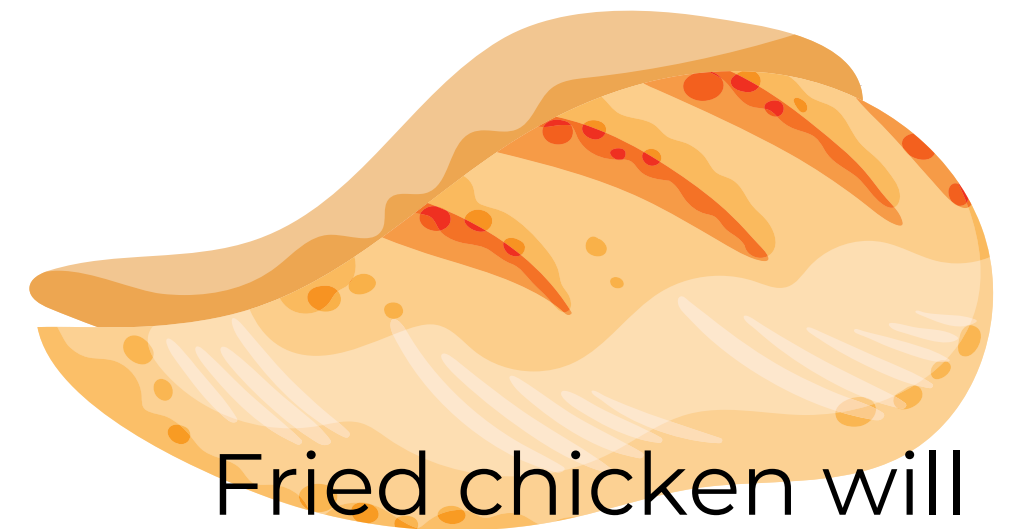
Lower calorie:
Swap fries for salad



Lower calorie: Skip
the bun



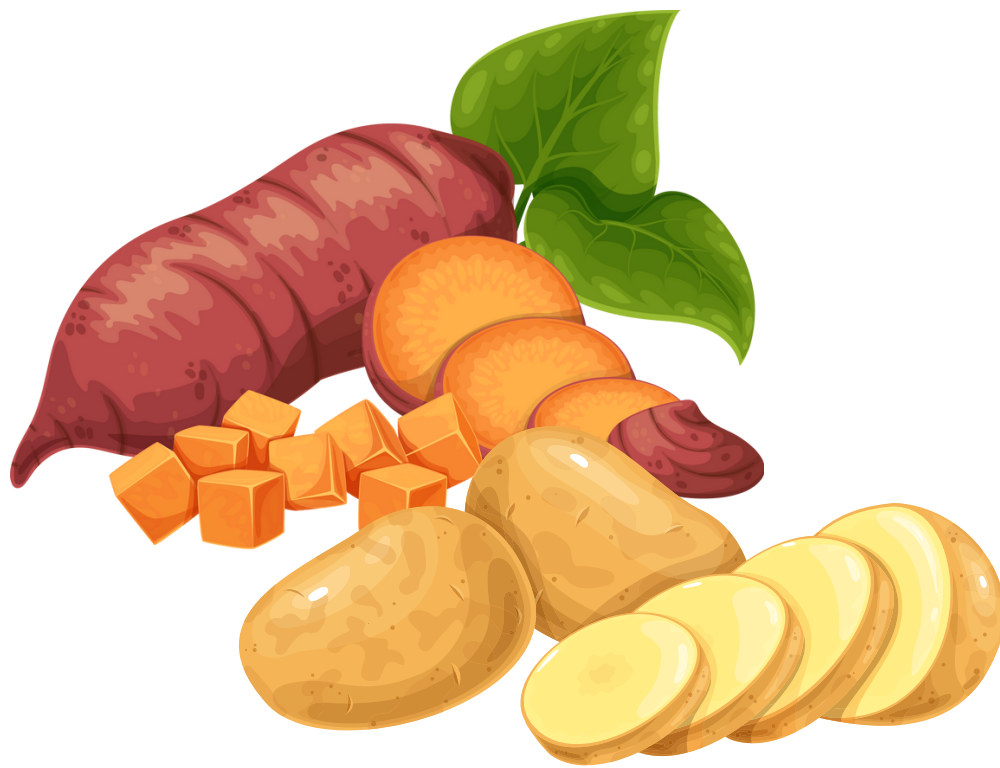
Lower calorie:
Swap to chicken
fillet (if grilled)



Fried chicken will
be higher in
fat/cals than a beef
burger

SWAP MYTHS!

Sweet potato is
not lower in
calories than white
potato



Paleo/Keto bars
and snacks are not
lower in calories
than regular bars.

