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Rhythm[®]
InTune
Support made personal

**Wellness tips for people
living with a rare genetic
disease of obesity**

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Getting started



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Improving wellness and embracing healthy choices

If you're living with a rare genetic disease of obesity, you may experience intense, hard-to-control hunger. For some, this feeling is constant. For others, it happens from time to time. Either way, this feeling is not your fault. In people living with this type of disease, the signals that turn hunger "off" don't work correctly in the brain.

This guide offers practical steps you can take as you work with your doctor to improve your wellness despite these feelings of hunger. Everyone has a different definition of wellness. For many people, wellness is about trying to find balance in life—balance in parts of our lives like the food we eat, the activity we do, and how we manage stress. Improving wellness involves thinking about the choices we make and embracing the healthy ones as often as we can.

Every small step towards finding balance is important to achieving your wellness goals. If you make a small healthy change and stick with it, it becomes a new habit. Eventually, these habits create a healthy lifestyle that works for you. The goal of this guide is to help you improve your wellness, for life. As with all aspects of your wellness, please talk to your doctor as you take steps to achieve your wellness goals.

Your Rhythm InTune Patient Education Manager can help you use this guide

This guide can help you as you build healthy lifestyle habits. Your Patient Education Manager can help you use the information in this guide, along with the Rhythm InTune Wellness Journal, to create your wellness goals and track your progress.

The first step in moving forward is seeing where you are now

Take a moment and think about your current habits. Choose a typical day. Write down everything you eat and drink during the day. Also, add in any physical activity that you do. For example, did you bring the dog on a family walk?

By writing down what you do in a typical day, it can help you see if there are any habits you want to work towards building and embracing.

Activity			
Time	Description	Duration	Notes

Food				
Time	Food/drink	Amount	Calories	Notes

Reach out to your Rhythm InTune Patient Education Manager to arrange a time to talk.



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Finding balance in food

Food is not good or bad. Eating a variety of food is the goal. A good guide for healthy eating is the 85/15 rule.



85%

Each day, 85% of the food you eat should include a variety of nutrient-dense foods.

15%

You may choose to get 15% of your calories from food that might include some added sugars and saturated fat.

We all like different foods. What is in your healthy eating plan is up to you. Try to include:

- 1** A variety of fruits, vegetables, whole grains, lean proteins, and fat-free or low-fat dairy
- 2** Only the calories you need for that day
- 3** A limited amount of saturated fats, cholesterol, salt (sodium), and added sugars

Remember, there is no right way to do this, and all foods can fit into your plan. What's important is building a plan that you can stick with over time.



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What does “nutrient-dense” mean?

Nutrient-dense foods and drinks provide vitamins, minerals, and other health-promoting factors. They have only a small amount of added sugar, saturated fat, or sodium. They are high in nutrients while being lower in calories.

Eat mostly nutrient-dense food

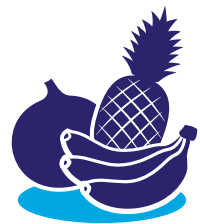
Remember, try to make 85% of your daily intake include a variety of nutrient-dense foods. Here are examples you can try to add to your eating plan.

Vegetables



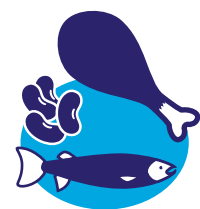
- Choose from the 5 vegetable subgroups: dark leafy greens; red and orange vegetables; beans, peas, and lentils; starchy vegetables; and other vegetables like cauliflower and eggplant
- Examples: kale, spinach, cabbage, tomatoes, broccoli, sweet potatoes, peppers, carrots, beets, and okra

Fruits



- Choose fresh fruit, but frozen works as well
- Examples: berries, papaya, cantaloupe, apples, oranges, bananas, mango, and kiwi

Protein



- Choose lean meats, poultry, and eggs; seafood; beans and lentils; and nuts, seeds, and soy products
- Examples: skinless chicken or turkey, kidney beans, salmon, red lentils, and tofu



