



**Nourished**<sup>Rx</sup>

# Feed Your Health Weekly Lessons

**A Guide to Better Health: Part 1**





# Welcome to Nourished<sup>Rx</sup>

**Food is health, food is care. Food is healthcare.**

Welcome to NourishedRx! You are now enrolled with NourishedRx to receive our food deliveries and nutrition services. Your first food order is being placed and we will update you soon with delivery information.

Our team is here to help guide you through our services and our nutrition coaches are ready to teach you about how food impacts your health. We look forward to helping you achieve your personal health goals!

You will receive the following services:

- Food deliveries for about 16 weeks, with your preferences and needs in mind.
- Regular meetings over the phone with your nutrition coach for the next 26 weeks.
- Access to our online NourishedRx Wellness Library. This includes nutrition guides and articles on health and wellness, meal ideas and recipe cards.
- Connections to national and local community resources.
- The use of our member app to track food deliveries, respond to surveys, find recipes and health information and keep in touch with us during the program.

To help you get the most from our nutrition services we encourage you to meet with one of our fabulous nutrition experts! Please make sure you have booked your first appointment and answered some pre-consult questions as soon as possible.

We will be checking-in with you to see how things are going and asking you for feedback on our services. Please let us know what you think of your NourishedRx experience during this program.



**You've got this!**  
**Let's get started!**



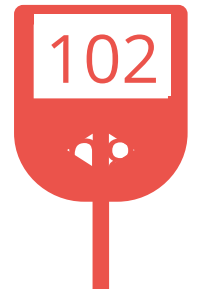
# Blood Sugar Check-Ins

As a participant in this program, you are asked to check your blood sugar regularly. Ideally, at least once before you eat a meal and within the two hours after a meal. If you have a Continuous Glucose Monitor, please share that data with your NourishedRx nutrition coach. This information helps your NourishedRx nutrition coach best support your self-care. It allows us to have a better picture of how the foods you eat affect your blood sugar. It will also indicate where changes in your diet can be made for lasting health improvements.

## Monitoring Your Blood Sugar

Monitoring your blood sugar levels during the day will help you better understand how food affects your body and ensure that your blood sugars stay steady.

You may choose to use either a standard blood glucose meter or a continuous glucose monitor. A standard blood glucose meter uses a drop of blood from your finger to measure your blood glucose. A continuous glucose monitor works through a sensor placed on the skin and checks your blood glucose throughout the day.



Keep a log by regularly writing down your blood sugar levels or log your levels in your NourishedRx App on your smartphone whenever prompted to do so.

**The American Diabetes Association (ADA) suggests the following targets for blood glucose levels:**

Before a meal:  
80-130 mg/dL

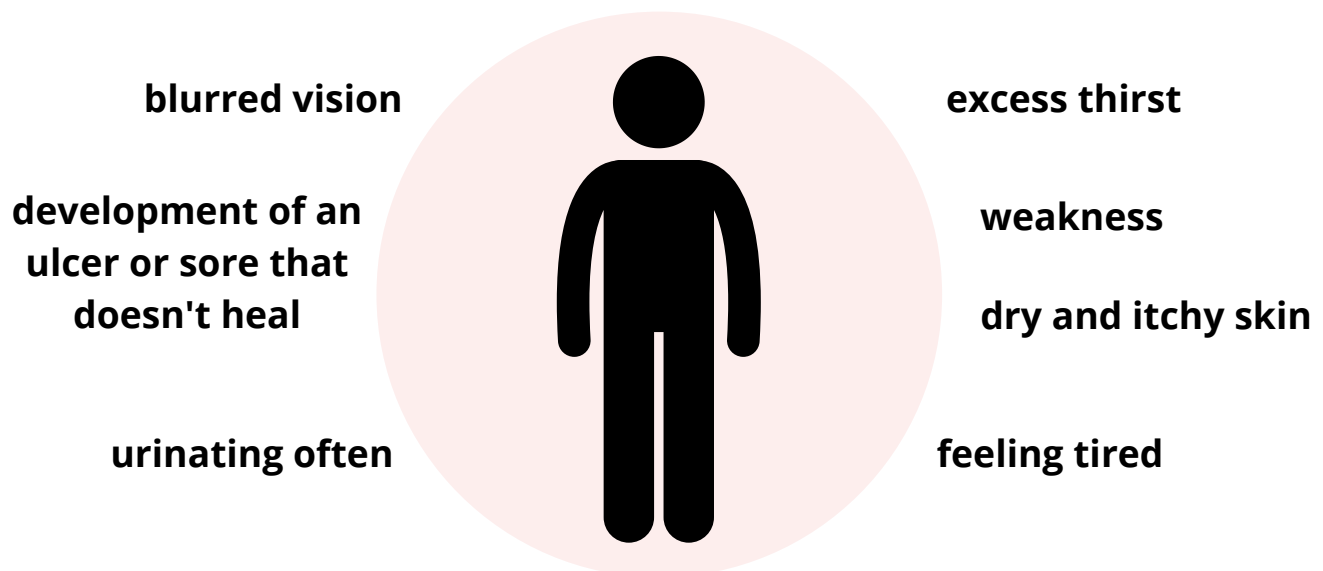
1-2 hours after a meal:  
less than 180 mg/dL