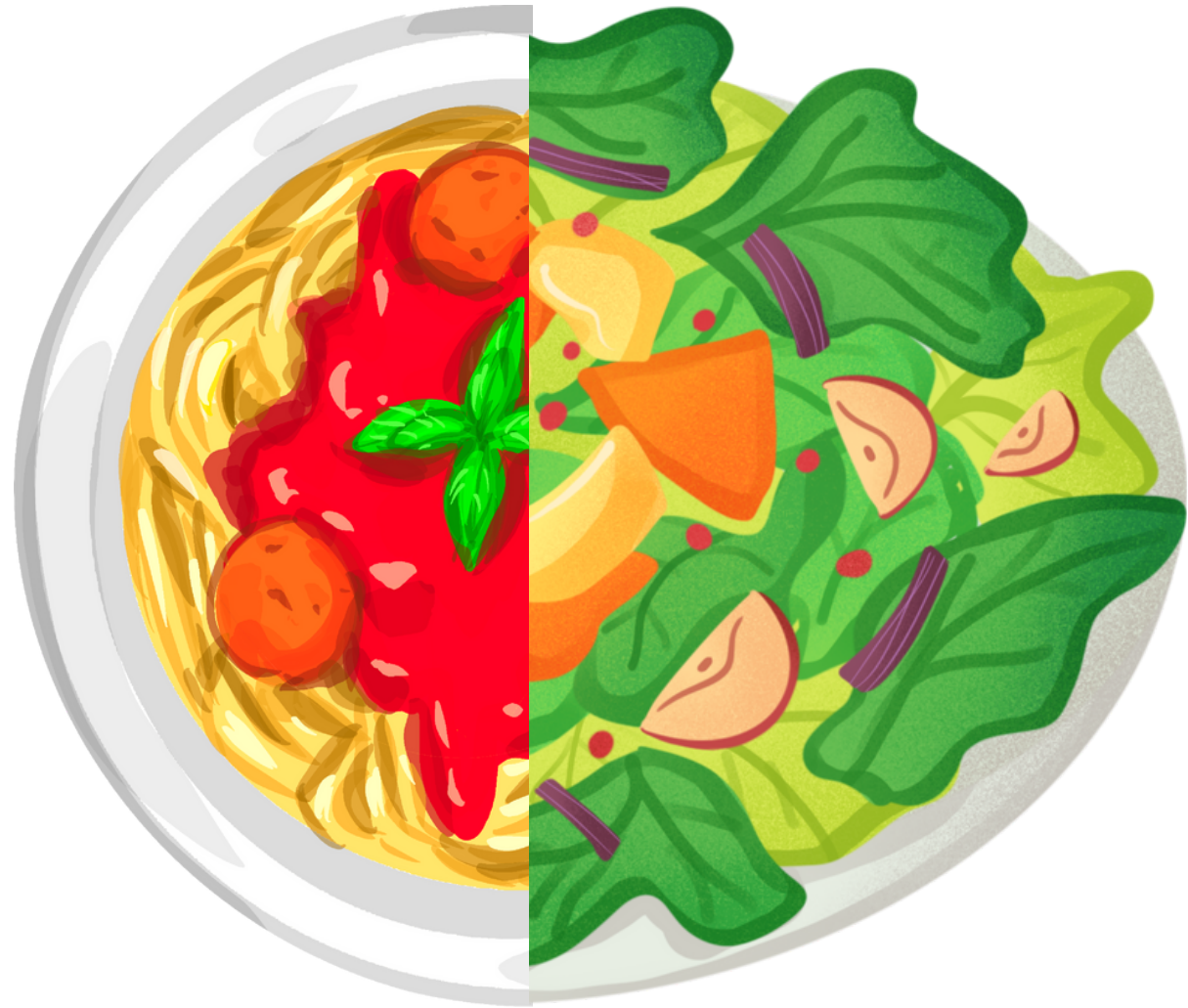


Vegan and Gluten
free are not
necessarily
'healthier'



