

Group Session 3

Make it Fun

Make it Fun Health

Copyright 2026. All rights reserved.

Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Failure isn't the opposite of success. It's
part of the process.

- Jim Rohn, Philosopher, Speaker, and Entrepreneur

In Session 2, we talked about...

- ✦ Why vegetables are amazing for health and weight loss
- ✦ The four types of veggies - starchy, leafy, non-leafy, and cruciferous
- ✦ Why it's important to eat the rainbow and different types of veggies
- ✦ What's special about green leafy and cruciferous veggies and why it's important to eat them

Today, we'll talk about...

...whole grains.

Celebrate failure / effort that wasn't successful
from last week ...

Who didn't eat as many servings of fruit and veggies as they
wanted last week - but is still in the game?

If so, give yourself...

...100 points.

Celebrate Success from last week...

Who ate more fruits & veggies last week than the week before?

If so, give yourself...

100 points.

If you've already watched Jeff Novick's talk about calorie density...

...give yourself 100 points.

From Jeff's talk - and for 100 points - veggies average...

- ✦ 100 calories per pound
- ✦ 300 calories per pound
- ✦ 500 calories per pound

Answer...

100 calories per pound

For another 100 points, fruit averages...

- ✦ 100 calories per pound
- ✦ 300 calories per pound
- ✦ 500 calories per pound

Answer...

...300 calories per pound

For another 100 points, whole grains average...

- ✦ 100 calories per pound
- ✦ 300 calories per pound
- ✦ 500 calories per pound

Answer...

...500 calories per pound

For another 100 points, legumes average...

- ✦ 300 calories per pound
- ✦ 600 calories per pound
- ✦ 1,200 calories per pound

Answer...

...600 calories per pound

Your takeaways from Jeff's presentation?

Our takeaways...

- ✦ Want to lose weight? Eat more foods low in calorie density
- ✦ Want to gain weight? Eat more foods with a higher calorie density
- ✦ Most whole plant foods are low in calorie density. You can probably eat all you want - just don't load them up with butter, oil, etc.

More from Jeff Novick's talk.

- ✦ Be careful even with healthy plant foods - higher in fat - nuts, seeds, and avocados.
- ✦ If you eat fruits and veggies first or before meals - they will start to fill you up. You can't eat as many calories.
- ✦ Lower the calorie density of foods - by added more fruits and veggies.

Final Takeaway...

Your brain only runs on carbs. If you don't eat them, you literally starve your brain of fuel.

Questions?

Comments?

Concerns?

Whole grains

In study after study, whole grains are consistently associated with better health - including - lower risk...

- ✦ Type 2 diabetes
- ✦ Heart disease
- ✦ Premature death

Remember the massive study - funded by the Gates foundation - looking at the leading dietary risk factors for death?

- ✦ Not enough fruit - 3rd leading cause
- ✦ Not enough vegetables - 5th leading cause

Where do you think whole grains ranked? For 100 points...

- ✦ 1st
- ✦ 2nd
- ✦ 4th

Answer...

Not eating enough whole grains - 2nd
leading cause of dietary risk factors for
death

A meta analysis of the World Health Organization of nearly 250 studies found...

High intake of whole grains led to much lower rates of stroke, diabetes, and colon cancer.

Another study of nearly 120,000 people

Found the **more** whole grains you eats,
the **lower** your risk of death.

It also said replacing meat or refined grains with whole grains...

Significantly lowers your risk of chronic disease.

In multiple studies, people fed a dinner either high in whole grains or legumes...