# Hyperglycemia **ABOVE 400mg/dL**

Your blood sugar levels will naturally go up and down during the day. Sometimes, you may have abnormally high blood sugar, which is called hyperglycemia. Just like low blood sugar, high blood sugars can cause major health issues if not treated right away. If you wear a CGM, you should aim to spend less than 25% above 180mg/dL and less than 5% above 250mg/dL. High blood sugar can occur due to the wrong amount of insulin or medication. Other reasons may be illness, infection, lack of activity, high carbohydrate and sugar intake. Use the information below to know the signs, symptoms, and treatment plans for hyperglycemia.

Hyperglycemia is when your blood sugar is higher than normal. You may find your blood sugar spiking after you eat a large portion of carbohydrate-rich foods in one sitting. If you skip medication doses, are sick, or are under a lot of stress, you also might experience high blood sugars.

**It is important to know the signs and symptoms of hyperglycemia.  
These include:**



**You know yourself and your treatment plan best. If you feel off, typical self care is to follow the plan your doctor gave you. If you don't remember your doctor's guidance, contact your doctor and notify your health plan's nurse case manager. In case of emergency, call 911.**



# Hypoglycemia



**BELOW  
70mg/dL**

Hypoglycemia is the deficiency of glucose in the bloodstream, or in other words, low blood sugar readings. Numerically, hypoglycemia is seen at 70 mg/dL or lower on the glucometer. If you wear a CGM, you should aim to spend less than 4% of the day below 70mg/dL. Blood sugar readings that are too high or too low are both dangerous. For that reason and many more, it is important to closely monitor blood sugar levels. Using the information below, you will be ready to take action on getting ahead of hypoglycemia.

## Signs & Symptoms of Hypoglycemia:

Most common signs & symptoms include, but are not limited to, the following: **fatigue, dizziness, weakness, shakiness, sweating, confusion, pallor, irritability, sleepiness, lack of coordination, and excessive hunger.**

Each person may react to hypoglycemia differently, and some may show no symptoms at all. For that reason, it is very important to check your blood sugar as directed by your doctor and to call your doctor when you feel like something is off or you're concerned.

## What Causes Hypoglycemia?

Common causes of hypoglycemia include excessive physical activity without food, skipping meals, wrong dosage of medications, low food intake, and not balancing meals by including carbohydrates, fats, and proteins.

Follow the plan your doctor gave you for when you have a blood sugar below the normal range. Typical self-care is to use the 15:15 rule.

### **The "15-15 rule":**

1. Eat or drink 15 grams of carbs to increase your blood sugar.
2. After 15 min, recheck your blood sugar.
3. If your blood sugar remains below 70 mg/dL, repeat these steps until blood sugar rises above 70 mg/dL.



## BLOOD SUGAR QUICK REFERENCE GUIDE

You know yourself and your treatment plan best. If you feel off, typical self care is to follow the plan your doctor gave you. If you don't remember your doctor's guidance, contact your doctor and notify your health plan's nurse case manager. In case of emergency, call 911.

### Blood Sugar Reading

#### Hypoglycemia



**BELOW**  
**70mg/dL**

#### Hyperglycemia



**ABOVE**  
**400mg/dL**

**The American Diabetes Association (ADA) suggests the following targets for blood glucose levels:**

Before a meal:  
80-130 mg/dL

1-2 hours after a meal:  
less than 180 mg/dL



NourishedRx is not a substitute for professional medical advice, diagnosis, or treatment.