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Dairy



- Choose fat-free or low-fat milk, yogurt, and cheese, as well as fortified soy products which have added vitamins and minerals
- Examples: low-fat cottage cheese, soy milk, and fat-free Greek yogurt

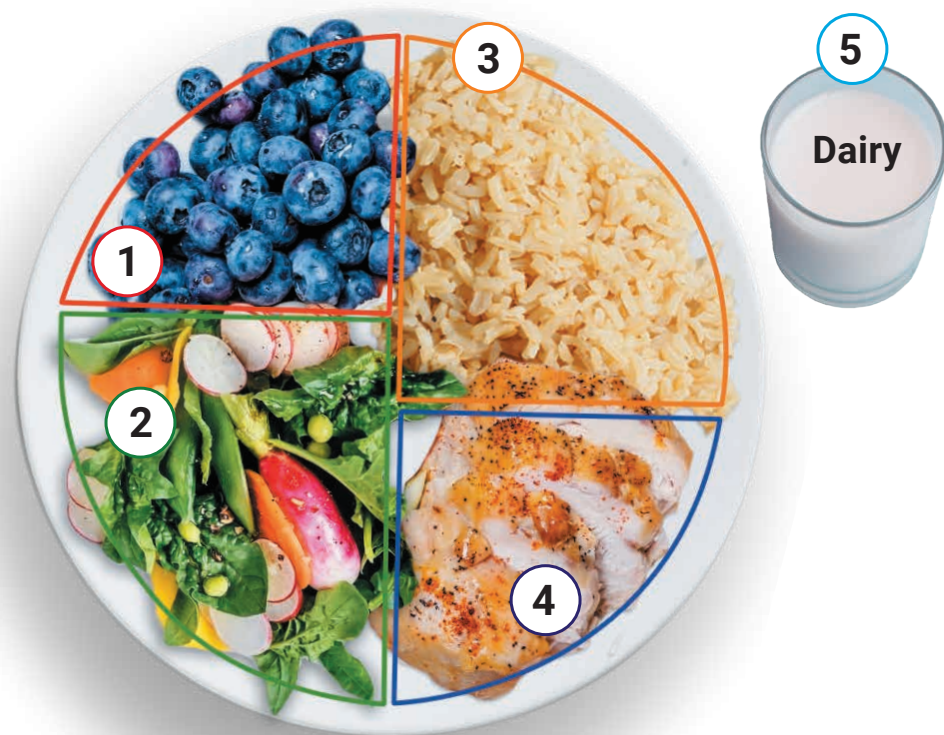
Grains



- Choose half of your grains from whole grains. This means the grain includes the entire kernel. Look for foods that have a whole grain as the first ingredient
- Examples: brown rice, millet, bulgur, whole-grain pasta, or whole-wheat bread

What does a healthy meal look like?

To help you see what a healthy meal looks like, the US government created MyPlate. MyPlate uses the information in the Dietary Guidelines from the US Department of Agriculture. Here's how you can put it into practice:



- ① Make half your plate fruits and vegetables.
- ② Vary your vegetables.
- ③ Make half your grains whole grains.
- ④ Vary your protein routine.
- ⑤ Move to low-fat or fat-free dairy milk or yogurt, or fortified soy versions.

Nutrition Facts labels

When you eat packaged food, make sure you read the Nutrition Facts label. Sometimes these labels can be confusing. Here is advice for what to look for to help you understand them. Remember that each fact tells you how much one serving of the food contains.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 **Serving size.** Always start by checking the serving size. Remember, if you eat more than 1 serving, you will get more of everything on the label.





2 **Calories.** Think about how many calories you need in a day. How many are in 1 serving?








3 **% Daily Values: 5% or less is low.** Try to choose foods low in added sugars, saturated fat, and sodium.

What is a serving size?

If you have an apple in front of you, how many servings do you have? A good way to know is to compare the size of an apple with your hand. An apple that is the size of a fist is about 1 serving. Use the table below to check the serving sizes of other foods you eat.