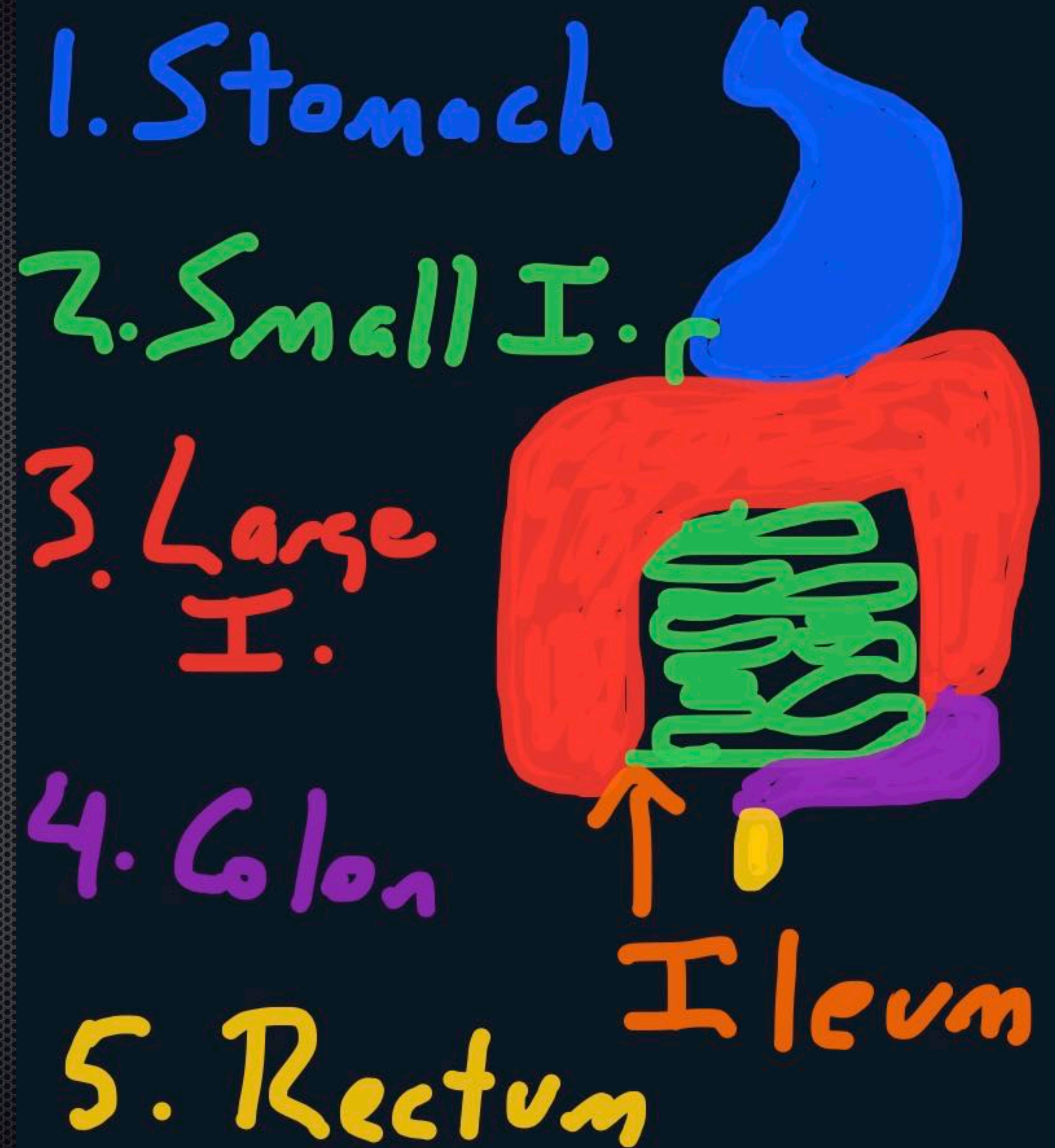
Ate about 100 fewer calories at breakfast 12 hours later

In one another study, subjects ate whole grains at dinner...

... and ate about 100 fewer calories - not just the next day at breakfast - but also at lunch

Why?

The undigested insoluble fiber reached their ileums and reduced their appetites



A study of more than 500 people aged 60 and older - the more whole grains they ate, the less like they were to die or have metabolic syndrome

- ✦ Metabolic syndrome - when someone has at least three metabolic diseases
- ✦ Metabolic diseases - type-2 diabetes, heart disease, high blood pressure, cancer, high cholesterol, obesity, etc.
- ✦ The study concluded - adults should eat at least three servings of whole grains every day

Another study of nearly 5,000 adults concluded that whole grains reduce inflammation

- ✦ Inflammation is the body's response to injury and disease
- ✦ Inflammation - linked to many chronic diseases

A similar study found eating whole grains frequently...

...leads to a much lower risk of dying from inflammatory diseases.

Inflammatory diseases include...

- ✦ Rheumatoid Arthritis - Inflamed joints
- ✦ Asthma - Inflamed airways
- ✦ COPD - Inflamed lungs
- ✦ Crohn's & ulcerative colitis - Gut inflammation
- ✦ MS - Inflammation in the brain and spinal cord

What are grains?