If you have clinical questions, reach out to your doctor.

If you have a medical emergency, call 911.



**Nourished**<sup>Rx</sup>



**Nourished**<sup>Rx</sup>

# TABLE OF CONTENTS

## PART 1

---

01

---

*Intro to SMART  
Goals*

02

---

*Mindful Eating*

03

---

*Build Your  
Support Team*

04

---

*Hydration  
Electrolytes*

05

---

*Nutrition Facts  
Label*

# Lesson 1

# Setting

# Smart

# Goals



# Getting Started

---

We are excited to provide you with nourishing food to help you better manage your blood sugar and be a healthier you!

Sometimes shopping for, buying, preparing, cooking, and cleaning up meals is hard. We get it. We are here to show you how great you can feel when you are fueled with healthy and tasty food!

## The food we provide will support your health in many ways. For example:

### **Fruits and Vegetables**

We select different fruits and vegetables to add color texture, and nutrients.

### **Protein**

Your protein sources will include lean and plant-based protein to support your health.

### **Sodium**

We are always thinking about sodium and how to provide you great flavor with less salt.

### **Fiber**

Your meals will include fiber-rich whole grains, which support digestion and heart health, and will help keep blood sugars stable.

### **Less Added Sugars**

We focus on foods that contain little to no added sugars in each serving.



When paired together, the food we provide creates the perfect balance of macronutrients (carbohydrates, protein, and healthy fats) to keep your blood sugar steady and increase your energy.

## Make use of the Education

---

As stated, being an NourishedRx member gives you on demand access to nutrition articles and meal guides. Take advantage of these offerings today and start reading about topics that you may want to learn more about. This information will help you reach your goals faster by giving you the confidence to make healthy choices.

## Ready to Make Some Goals?

You may already have some health goals in mind, or perhaps you're excited to set some new ones.

Either way, it is helpful to understand why a goal is important to you. Thinking you'd like to eat healthier is great, but does it motivate you to actually do it? Perhaps not. What about saying, "I want to eat healthier food because it helps me have the energy I need to have fun with family and friends."



**What is motivating you to reach your goals?**



# Making SMART Goals

Now that you have thought about what you want and why you want it, you can write out a SMART goal. Use SMART goals to add focus to your plan and to help you achieve your goals.

## Specific

Your plan is clear and simple.

## Measurable

You can measure your progress over time.

## Achievable

You have the skills and tools to achieve your goal.

## Relevant

Your plan helps you achieve your larger goal.

## Timely

You have set a timeframe and deadline for your goal.



**For example:** To achieve my goal of eating healthier, I will eat more vegetables during the week.

To do that, I will enjoy one cup of raw or cooked vegetables in my lunch this week from Sunday to Saturday. I will use my food from NourishedRx or food I get from the grocery store.



**Pro tip: Set a goal you know you can meet. Small wins can give you the confidence to do more!**

# From Lesson to Action

**Stop and think!** Do you have any health goals you'd like to work on? List your **SMART** health goals below.

**S**

What do you want to accomplish?  
What do you need to do to be successful?

**M**

How will you measure your progress?

**A**

Do you have the tools, resources, and overall ability to reach this goal?  
Is it realistic for YOU?

**R**

Does this goal apply to you NOW?  
Does it relate to your overall goal?

**T**

When will you achieve this goal?  
When will you take the first step to achieve this goal?

**Now let's reflect on what you wrote above. Write your first SMART goal below:**





# Lesson 2

# Mindset

# Matters



Your mindset matters. In this lesson, we will cover how to be more aware of what your body is telling you. This awareness will help with “intuitive eating,” a judgment-free approach to eating that is focused on the body and its internal hunger and fullness cues.

# What is Intuitive Eating?

---

Intuitive eating is a way of eating that helps you:

- Learn how your emotions impact your eating.
- Understand when you are eating out of boredom or stress.
- Honor hunger and fullness.
- Listen to what your body is telling you.
- Trust that your body will guide you to a place where you can enjoy food and the way it nourishes you.