Food	Part of hand	Serving size
Vegetables		
Kale	 2 Fists	2 cups
Carrots	 Fist	1 cup
Fruits		
Apple	 Fist	1 cup
Peaches	 Fist	1 cup

Food	Part of hand	Serving size
Protein		
Chicken, beef, fish, pork	 Palm	3 ounces
Peanut butter	 Thumb	1 tablespoon
Dairy		
Cheese	 Pointed finger	1½ ounces
Milk or yogurt	 Fist	1 cup
Grain		
Cereal	 Fist	1 cup
Noodles, rice, oatmeal	 Handful	½ cup
Slice of bread	 Flat hand	1 slice

Building your wellness plan



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Healthy eating

A healthy eating plan helps you choose what to eat and how much.

Here are 5 key things to remember:

- 1) Moderation:** Try not to think of foods as good or bad. Every food can fit into your plan, in the right amount.
- 2) Balance:** Eat mostly foods with lots of nutrients and limit foods with fewer nutrients.
- 3) Variety:** Including a variety of lean proteins, vegetables, fruits, and grains will give you the nutrients your body needs, while keeping you from getting bored.
- 4) Portions:** Take a look at the food on your plate. Now try to picture the MyPlate image. Does your plate look the same?
- 5) Mindful eating:** Take your time. Put your fork down between bites. This gives you a chance to enjoy your food more.

Now, look back at what you wrote down for your typical day on pages 6 and 7. Is there a habit you would like to change? Is there a nutrient-dense food you would like to add into your eating plan? Remember these for when we talk about setting goals later in this section.

Physical activity

Small changes can make a huge difference! It's not just what you eat that matters. Moving your body every day is a very important part of a healthy lifestyle.



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Tips to help you move

..... Keep it simple.

..... Make it realistic.

..... Most of all...make it fun!

Moving is what matters



Walking around your neighborhood or a park



Yoga



Resistance bands



Swimming



House and yard chores

Remember: Check in with your doctor before you start doing physical activity. Your doctor can make sure you choose activities that are right for you.

Make your wellness goals SMART

Building healthy habits is easier if you know what your goals are. Making your goals SMART is a great way to determine what you want to do and how to make a plan for achieving it.

What does SMART stand for?

S

Specific:

Pick a simple and specific behavior to change for each goal that you would like to achieve.

M

Measurable:

Make it a goal you can measure.

A

Achievable:

No goal is too small and every goal should be one that is realistic for you.

R

Relevant:

The goal should be meaningful to you and relate to improving your wellness.

T

Timely:

Choose a timeline for the goal.



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Examples of SMART goals

"I'm going to eat 3 cups of vegetables and 2 cups of fruit every day for 3 months."

"I'm going to walk for 10 minutes every day for 2 weeks. Then I'm going to walk for 15 minutes every day for 1 month."

What are a couple of your SMART goals? Write them down in the space below. Use the SMART guide to focus on how you can achieve the goal.

1) I'm going to _____

2) I'm going to _____

Make a list of goals in your Rhythm InTune Wellness Journal. Add as many goals as you want using the blank pages inside. If you run out of pages, ask your Patient Education Manager for more.

Putting it into action

You can put everything from this guide together in your wellness plan and watch your progress using your Rhythm InTune Wellness Journal. Remember, small changes can make a big impact on your health.



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Meal planning

Planning meals is important to help you build healthy eating habits. If you know what you're going to eat, this helps you save time and stay organized.