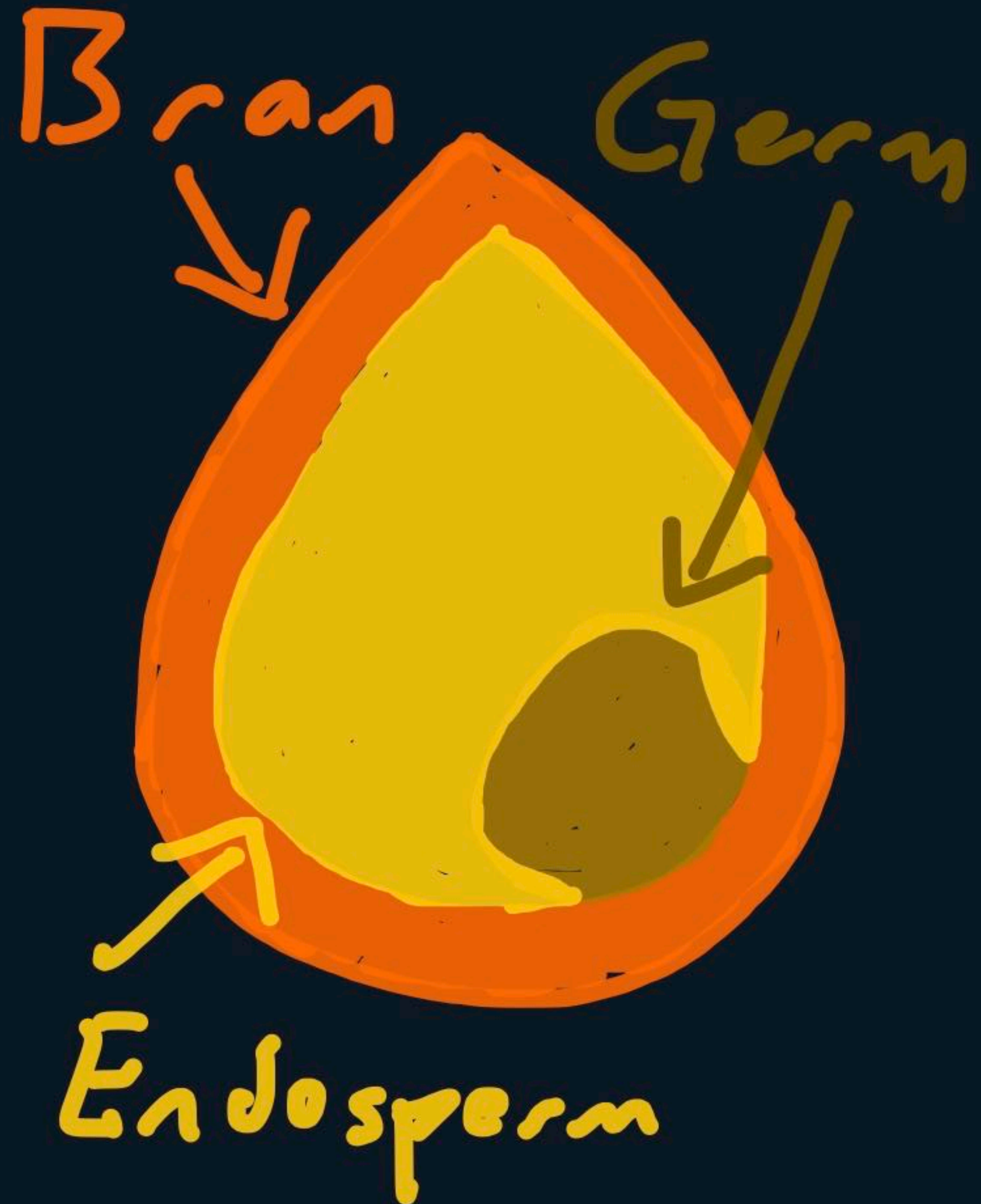
- ✦ Grains are technically the seeds of cereal grasses we can eat
- ✦ They differ from other seeds enough to get their own category

What are whole grains?