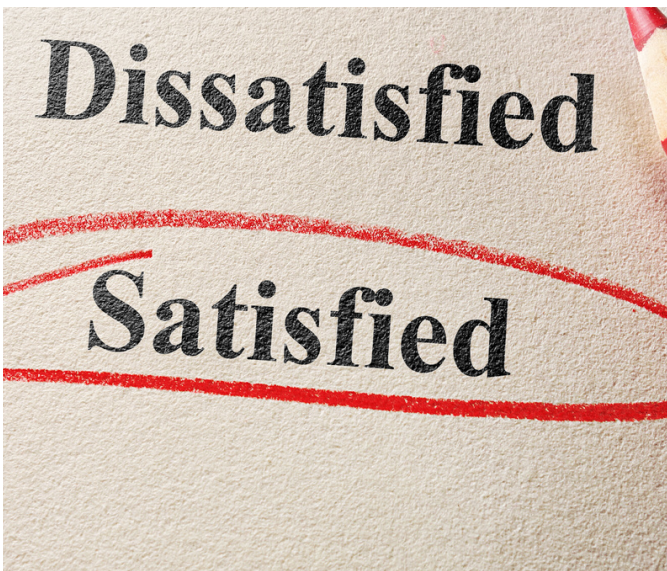


## The Hunger Scale

A simple tool called The Hunger Scale can help you identify your intuitive eater. This tool is meant to help you figure out when you're hungry and when you're full. Though it is simple, it can be hard to start using daily. Hunger can be unpredictable and can be impacted by many things such as sleep, exercise, and stress levels. Using the hunger scale can help you better understand how much food your body needs each day.



The scale on the next page is numbered 1 through 10. Level 1 is when we feel so hungry that our blood sugar is low and we do not feel well. Level 10 is when we feel painfully full, not wanting to look at or smell any more food. **Ideally, we want to operate between levels 4 and 7.**



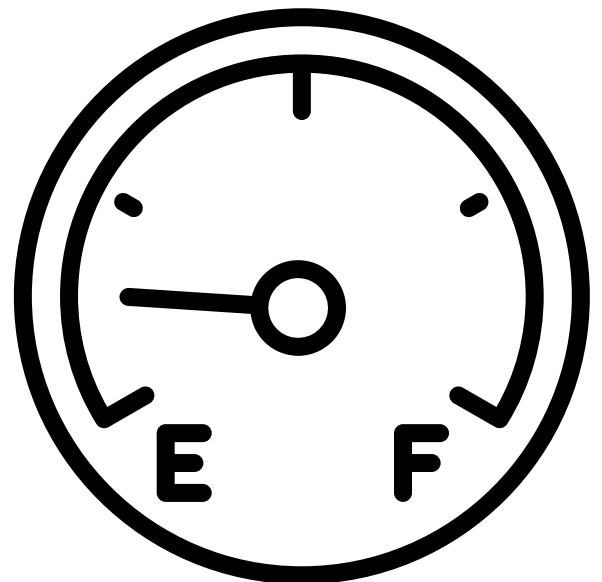
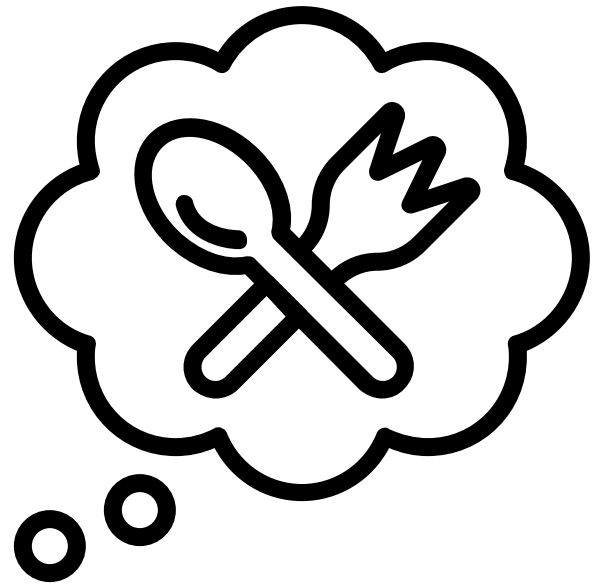
**Staying between levels 4 and 7 means that we are thinking about our hunger level (and honoring it) each day.**

We understand that staying between these levels may be challenging due to food cost. If you suffer from hunger, please call 2-1-1 to learn about resources in your area.