EASY SWAP FOR WEIGHT LOSS

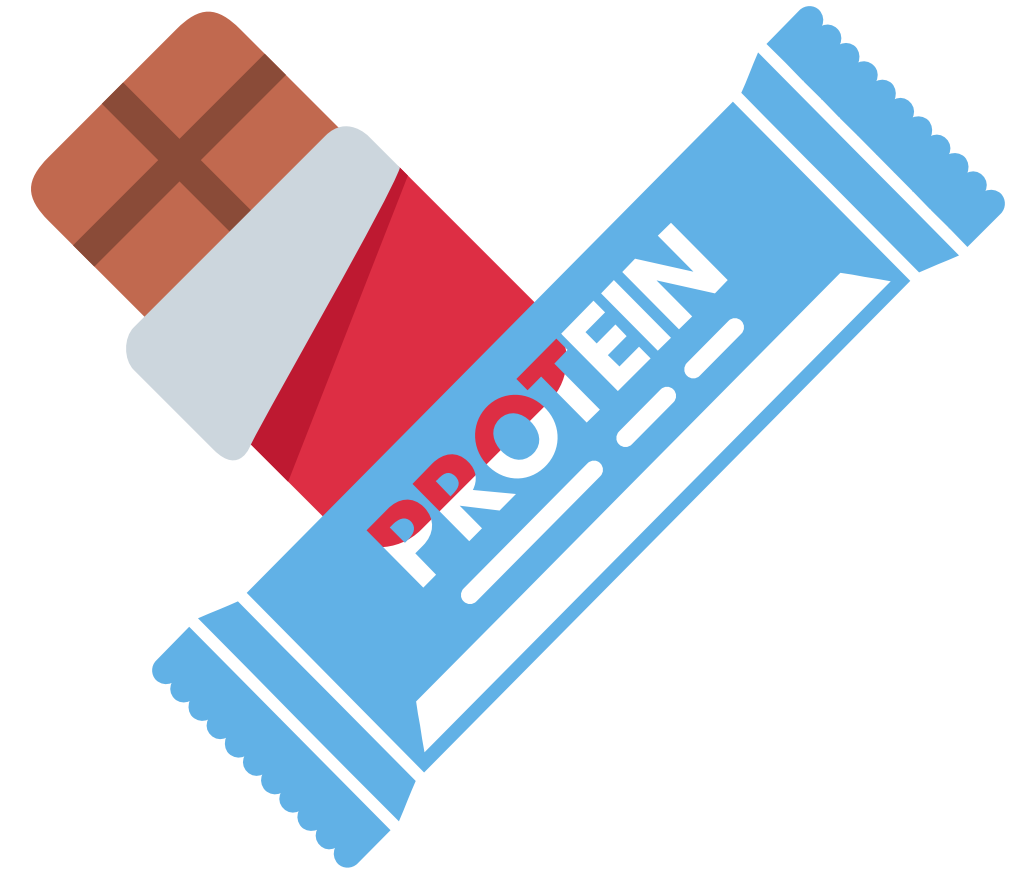
Swap 1/2 your
carbs for veg



Swap smoothies
for fruit



Swap chocolate
bars for protein
bars

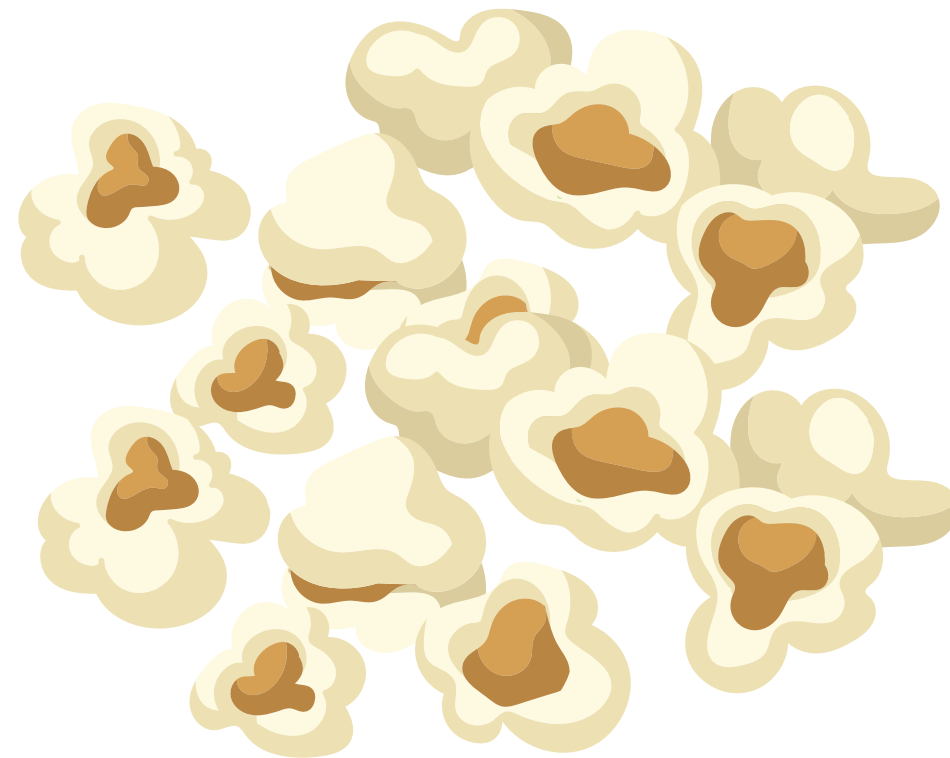


SNACK SWAPS

Dried fruit for fresh
fruit



Swap nuts for
homemade
popcorn

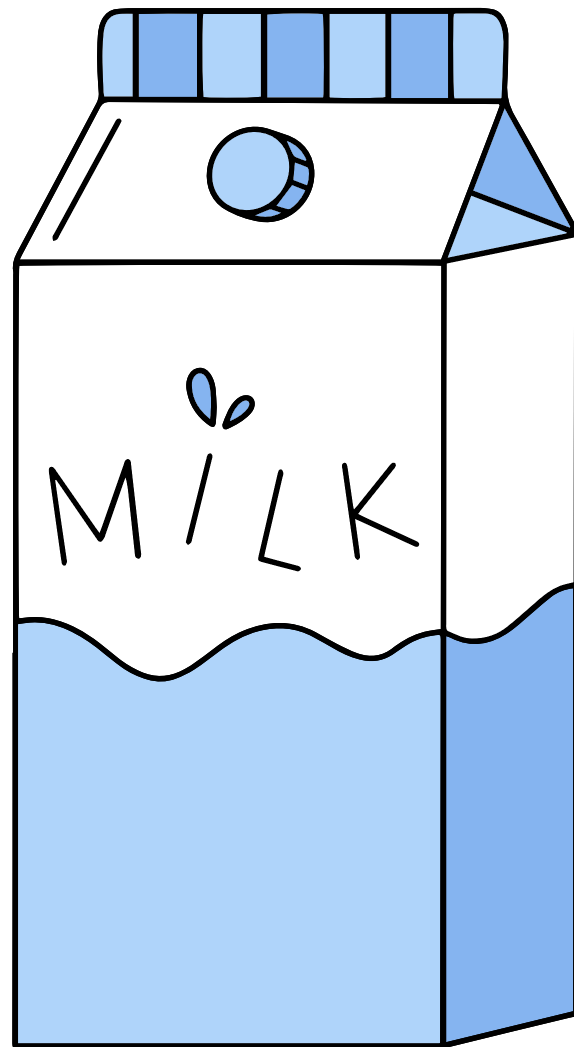


Dip instead of
scoop! w/ veggies



DRINK SWAPS

Swap full fat milk
for skimmed/no fat



Swap full sugar for
diet soda



Swap 'fancy'
coffees for plain



DAIRY SWAPS

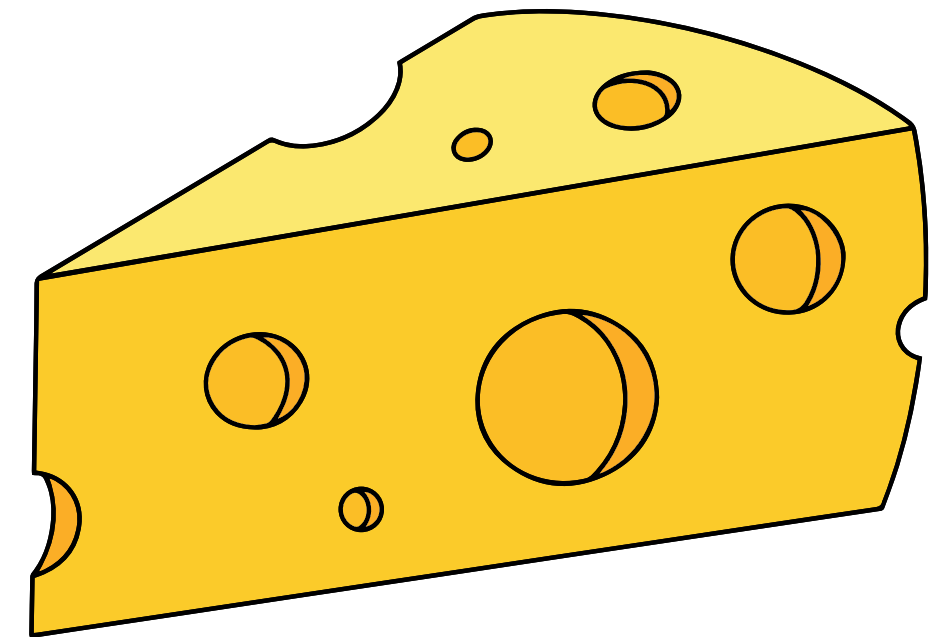
Swap full or low fat
natural to Greek
yoghurt



Swap full fat to 0%
Greek yoghurt



Swap full fat to low
fat cheese



DON'T SWAP...

To reduced sugar
products
(probably)



Anything that will
leave you craving
the 'real version'



Weird tiktok
'hacks'





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TRACKING THOUGHTS, FEELINGS AND BEHAVIOURS FOR CHANGE

This technique comes from CBT (Cognitive Behavioural Therapy)

I am not a therapist but this is a technique I have found very helpful.