- ✦ Whole grains are grains that contain all - or the whole of the grain - that humans can eat
- ✦ Some grains need to be minimally processed to be eaten - they are still considered whole grains
- ✦ Whole grains are not the same as whole wheat - whole wheat is a type of whole grain

3 parts of a whole grain

- Bran
- Endosperm (endo means within)
- Germ



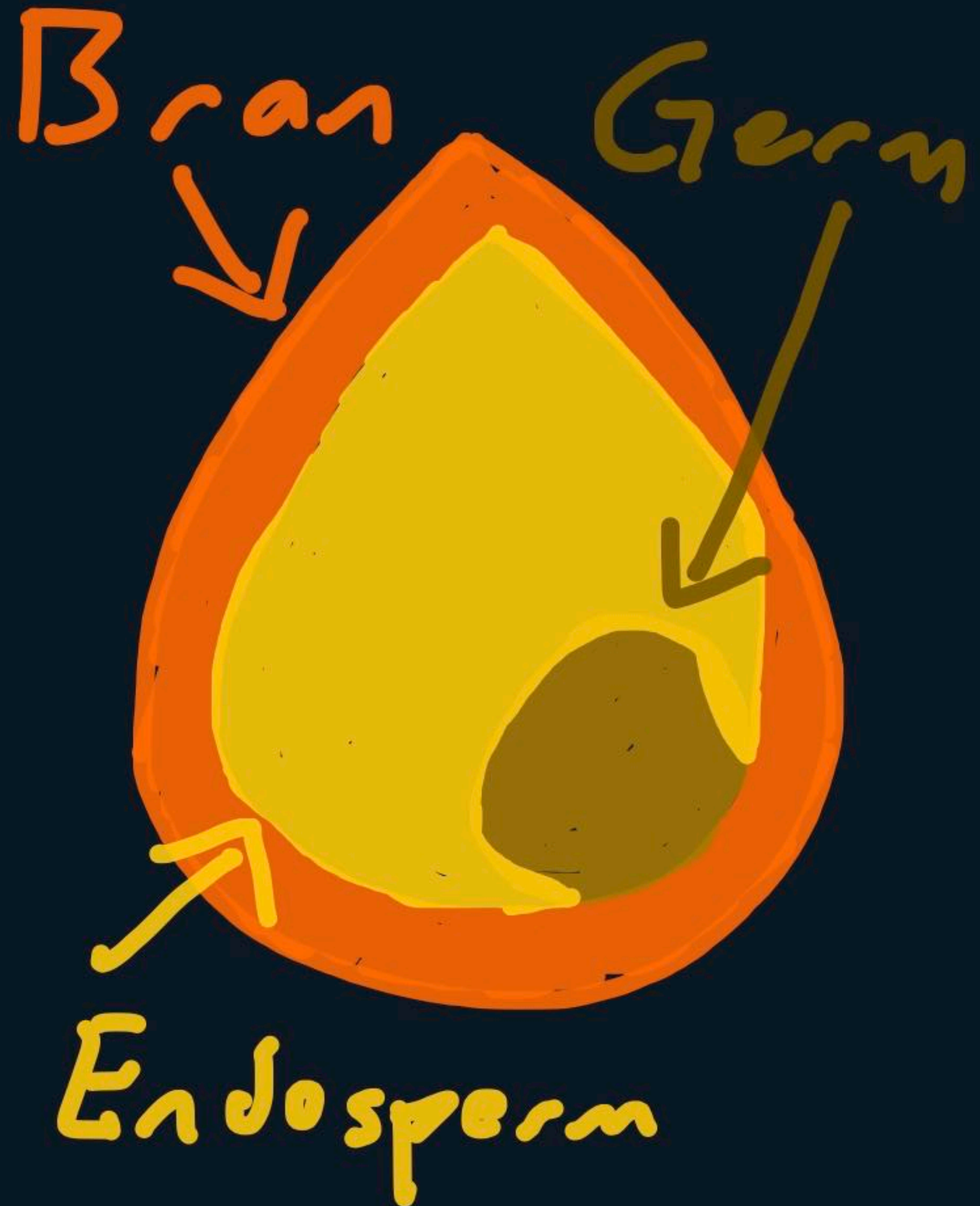
Bran - Outer Layer - Orange

- Vitamins
- Antioxidants - protect the body from disease
- Fiber - slows absorption and stabilizes blood sugar