# The Hunger Scale

---

1. **Painfully hungry** (dizzy, lightheaded)
2. **Very hungry** (can't think about anything but food and might be getting cranky)
3. **Hungry** (stomach starts growling and hurting because it feels empty)
4. **Slightly hungry** (starting to feel hunger, need to think about what to eat)
5. **Feeling comfortable** (not hungry, not full)
6. **Slightly full or pleasantly full**
7. **Full** (slightly uncomfortable)
8. **Feeling stuffed** (tried to eat more than your stomach had room for)
9. **Too full** (uncomfortable and may want to change to looser clothing)
10. **Painfully full** (so full that you think you might get sick)



To start using this tool, take a moment before eating to figure out where you fall on the scale. After you finish your meal, pause again and choose the number that represents how you feel after eating.

To get the most out of the Hunger Scale, take notes for a week or two on how you feel before and after a meal. After that, see if you notice any patterns or trends. For example, are you typically a 2 before a meal and a 9 after a meal? If so, you may be waiting too long to eat and then overeating or eating too quickly. If you always feel like a 5, then you may be having trouble sensing if your body is hungry or full.

Gathering this information will help you get in touch with your body and how you experience and respond to hunger and fullness cues.



Emotional eating can get in the way of being in touch with our hunger/fullness cues. It is important to manage these emotions in order to improve our overall health.

Do you want to feel calmer, less stressed, more relaxed, or more focused? Do you want to become more self-aware so that you can better take care of yourself? Do you want to feel more in control of your thoughts and responses?



Stress or excitement can take a lot of energy out of you. Mindset matters! Whether you're experiencing positive stress (such as retiring) or negative stress (such as the loss of a loved one), you can be more aware and in control of your feelings.

Mindful eating comes into play here. Understanding why we eat can help us untangle our emotions from our hunger and allow us to better navigate the kitchen. In the moment, pause to think: why do I want to eat? Am I *actually* hungry or perhaps just upset, angry, and/or bored?

Apply the 7 minute rule. Try waiting and distracting yourself for 7 minutes with a glass of water, a book, a walk, or other activity. Perhaps you were not truly hungry in that moment. If you are truly hungry after waiting 7 minutes then eat! This is your body telling you that you need fuel.

Meditation is another great way to quiet your mind of external cues and to get more in touch. Choose whatever works best for YOU!

Meditation takes practice, but it does not have to take long. A few minutes of practice each day will help you become more aware. One way to start practicing is to search your phone or computer for apps that will talk you through a meditation session by session. There are lots of great options that don't cost money. You can also do a form of walking meditation. You focus on breathing deeply while moving your body in a slow and safe way.



The goal of meditation is not to have a blank or empty mind. Instead, the goal is to build a practice of creating awareness when your mind is stressed and to bring you back to a state of calm.

If you're a beginner, your mind might be racing with thoughts when you first try to meditate. You create awareness the moment you find that your mind is racing. This gives you the chance to refocus on your breath. It is the practice of tuning into your breath and telling your mind to switch gears. This allows you to build more mental strength over your emotional reactions.

## The Benefits of Meditation Include:

- Improved mood
- Less pain
- Lower levels of the stress hormone called Cortisol Improved sleep
- Lower blood pressure





Perhaps waiting it out and meditation is not for you. That is okay! Another great way to change our mindset is to go back to your *why*. Remember the goal you set last week? What did you want to achieve and *why*? Find your motivation within the goals you set. It may just be that small reminder that keeps you focused and moving along the path of success.

Based on your motivating factors, create a personal mantra for yourself. For example, if your motivating factor is that you want the energy and time to spend with a loved one, then perhaps your mantra becomes "do it for [insert name of loved one]." Write it down and hang it somewhere you will see it a lot.

What you speak out loud and how you speak to yourself play a big role in your overall mindset. It also impacts how you approach and handle stressful events.

Being and staying positive is easier said than done. That is why we encourage you to find your purpose and use it every step of the way as motivation. Not all days will be perfect and that is okay. However, if you can stay motivated even on the tough days, you will be surprised at how much easier it is to reach your desired outcome.