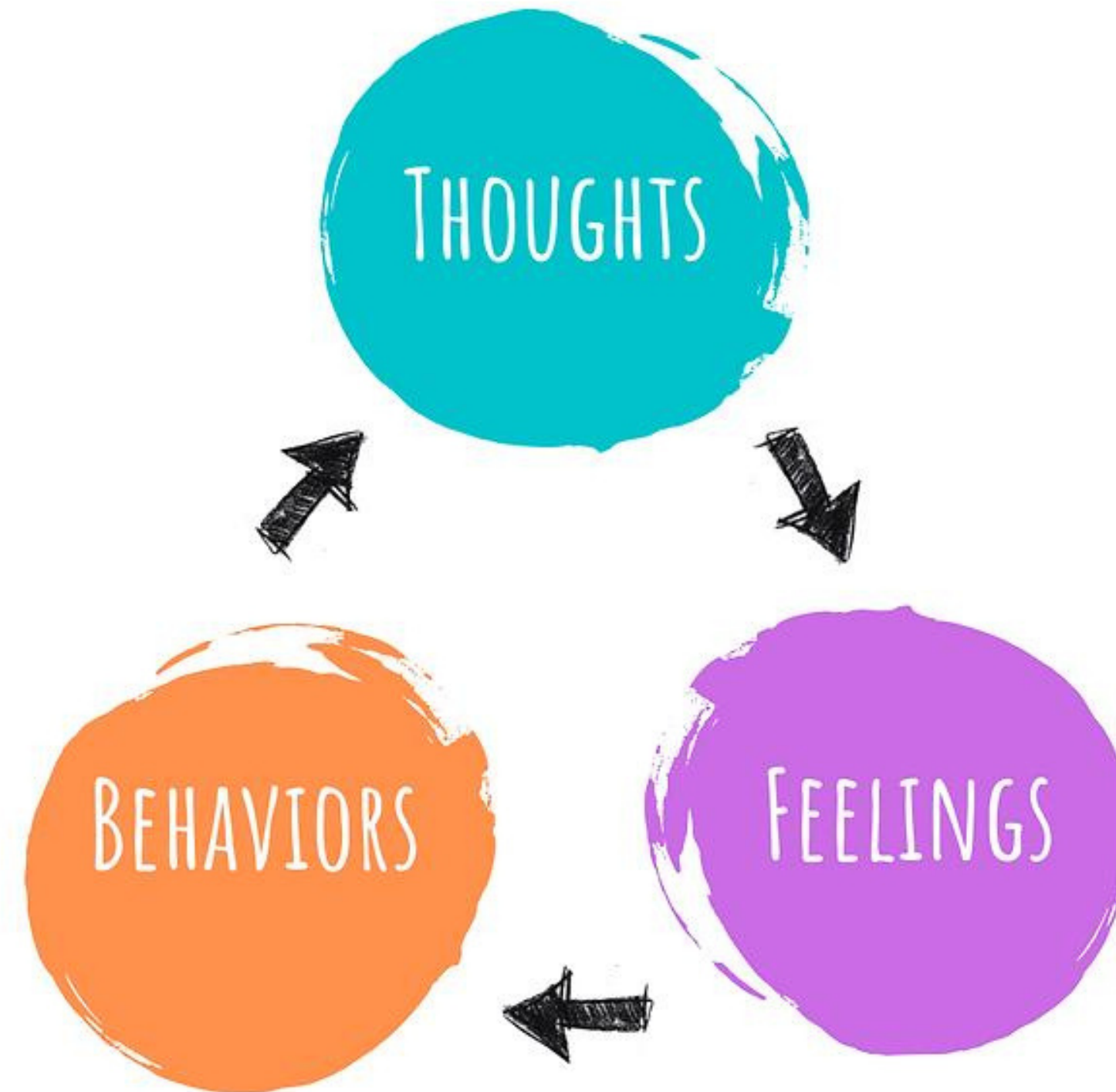
If you want to know more about CBT, start here:

<https://www.abct.org/>



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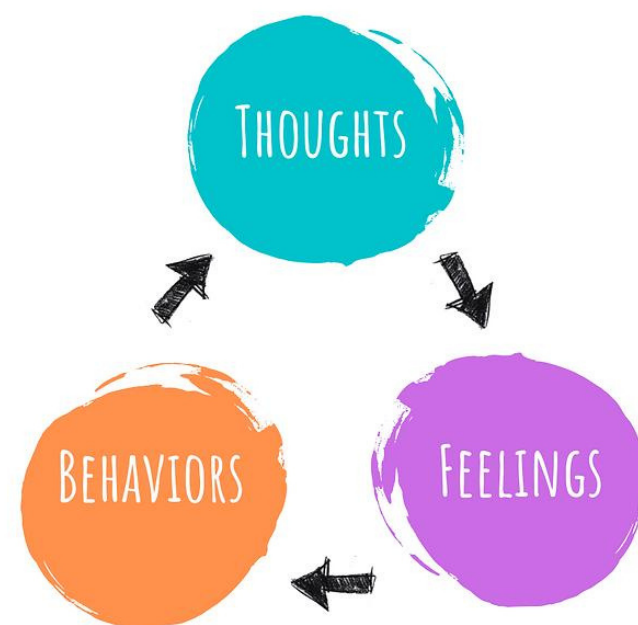
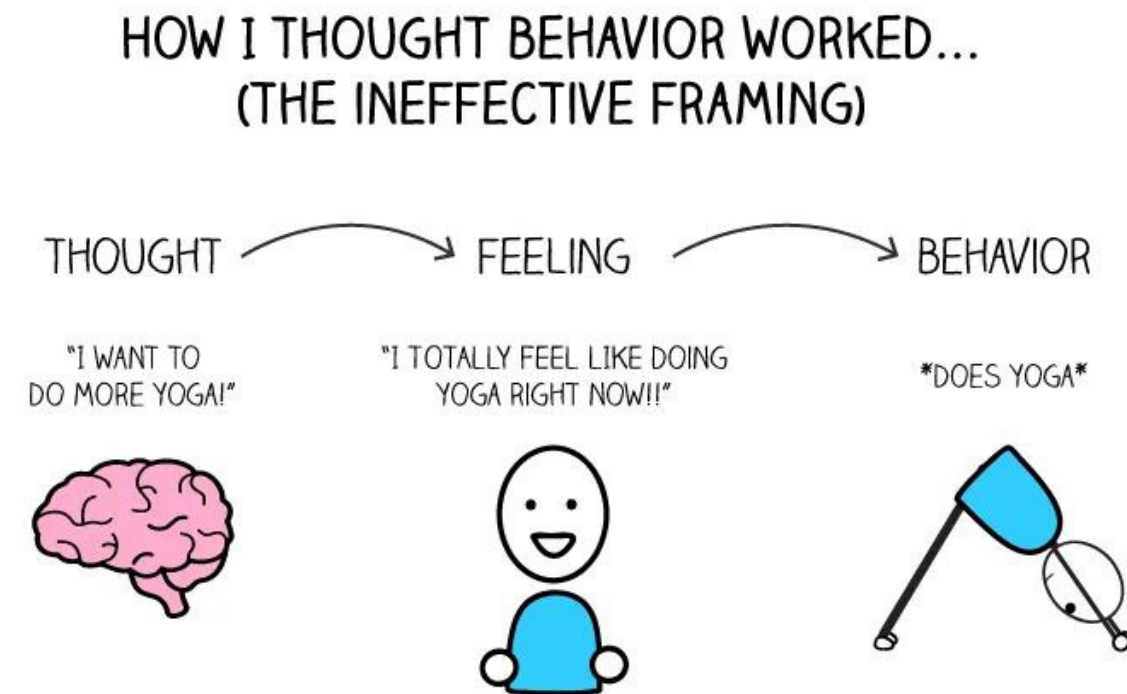
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Why does that matter for your nutrition?