Here is a sample day of meals for a child (1600 calories)

Breakfast (350 calories)	Serving size
Greek yogurt, plain low-fat	1 cup
Strawberries, halved	¾ cup
Whole grain cereal, such as Cheerios	1 cup
1% milk	½ cup
Water	1 glass
Snack (200 calories)	Serving size
Peanut butter	2 tablespoons
Celery stalk	2 stalks, 6 inches long
Lunch (390 calories)	Serving size
Turkey pinwheels	1 piece
• Whole wheat tortilla	2 ounces (2 slices)
• Turkey breast	2 tablespoons
• Whipped cream cheese	½ cup
• Baby spinach	2 medium slices
• Tomato	
Apple	1 small, sliced
1% milk	½ cup
Snack (220 calories)	Serving size
Hummus	2 tablespoons
Cucumber, sliced	½ cup
Baby carrots	6 pieces
Whole wheat crackers	6 pieces
Dinner (435 calories)	Serving size
Whole wheat pasta	1 cup
Italian meatballs (made with 93% lean beef)	3 pieces
Tomato sauce	½ cup
Broccoli, steamed	½ cup
Olive oil	1 teaspoon
Water	1 glass

Here is a sample day of meals for an adult (2000 calories)

Breakfast (460 calories)	Serving size
Vegetable Omelet	
• Eggs, large	2
• Sweet red peppers, chopped	1/4 cup
• Onions, chopped	2 tablespoons
• Baby spinach, chopped	1 cup
• Olive oil	1 teaspoon
Whole wheat English muffin	1
• Vegetable oil-butter spread	2 teaspoons
Coffee	1 cup
Half and Half	1 tablespoon
Sugar	1 teaspoon
Snack (185 calories)	Serving size
Greek yogurt, nonfat, plain	5.3 ounce container
Blueberries	1 cup
Lunch (620 calories)	Serving size
Burrito bowl	
• Brown rice, cooked	1 cup
• Romaine lettuce	1 cup
• Black beans, low sodium	1/3 cup
• Grilled chicken breast	2 ounces
• Red peppers, chopped	1/4 cup
• Avocado, sliced	1/4 cup
• Salsa	1/4 cup
• Shredded cheese	1/4 cup
• Jalapeno pepper, sliced	2 tablespoons
• Lime juice, fresh squeezed	2 tablespoons
Water	1 glass
Snack (60 calories)	Serving size
Popcorn, air-popped	2 cups
Dinner (650 calories)	Serving size
Salmon	6 ounces
Asparagus, steamed	1 cup
Olive oil	2 teaspoons
Brown rice	3/4 cup
Cantaloupe, cubed	1 cup
Iced tea, unsweetened	1 glass

Your Patient Education Manager can help support you with advice on how you may use the blank meal plans in your Rhythm InTune Wellness Journal as you create plans that work for you.



Grocery shopping

After you plan your meals, you're ready to go shopping for groceries. As you shop, remember to buy foods that fit into your healthy eating plan.

Here is some advice for food shopping

1 Check what you already have at home. Only buy what you need.

2 Plan a week's worth of meals and make a list. Prepare a shopping list before you enter the store. Think about what you will need and stick to the list.

3 Don't shop when you're hungry. That way you're less tempted to buy foods not on your list.

4 Remember the variety of nutrient-dense foods you can choose from. Choose whole foods like fresh vegetables and lean meat over processed foods like frozen dinners when possible.

5 Remember to read the Nutrition Facts labels and the list of ingredients on all packaged food!

Tips for healthy cooking at home

You have more control over what you eat if you cook at home. If you eat out a lot, try to prepare a few meals at home with nutrient-dense foods you like.

Cooking method options

How you cook food affects how healthy the food is to eat.

Healthy ways to prepare food:



Bake



Steam



Poach



Grill



Air fry

Use nonstick pans and nonstick cooking spray to cook without oil or butter.

Seasonings for added flavor

Healthy ways to add flavor:



Fresh or dried herbs like basil, thyme, cilantro, and oregano



Mint for drinks and teas



Curry powder for meals with meat, fish, and vegetables



Tips for dining out

You can still use your healthy eating habits when you eat out.