# From Lesson to Action



Circle all the items below that are blockers to your goal. Take it one step further and rank your top 2 below:

Time	Money	Laziness
Limited support system	Unmotivated	Limited education of how to change
Unrealistic goal	Overwhelmed	Lack of Sleep

Now circle all the items below that you think are helpful ways to manage these blockers (star the one you will try first):

Find a support buddy	Create a more attainable goal	Meditate
Determine your why	Find a new hobby like reading	Apply the 7 minute rule
Prioritize sleep	Create your mantra	Go for short walks

Below, circle the days you successfully use the Hunger Scale this week.

**M T W TH FR SAT SUN**

# Lesson 3

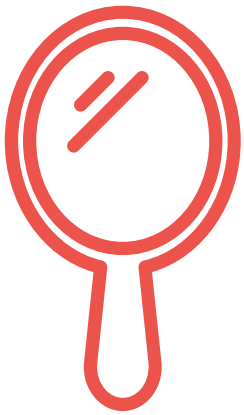
## 5 Ways

# to Build Your Support Team



# Building Your Support Team

There's no question that making lasting change is hard, and making change by yourself can be even harder. Your support team can play an important role in helping you reach your goals. Below we explore five ways to build a strong support team.



## 1. Look in the Mirror

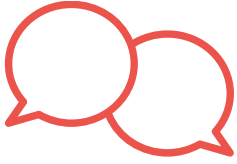
You know yourself best! You owe it to yourself to set aside some time for reflection as you start on this journey to better health.

When you think about your everyday life, are there parts that you struggle with? Are there challenges that stand in the way of HOW you can achieve a goal that you have set? For example...

- Do you always find that you are hungry mid-morning?
- Would it be helpful to rethink your snack planning?
- Do you often feel antsy or anxious?

Think about what makes you feel confident, calm and relaxed. Maybe it's going for a solo walk or repeating positive affirmations to yourself in the mirror each morning. How can you make these things a habit?

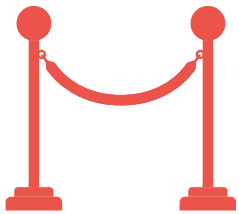
## 2. Honest Hour



No two friends are the same. Some may want to read a book while others might choose to watch TV. Similarly, some friends may be good at holding us accountable while others may tell us everything we do is great.

Knowing when to seek honesty, rather than just encouragement, can be a key factor in helping us reach our goals. Further, connect more with those who share similar goals or live lifestyles you admire (i.e. physically active or are considerate of healthy food choices). Do you have a friend or family member that can be both honest and supportive at the same time?

## 3. Set Boundaries



It is time to tune into your thoughts and feelings and decide whether there is anyone in your life that is:

- Sharing negative thoughts about the choices that you are making to improve your health
- Putting you down, or
- Draining your energy

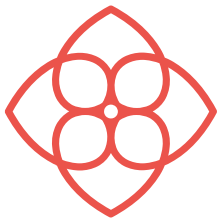
Boundaries are the limits you set for yourself in relationships. Boundaries allow you to say "no" to people and things that do not benefit your wellbeing.

First, identify your boundaries. Then, calmly and clearly communicate those boundaries to those who need to hear them. Take a deep breath. Setting boundaries isn't always easy but setting them is another way you can care for yourself.



## 4. Accountability Buddy

This person or group does not need to have pom- poms or loudspeakers, but we aren't saying they can't! Do you have a friend or family member who can help you celebrate both small and big wins such as trying a new food or cooking a new meal? It's time to call up "Positive Polly" and ask them to help you celebrate! If not, there are many online communities who can help motivate you and hold you accountable.



## 5. NourishedRx Support

Here at NourishedRx we are excited to support you on your journey to better health. In addition to providing you with healthy food, we are here to gather your feedback, learn about your experience, and help you with the transitions and changes you are working hard to make.



**There's no time like the present to start building your support team!**

# From Lesson To Action

Now that you know the 5 ways to build a support system, let's get started building yours!

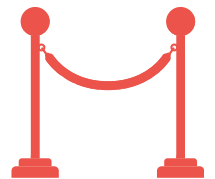
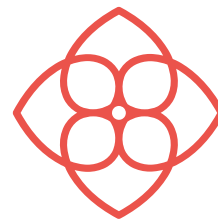
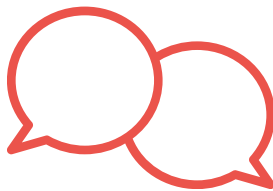
- Do you set aside time each day to reflect on your goals? Write a time of day below you will commit to doing so.