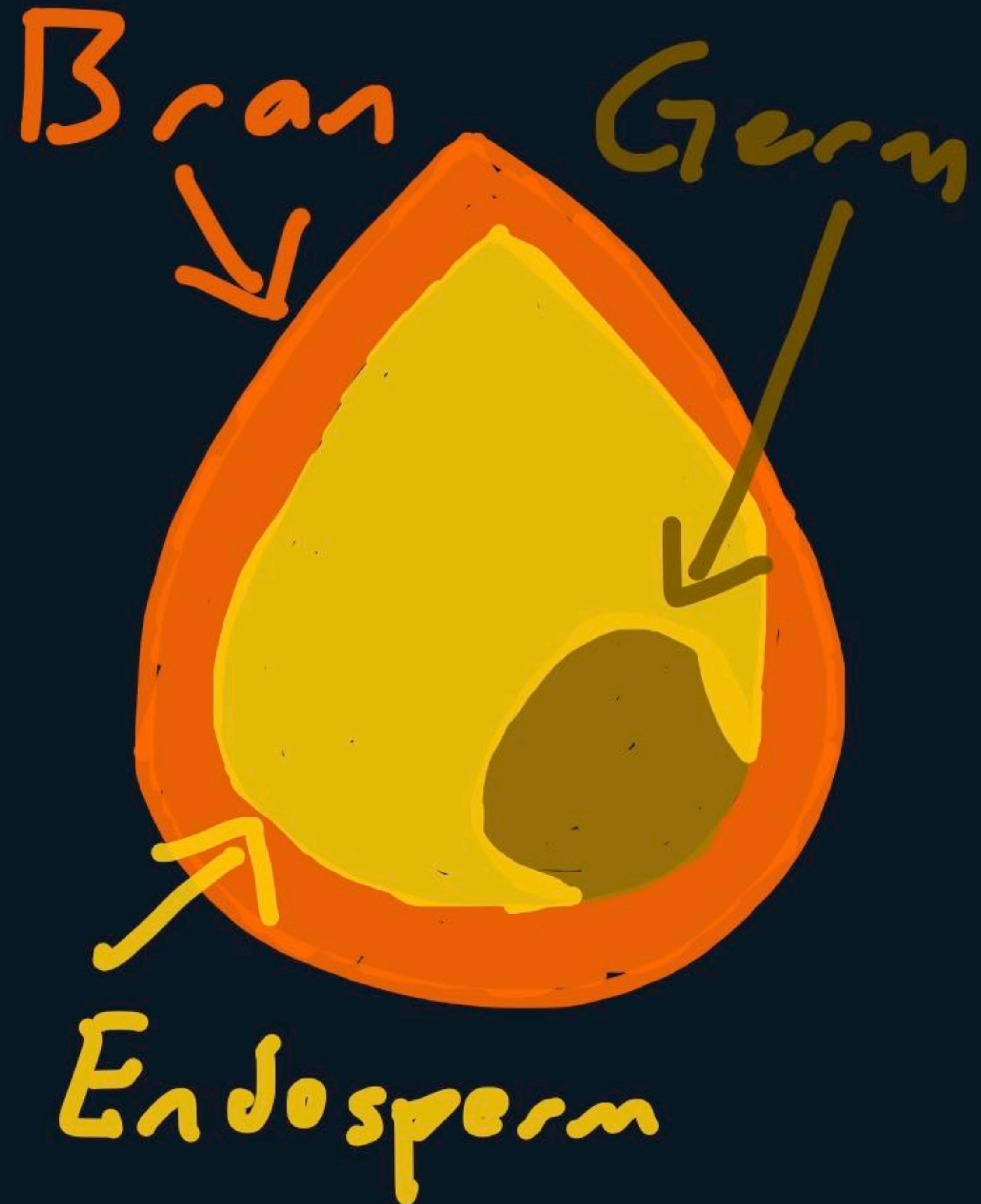
Endosperm - Inner Layer - Yellow

- Mostly starchy carbs
- Provides lots of energy
- Some protein
- A few nutrients that keep you healthy



Germ - The Seed - Brown

- Could become a new plant
- Protein, fat, vitamins, minerals, and antioxidants
- Reduces inflammation
- Protects heart health



Processed Grains

- Are also called refined grains
- Eliminate the bran and germ
- Nearly the same amount of calories but loses most of the nutrition



Processed / refined grains

- ✦ Eliminate most fiber and nutrients
- ✦ Digested quickly
- ✦ Spike insulin levels
- ✦ Act like refined sugar in the body

Whole Grains

- ✦ Have all the fiber and nutrients
- ✦ Digested slowly
- ✦ Do not spike insulin levels
- ✦ Do not act like refined sugar in the body
- ✦ Have many health benefits

Which of the following is a whole grain?

100 points for each correct answer. 400 points possible.

- ✘ Enriched white rice
- ✘ Couscous
- ✘ Cream of Wheat
- ✘ Grits

Answer - none of the above

- ✦ Enriched white rice - bran and germ removed
- ✦ Couscous - “ “
- ✦ Cream of Wheat - “ “
- ✦ Grits - germ removed - sometimes the bran too

Whole grains to eat include...