- Plan ahead. Look for the menu online. Choose what you want to order before you get to the restaurant.
- Ask the server how the food you want is prepared. Choose grilled, steamed, or baked options.
- Ask for sauces, gravy, and dressings on the side. Add a small amount if you want, after you taste the food.
- Choose water, unsweetened iced tea, or a sugar-free soft drink.
- Remember MyPlate. Does your plate look the same? If the portions look too large, go ahead and box up half your meal before you start eating.
- Talk to your doctor before you make changes to your diet.

Consider this and...

- ✓ Plain hamburger with side salad
- ✓ Grilled chicken with marinara sauce on whole wheat spaghetti
- ✓ Chicken fajita with black beans, salad, and salsa
- ✓ Beef and broccoli with steamed brown rice
- ✓ Thin-crust vegetable pizza with side salad

...try avoiding that

- ! Bacon cheeseburger and French fries
- ! Lasagna or chicken parmesan
- ! Beef enchilada with refried beans, tortilla chips, and queso
- ! Sweet and sour chicken on white rice
- ! Deep-dish meat pizza with garlic bread

Adapted from *Living Well* by Obesity Action Coalition. Available at: <https://www.obesityaction.org/wp-content/uploads/OAC-LivingWell-Guide-20220302.pdf>.

Living well

With the information in this guide, you can start with small changes and make healthy habits that work for you.



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Try these tips

Use your Rhythm InTune Wellness Journal:

Keep track of food choices and how much activity you do. This lets you see patterns in your behavior and make positive changes.

Set small measurable goals:

Start with small goals you know you can achieve, and build on your success.

Focus on one thing at a time:

Choose one goal and focus on it. You are more likely to make positive changes if you work on them one at a time.

Expect setbacks:

Change can be challenging. No one is perfect so if you make a mistake, keep trying. Eating one meal with less healthy choices doesn't undo all the other healthy choices you make. Remember to keep moving forward.

Get support:

Making changes can be easier if you have someone to share them with. It's okay to ask for help from your family, your friends, or your healthcare team.

Enjoy your success:

Celebrate when you reach your goals. You are making changes that last a lifetime!

Your Rhythm InTune Patient Education Manager is there to support you.



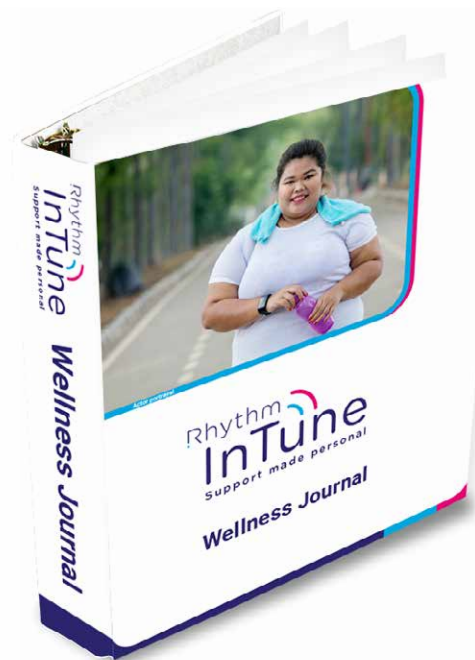
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Track the progress of your wellness plan with the Rhythm InTune Wellness Journal

Ask your Rhythm InTune Patient Education Manager about getting your free copy of the Rhythm InTune Wellness Journal.



You can use the Journal to:

- Build a list of SMART goals
- Plan healthy meals
- Track your eating and activity habits
- Monitor your weight and body mass index
- Record your thoughts and feelings about hunger to discuss with your doctor

Ask your Patient Education Manager about how Rhythm InTune can help you and those you care for.



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Notes

Write down topics you want to discuss with your doctor or Rhythm InTune Patient Education Manager.

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Support made personal

Rhythm InTune is your source for personalized support. Your Patient Education Manager is your single point of contact at Rhythm InTune.

Your Patient Education Manager can help you:



Access
educational
resources



Connect
to a
community



Understand
insurance
coverage

To learn more about the services Rhythm InTune provides, please contact Rhythm InTune at:



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