

Week 5 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> 1. Check attendance and distribute name badges. 2. Divide into 2 small support groups, 10-15 per group is ideal. 3. Support group topic – “How are you doing this week?” “What healthy choices are you making in your diet?” 4. Show Week 5 DVD. 5. Review “Points to Emphasize.” 6. Distribute Handouts. 7. Collect name badges. 8. Ask them to bring something next week that symbolizes a new pleasure as a non- smoker. 	<ul style="list-style-type: none"> • FOOD • Being more selective of foods 	<ol style="list-style-type: none"> 1. Those who have been successful in eliminating cigarettes help/support others. 2. Continue to come to group. 3. Remind yourself – “I am better off as a non-smoker.” “I don’t do that anymore.” 4. Everyone is not successful on the same timetable. 5. Be more selective of food. Drink more water. 6. Fat/Fiber 7. Dr. Cooper recommends: <ol style="list-style-type: none"> a. 20% of calories from fat b. 15% of calories from protein c. 65% of calories from carbohydrates 8. Average weight gain of people in Cooper Clayton is 3-5 pounds. 9. “Take Control.” 10. Stay on 21 mg. patch for 2 more weeks or if on 4mg. gum or lozenge-no more than 8 pieces per day this week. 11. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.” 	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Name badges • DVD/TV • DVD 11:08 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • ChooseMyPlate.gov • My Pyramid Food Intake Patterns: http://www.choosemyplate.gov/food-groups/downloads/MyPyramid_Food_Intake_Patterns.pdf • Fiber Tip Sheet • Size Your Servings • Serving Size Wallet Card • Heart Healthy Snack Ideas • Weight Management Tips