- Oats
- Brown rice
- Rye
- Hulled barley
- Whole wheat
- Sorghum
- Corn
- Millet
- Kamut
- Spelt
- Teff
- Wild rice
- Amaranth
- Buckwheat
- Popcorn
- Quinoa
- Emmer / farro
- Bulger
- Purple Rice
- Red Rice
- Black Rice

Processed - or refined - grains to avoid include...

- White rice
- Enriched white rice
- White bread
- White pasta
- Pasta made from semolina flour - it's almost always refined
- Pearled barley
- Couscous - also made from semolina flour
- Cream of Wheat
- Grits

Three tipoff words - almost always = processed

- ✦ Enriched
- ✦ Farina
- ✦ Semolina

Enriched

- ✦ It's a processed / refined grain - not a whole grain
- ✦ Put some vitamins back in - not bran (with fiber) or germ
- ✦ Whole grains don't need to be enriched - nothing edible was taken out

Enriched grains...

- ✦ When people started refining grains, diseases started popping up
- ✦ Beriberi - caused by refining rice - deficiency of thiamine / vitamin B1 - killed many people in Asia
- ✦ Instead of telling people to eat the whole grain, some governments mandated putting some vitamins - including B1 - back in

Farina

- ✦ Coarsely ground wheat
- ✦ Bran (fiber) and germ (nutrients) removed
- ✦ Used in cakes, muffins, bread, and more

Semolina

- ✦ Another kind of coarsely ground wheat
- ✦ Bran (fiber) and germ (nutrients) removed
- ✦ Used to make pasta, couscous, bread, and more

Whole grains are associated with good health. People who eat whole grains instead of refined grains are less likely to get...

- ✦ Cancer
- ✦ Heart disease
- ✦ Type 2 diabetes

Refined grains are linked to...

- ✦ Type 2 diabetes
- ✦ Stroke
- ✦ High blood pressure

There are advantages to refined grains...

- ✦ Last longer on the shelf
- ✦ Cook faster
- ✦ With fiber removed - you can eat more. Food companies make more money

The advantages are about convenience...

...not health.

Intact *vs.* non intact whole grains

Intact whole grains - the shape - physical structure hasn't been...

- ✦ Flattened - rolled oats
- ✦ Crushed - Scottish / stone ground oats
- ✦ Pulverized - bread and pasta flour

Whole grain - what's inside. Still has bran, germ, and endosperm...

...in original proportions.

Intact grains

- ✦ Body absorbs intact whole grains slower than non-intact whole grains
- ✦ Intact grains help the body make a lot more good gut bacteria - helps combat disease and helps satiety
- ✦ Whole grains are great - intact whole grains - better
- ✦ Both - much better than refined / highly processed grains

Issues with whole grains

- ✦ Gluten
- ✦ The time it takes to make them - fix with an electric pressure cooker, rice cooker, slow cooker, etc.

Gluten

- ✦ Gluten - A group of protein in some grains
- ✦ About two percent of people don't digest gluten well - wheat allergies, celiac disease, etc.
- ✦ About one percent have celiac disease - gluten partially blocks their ability to absorb nutrients

People with gluten issues may experience...

- ✦ Stomach pain
- ✦ Bloating
- ✦ Diarrhea
- ✦ Constipation
- ✦ Gas

Whole grains that contain gluten include...

- ✦ Wheat
- ✦ Rye
- ✦ Barley
- ✦ Kamut
- ✦ Spelt
- ✦ Emmer

Whole grains do not contain gluten

- ✦ Brown rice
- ✦ Wild rice
- ✦ Quinoa
- ✦ Corn
- ✦ Teff
- ✦ Sorghum
- ✦ Emmer
- ✦ Buckwheat
- ✦ Millet
- ✦ Amaranth

One whole grain should not contain gluten - oats

- ✦ Naturally gluten free
- ✦ Sometimes contaminated during processing
- ✦ If you are sensitive to gluten - choose oats that are guaranteed to be gluten free

Some people think they have a gluten sensitivity but don't because they...

- ✦ Try a gluten-free diet and feel better
- ✦ But they stopped eating junk food at the same time
- ✦ They conclude the reason they feel better is because they are gluten free - not because they stopped eating junk food

If you don't have a gluten sensitivity...