---

- Who is one person you can call or count on to be your biggest cheerleader?

---

**CIRCLE** the top three ways you will focus on building your support team this week to help set yourself up for success! Refer back to the lesson to remind yourself of what we discussed.



Have ideas of your own on how you will build your support system?  
Write them here!



# Lesson 4

## Hydration

### and Why it Matters



# Hydration and Why it Matters

Did you know that more than 50% of the human body is water? Staying hydrated is important for your health because it can:

- Help you manage your body temperature
- Help your body fight infections
- Improve mood and boost brain power



Your body needs a certain amount of fluid each day. Being hydrated means you drank or ate enough fluids for your body's needs.

Talk to your doctor if you are not sure how much fluid you should take in each day. If it is taking some time to get in touch with your doctor, then limit your fluid intake to 2000 ml or 2 liters each day. This is equal to about 8 cups of fluid.

## Dehydration

You may be at risk of dehydration if you experience diarrhea, vomiting, fever, or excessive sweating. All of these conditions cause the body to lose a large amount of fluid. Be mindful of how much fluid you are drinking. If you are not feeling well it can be harder to drink as you normally would, and this can lead to dehydration.



**If you experience any of the following symptoms and are concerned, contact your doctor:**

- Dizziness
- Dry mouth
- Rapid weight loss
- Fatigue
- Very low energy without otherwise being sick
- Reduced urine output
- Low blood pressure
- Fast heart rate



# Nutrition and Hydration

Being aware of what you are putting in your body is important for your health. This does not just apply to food, but also to drinks. Many drinks have hidden sugar or sodium that can negatively impact your health. It is important to think about the drinks you are reaching for each day.



## Limiting Sugar-Sweetened Drinks

Limiting drinks that are high in sugar can help you stay well hydrated without adding excess sugar or calories to your day. Instead of juice, soda or sweetened teas or coffees, consider the following options:

- Flavored seltzer water
- Water with fresh fruits, veggies or herbs for flavor
- Unsweetened or lightly sweetened coffee and tea
- $\frac{1}{4}$ - $\frac{1}{2}$  cup of juice mixed with  $\frac{1}{2}$ - $\frac{3}{4}$  cup of water



# Limiting High Sodium Drinks

To keep your salt intake low each day, avoid high sodium drinks. Here are a few examples of high sodium drinks to limit or avoid:

- Vegetable or tomato juice
- Broths or stock\*\* (store-bought)
- Sports drinks
- Energy drinks
- Electrolyte powders or tablets
- Hot cocoa powder mixes
- Fast food shakes and smoothies

*\*\* homemade broths/stock are good sources of hydration and electrolytes*





# From Lesson To Action

After learning more about hydration, answer the following questions:

- Do you know if you have a limit to how much fluid you can drink each day?

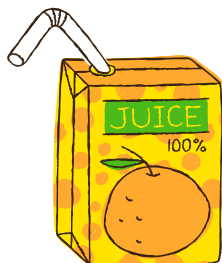
---

- What can you do this week to lower the number of high sugar or high sodium drinks you have?

---

---

**CIRCLE** any beverages you think you can limit in your daily intake moving forward:





**Nourished**<sup>Rx</sup>

## Lesson 5

# The Nutrition Facts Label



# The Nutrition Facts Label

In 2016, the nutrition facts label was updated for the first time in 20 years. The new label is easier to read and understand. Over the last five years, companies have been switching to this new label and most packaged foods have it now. You can see an example of the new nutrition label on the Food and Drug Administration website: <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>.

## Changes & What to Look For?

### Serving Size

Serving size tells you how many servings are in a package or container. The serving size will show a common measurement like 1 cup, 1 slice, or 1 jar. The serving size may also be listed as “one package.” This is common for individual or snack items, like a small bag of chips or baby carrots.

Serving size is not a recommendation of how much you should eat. You can decide how many servings of a food you will eat based on your hunger and nutrition needs. The label is a way for you to know how many calories, fat, sodium, sugar, etc. you are consuming.



### Calories

The calories part of the label is now bigger and bolder. How many calories you need is unique to you. You may need more or less calories than your friends or spouse. If you need help figuring out how many calories you need each day, please reach out to your doctor.