HOW I THOUGHT BEHAVIOR WORKED... (THE INEFFECTIVE FRAMING)



Why does that matter for your nutrition?



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I want to eat healthy!

I will eat healthy from now on...

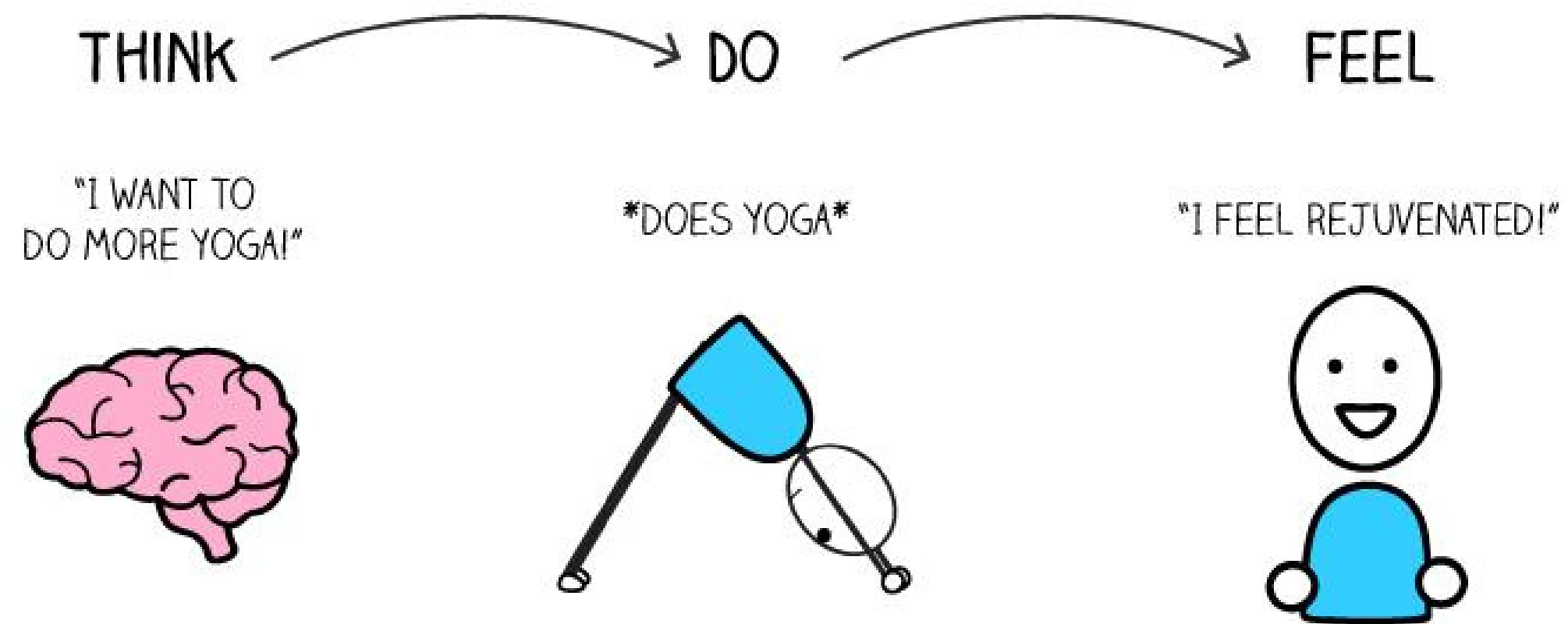
Eats healthy forever

It's so much more complicated that we hope.