- ✦ Going gluten free likely has **no benefits**
- ✦ Several studies show those **not** on gluten-free diets have stronger immune systems - likely because the fiber in wheat feeds the good gut bacteria

Whether you're in the 2 percent who can't do gluten - or the 98 percent who can, whole grains can help you...

- ✦ Lose weight
- ✦ Improve your health

The smaller you cut grains...

- ✦ The faster they cook
- ✦ The faster they go through you

Example - oats

- ✦ Oat grouts - only outer hull removed - 45 - 60 minutes
- ✦ Steel-cut oats - grouts chopped once or twice - 20 - 30 minutes
- ✦ Scottish / stone-ground oats - small, uneven bits - 8 - 15 minutes
- ✦ Rolled / Old fashioned oats - flattened into flakes - 5 - 10 minutes
- ✦ Quick oats - Rolled oats cut thinner - 1 - 5 minutes
- ✦ Instant oatmeal - Precooked / very thin - often flavored - just add hot water

Whole grain swaps to consider...

- ✦ Oatmeal, teff, amaranth, barley - for sugary cereal
- ✦ Brown rice, kamut, rye, spelt - for white rice
- ✦ 100% whole wheat bread - for white bread
- ✦ Corn - for corn dogs, chips, high-fructose corn syrup - in junk food, soda, energy drinks

Where whole grains fit - with other food groups

- ✦ Fruits - most water, vitamin C, and quick-digesting energy - but not too quick
- ✦ Veggies - most most nutrition per calorie / nutrient dense
- ✦ Whole grains - most complex carbs / sustained energy and B vitamins
- ✦ Legumes - most fiber and protein
- ✦ Herbs and spices - most concentrated source of antioxidants
- ✦ Nuts - most heart-healthy fats (monounsaturated) and vitamin E
- ✦ Seeds - most omega-3 fatty acids and essential minerals - like magnesium and zinc

Review

- ✦ Whole grains promote good health - refined grains do the opposite
- ✦ Linked to much lower rates - many chronic issues including - heart disease, stroke, some cancers, type-2 diabetes, and more
- ✦ Even people with gluten sensitivity can enjoy most whole grains
- ✦ Best sustained energy source

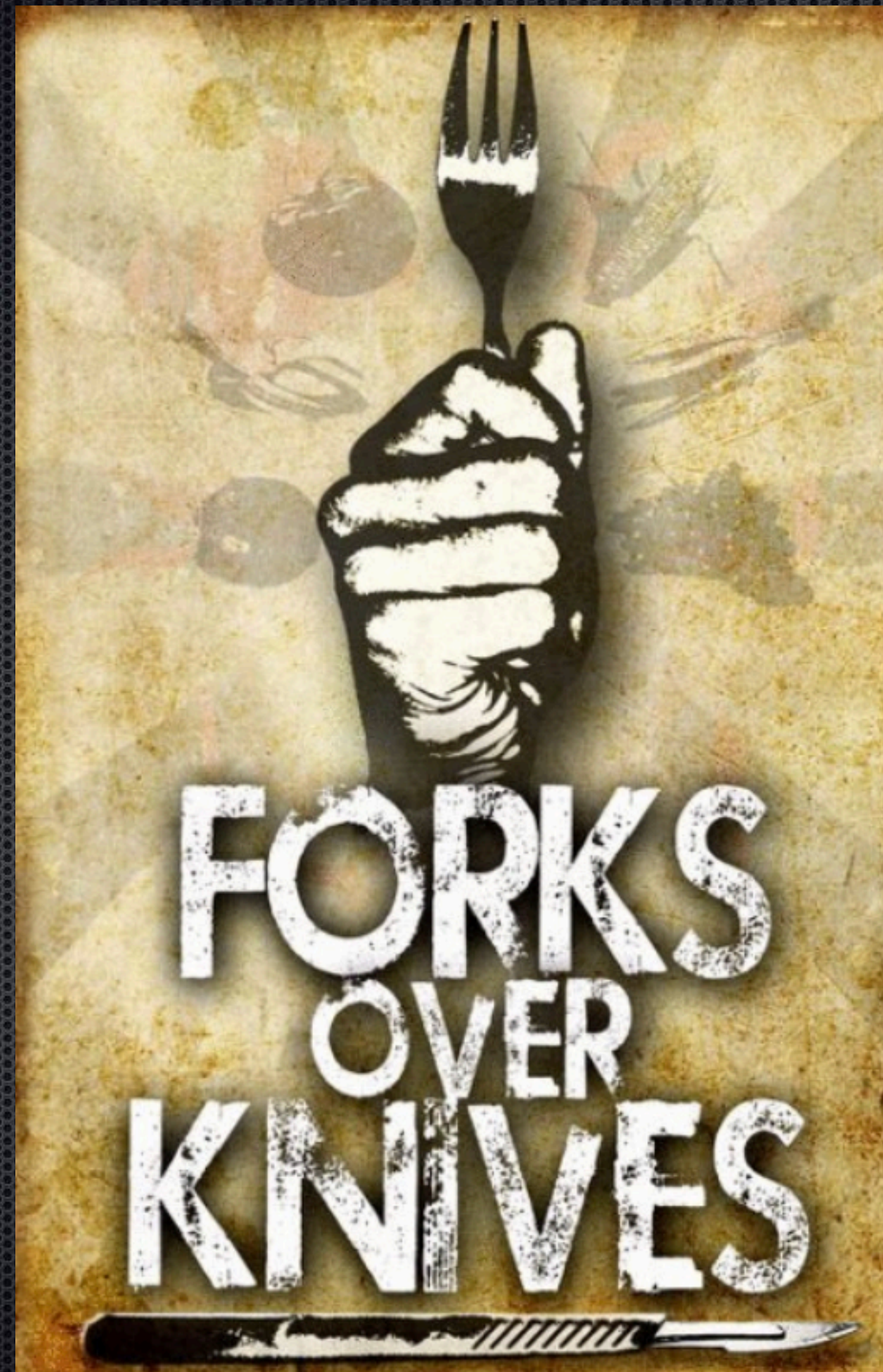
This Week's Challenge / Daring Adventure