## Percent Daily Value

Percent daily value (or % daily value) is found on the right side of the label in bold numbers, like 5%, 10%, or 20%. These numbers give information on nutrient amounts. If a food has less than 5% of the daily value of a nutrient, it is considered low in that nutrient. If the food has more than 20%, it is considered high.

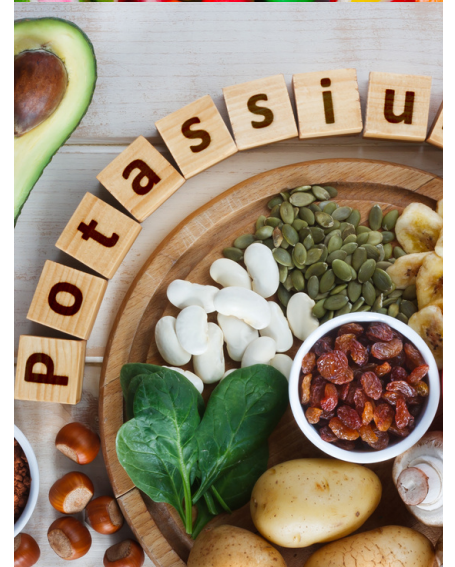
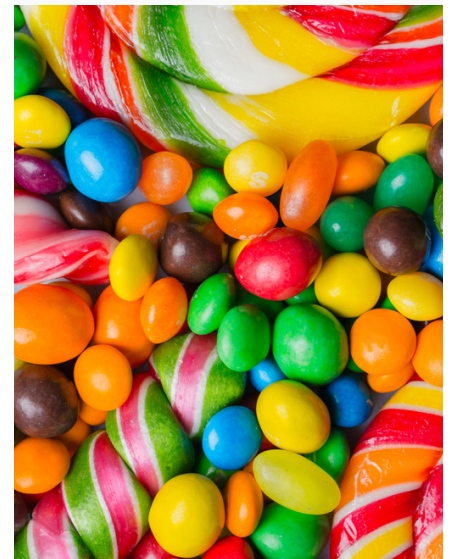
The daily values are the recommended amount of nutrients to eat each day. The numbers are based on a 2000 calorie per day diet. But, calorie needs vary from person to person. You may need more or less than 2000 calories each day.

## Added Sugars

The updated version of the label includes an "added sugars" line under the total sugars part of the label. This helps you tell the difference between sugars that naturally occur in food versus the sugars that are added after. For example, juice and yogurt have sugar in them naturally. But, some foods like cupcakes and tomato sauce can have sugar added to them. Any of the naturally present sugars will be included on the total sugars line and any sugar added will be included under "added sugars".

## Potassium

The new label now has potassium levels. Potassium helps keep our hearts beating and our lungs breathing. Our kidneys filter out any extra potassium because too much can be harmful. If you are on ACE inhibitors or beta-blockers, your doctor might have mentioned that you should limit your potassium intake. If you are unsure if you are on ACE inhibitors or beta-blockers, please reach out to your doctor.





## Fat

The type of fat you eat is just as important as how much fat you eat. The nutrition label tells you how much total fat is in a food. It also breaks down how much saturated fat and trans fat are included. Saturated fat and trans fat can hurt your heart health, so it is important to know how much a serving of food contains.



## Sodium

Packaged food is known for having a lot of sodium in it. It can be hard to keep the amount of sodium you consume low, but doing so can bring many health benefits. Aim for less than 500 mg of sodium per meal. Use the percent daily value noted on the label to help you pick the best option for your health.



## Vitamin D

The new label now helps you find a food's vitamin D levels. Vitamin D helps improve immune function, boost mood, and support muscle and bone health. Not having enough vitamin D in your body is expected, so it is important to know how much vitamin D you are getting through the foods that you are eating. Ask your doctor at your next check up to measure your vitamin D levels.





# From Lesson To Action

1) There is a lot of information on the nutrition facts label. Which part of the label will be most helpful when grocery shopping?

---

---

2) Take time out this week to review the food items that you have in your pantry. Are there items you can swap for a lower sugar or lower sodium option? Write it down for the next time you grocery shop.

---

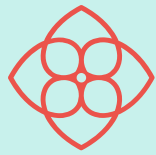
---

---









**Nourished**<sup>Rx</sup>

Food is health, food is care.  
**Food is healthcare.**