We can't FEEL our way into new habits, we have to act!

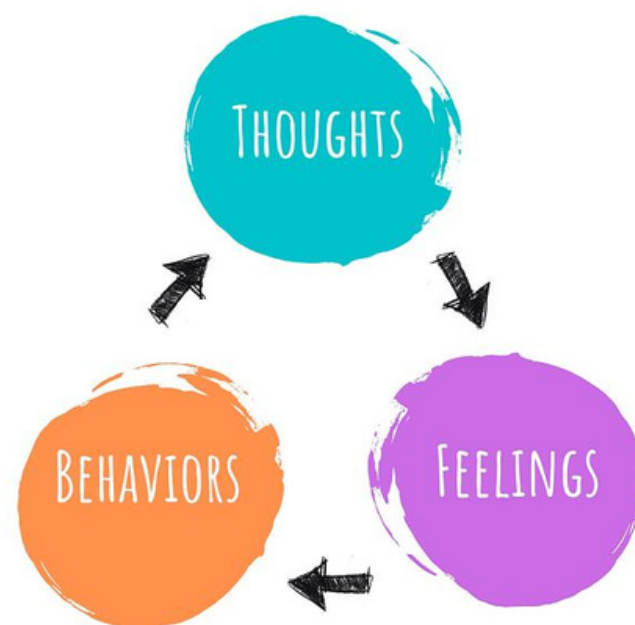
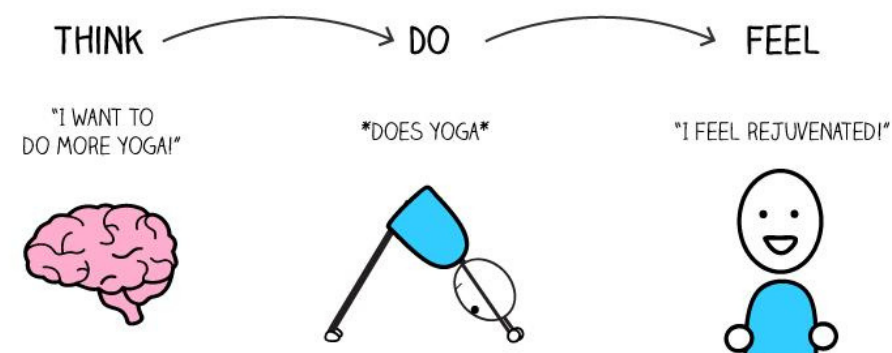
Why does that matter for your nutrition?

HOW BEHAVIOR REALLY WORKS: AN EFFECTIVE MODEL FOR BEHAVIOR CHANGE



Why does that matter for your nutrition?

HOW BEHAVIOR REALLY WORKS:
AN EFFECTIVE MODEL FOR BEHAVIOR CHANGE



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I want to eat healthy!

*Makes a conscious effort to eat better.

Feels good from doing so and wants to continue.

We have to interrupt the cycle and take action because in real life, the arrows go forward, backwards and across the diagram.

How it works in practical day to day life:

I might not FEEL like getting a tough workout in, but I'm more energized and powerful after doing so.

I might not FEEL like eating vegetables, but I am nourishing my body and satisfied after going taking the effort to do so.

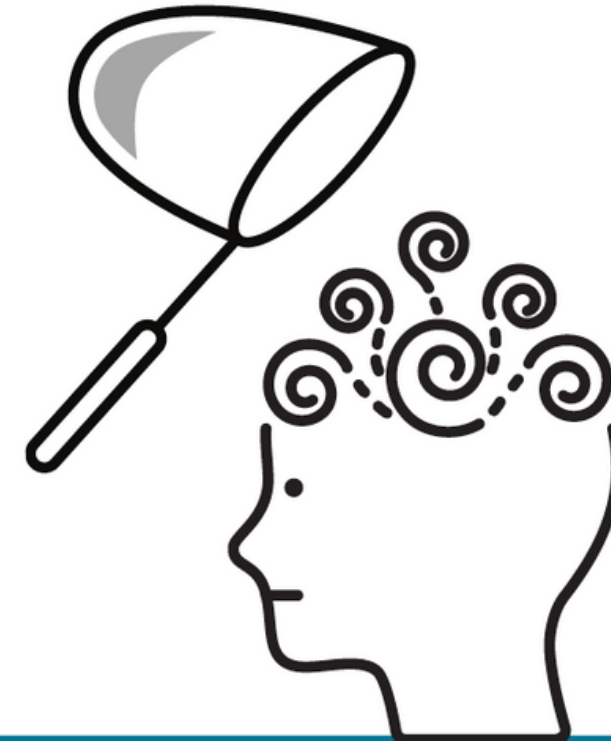
We have to play the story forward and think about what FUTURE us wants - the version of us who has achieved our goals.



Step 1:

EVENT

What happened?





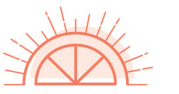
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Step 2:

Feelings

How did it make me feel?



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Step 3:

Thoughts

What was I telling myself when the event was happening?