1. Continue to eat three servings of fruit per day
2. Continue to eat three servings of veggies per day - including one serving - either green leafy or cruciferous veggies
3. Build up to 3 servings of whole grains per day
4. Keep a record
5. Make it fun

Checklist for Week 3

1. Fruit - 3 servings per day
2. Vegetables - 3 servings per day - including leafy greens and cruciferous
3. Whole grains - 3 servings per day / Track progress
4. Screen Time - Forks Over Knives
5. Grocery list

Screen Jam for this week



Next Week

Legumes

McKenzie's Amazing Checklists and Trackers

WEEK 2 CHALLENGES
Let's keep building healthy habits together!

- 1 Continue to eat 3 servings of fruit per day!**
Keep enjoying your favorite fruits and try new ones!
- 2 Build up to 3 servings of veggies per day**
Include at least one serving of green leafy or cruciferous veggies each day!
- 3 Keep a record!**
Track your fruit and veggie servings each day. You've got this!
- 4 Watch the "Screen Jam: Calorie Density" by Jeff Novick**
This short, powerful video will inspire you and give you even more tools for success!
- 5 Check out the grocery list and join us Wednesday for a Cooking Jam!**
Plan ahead, get inspired, and let's have fun cooking together!

Small steps. Big changes. **YOU'VE GOT THIS!**

McKenzie's Amazing Checklists and Trackers



WEEK 2 TRACKING

Let's build healthy habits and have fun doing it!

DAY	VEGGIES (Servings per day)					FRUITS (Servings per day)				
	1	2	3	4	5	1	2	3	4	5
☀️ MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
☀️ SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VEGGIE OPTIONS – Mix it up and eat the rainbow every day!



More colors.
More nutrients.
More you!



★ BONUS WINS! ★

- ★ Hit 5 servings of both veggies and fruits any day!
- ★ Eat the rainbow every day!
- ★ Try a new veggie or fruit!
- ★ Track all 7 days!

You've got this!
Make it fun!

Question from last week

Why do more fruits and veggies
reduce the severity of asthma?

Researchers believe - thin fluid between airways and outside air.

- ✦ Fluid uses antioxidants from fruits and vegetables - protect lungs from harmful free radicals.
- ✦ Eating more fruits and veggies = more antioxidants
- ✦ More antioxidants - helps reduce airway irritation, tightening, and mucus buildup.

Add up your points...

Who won today's game?

Questions, comments, concerns?

Two weeks in - how are you doing?

- ✦ Victories
- ✦ Challenges
- ✦ What can I - or the group - help with?
- ✦ How does your body feel?

Shared with participants of Make It Fun Health's
Daring Adventure because you're awesome.
Please do not repost or redistribute publicly without permission -
which we know you won't do, because you're awesome.
© 2026 Make It Fun Health