Step 4:

Behavior

What was my response to the event?



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Step 5:

Supportive evidence

Why might my thought be true?



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Step 6:

Non-supportive evidence

Why might my thought not be true?

Next steps & home work:

You're then going to use this information to create your
PLAN B's.

If this... I will do this...

For every scenario you want to have a different outcome.

Let's look at an example:



Example:

Event: I overate at a buffet

Feelings: I felt uncomfortable, sick and like I had steps away from my goals.

Thoughts: I am a failure, I will never reach my goals

Behaviour: I went on to punish myself by over eating all weekend since my goals were ruined.

Supportive evidence: It is how I felt in the moment

Non supportive evidence: If I ate within my needs, this would not dictate my next move so why would this?

Plan B:

When I go to a buffet style place, I will follow the following rule (some/all):

I will survey the food available before I pick up a plate.

I will try to fill 1/2 my plate with salad if available.

I will make sure all food touches my plate, no piling.

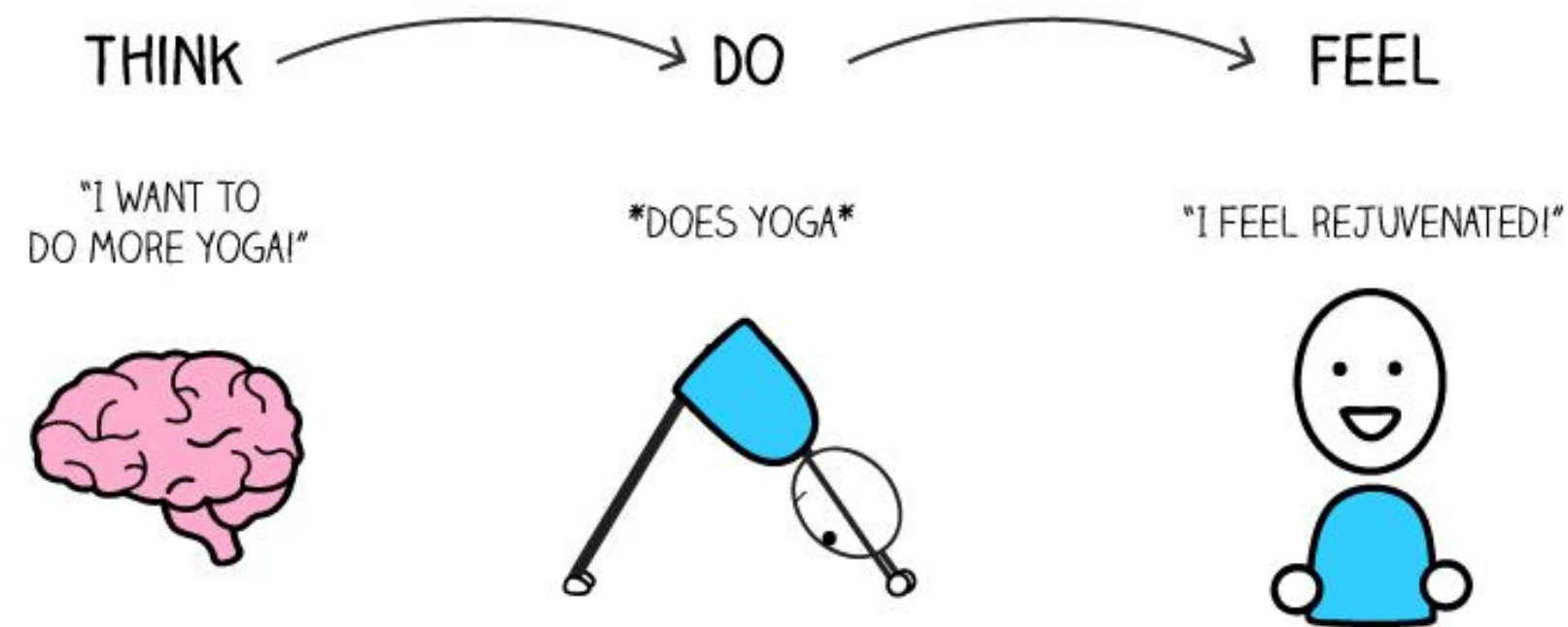
I will make 1 trip to the buffet only.

I will ask myself if the choices I am making are in line with my goals.

I will leave feeling good about my choices.

We must consider how we want to feel, then act.

HOW BEHAVIOR REALLY WORKS:
AN EFFECTIVE MODEL FOR BEHAVIOR CHANGE



NEXT WEEK

We're doing an open Q&A session so bring your questions or email them to me:

hello@nextlevelnutrition.me

or send them in the DM's on instagram to
[@nextlevelnutritioniom](https://www.instagram.com/nextlevelnutritioniom)



ANY QUESTIONS?



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We really value your feedback



HOW DID IT GO? LET YOUR INSTRUCTOR KNOW.



ANGELA CLUCAS

MEETING TAG

Next Level Nutrition Series



-) Your Favorite Part
-) Your Least Favorite Part
-) What Do You Wish You Could Of Learned More About

POWERED BY



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