





Session 2: Be a Fat and Calorie Detective

To help you lose weight, we'll help you build healthy eating habits.

Healthy eating involves eating less fat.

- Fat is the most fattening of all the things we eat because it contains more than twice the calories as the same amount of sugar, starch, or protein.
- Eating too much fat can cause weight gain. By eating less fat, you can lose weight.
- Even small amounts of high fat foods are high in calories.

Compare:	Food	Grams of Fat	Calories
	¼ Cup Roasted Peanuts	19	215
	3 Cups Plain, Air-Popped Popcorn (12 times as much food!)	0	60

Fat is related to heart disease and diabetes.

- Research has shown that eating a lot of fat can increase your cholesterol level. Cholesterol is one type of fat in your blood. The higher your cholesterol, the greater your chances of having a heart attack.
- Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

Keep in mind that eating too many calories from *any type* of food is also fattening and will cause weight gain.

What kinds of foods do you eat that are high in fat or calories?

1.
2.
3.
4.
5.
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7.
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9.
10.

Most of the fat we eat (70% of it) is hidden in foods.

Let's uncover it! Here's a sample fast food meal*:

Food	Fat Grams	Teaspoons of Fat	Calories
Fried Fish Sandwich	32	8	640
Large French Fries	28	7	580
Dutch Apple Pie	13	3	320
Medium Chocolate Shake	21	5	670
Total:	94	23 (That's about 1 stick of butter!)	2210

*Burger King™, Calorie King™ Fat and Calorie Counter, 2010



Keep Track of the Fat and Calories You Eat Every Day.

1. Write down everything you eat and drink. It's the most important part of changing your behavior. Spelling is NOT important. What IS important is to:

- Be honest (write down what you really eat).
- Be accurate (measure portions, read labels).
- Be complete (include everything).

2. Figure out how much fat and calories are in everything you eat and drink. Write it down. Figure out the amount of each food and beverage you ate or drank.

- Look up each item in the Fat and Calorie Counter or use the calorie and fat gram information listed on the food label.
- Compare the amount YOU ate or drank with the amount in the Fat and Calorie Counter to see how many fat grams and calories you ate or drank.



3. Add up the fat and calories you eat and drink during the day.

- Transfer the totals to the back page of your Keeping Track book.



Keeping Track (Practice Page)

For each food below:

- Look up the food in the Fat and Calorie Counter.
- Figure out the grams of fat and calories in the amount you ate or drank.

Time	Amount	Food: Name/Description	Grams of Fat	Calories

Total: _____



When You Use the Fat and Calorie Counter:

Can't find a food?

- Use the fat gram and calorie values for a food that's the most like it. (For example, use nut bread for zucchini bread.)
 - Write the name of the food in the back of your Fat and Calorie Counter and ask your Lifestyle Coach about it next week.
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Have trouble figuring the grams of fat and calories?

- Just write down the food or beverage and amount.
 - Your Lifestyle Coach will help you next week.
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Make a recipe?

- For many recipes, you can simply write down how much of each ingredient you ate.
 - For example, in a stew, how much meat did you eat? Carrots? And so on.
 - If you made the recipe yourself, you can add up the calories and fat grams of all the ingredients you used and divide by the number of servings. That will give you the calorie and fat counts for each serving of that dish.
- Another suggestion is to find a similar food in the Fat and Calorie Counter and use that nutrition information.
 - For example, use the nutrition information listed in the Fat and Calorie Counter for beef stew
- If you cook from recipes often, bring in a favorite recipe next week. Your Lifestyle Coach will help you count the grams of fat and calories.





Eat a packaged food? Look on the Nutrition Facts label.

Nutrition Facts

Serving Size 1 oz. (28g/about 21 pieces)

Servings Per Container 10

Amount Per Serving

Calories 150 Calories from Fat 80

	% Daily Value*
Total Fat 9 g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1g	1%
Sugars less than 1 g	

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

← Look at the Serving Size.
(Is this the amount you ate?)

← Look at the Calories per
Serving

← Look at the Total Fat Grams
per serving

? What if you eat a larger serving
than is listed on the label?

- You will be eating more calories and fat grams than are listed on the label.



Weighing and Measuring Foods is Important.

Tips for accurate measuring:

Measuring cups

- For solid foods: Fill and level off.
- For liquids: Fill. Read the line at eye level.

Measuring spoons

- Fill and level off.

Scale (for meats, cheese, etc.)

- Weigh meats **after** they are cooked. Remove the fat and bone before you weigh it.
- 4 oz. raw = 3 oz. cooked (about the size of a deck of cards).



Most people are surprised when they weigh and measure foods.



- Our eyes can play tricks on us.
- Write down the name of the foods on display.
- Guess the amount.
- Write down the actual amount.
- Figure the fat grams and calories for the actual amount.

	Gussed amount	Actual amount	Grams of Fat	Calories

Note: If you weigh and measure food at home, it will be easier for you to estimate portion sizes when eating away from home.



Lifestyle Balance Fat and Calorie Goals

To help you lose weight and improve your health, stay as close as possible to your fat and calorie goals.

Find your starting weight below. Your fat and calorie goals are in the same row. Circle your fat and calorie goals.

Weight (lb)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

- A gram is the way fat in food is measured.
- A gram is a unit of weight.
- A paper clip weighs about 1 gram.

- It may be hard to reach your fat gram and calorie goals at first.
- Just try to get as close to your goals as you can.
- It's important not to go too low-**do not** try to see how few calories and fat grams you can eat!





Three Ways to Eat Less Fat and Fewer Calories:

1. Eat high-fat, high-calorie foods *less often*.

Example: Don't eat French fries every day.
Have them only once a week.
(That's about 132 fewer grams of fat per week!)

2. Eat *smaller amounts* of high-fat, high-calorie foods.

Cutting back even a little on the amount you eat can make a big difference.

Example: At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (That is 32 grams of fat for regular dressing!).



Instead, use a regular spoon from your place setting.
Most hold 1 tablespoon or less.
(That's 24 fewer grams of fat!)

3. Eat *lower-fat, lower-calorie foods instead*.

There are many lower-fat, lower-calorie items in the grocery stores.
Example: low-fat salad dressing, skim milk, low-fat yogurt and cheese, lean cuts of meat.

Through trial and error you will find products you like.

Ask friends and family about products they like.

In the coming months, you'll discover a number of ways to "eat lower-fat, lower-calorie foods instead."

Ways to Eat Lower Fat/Calorie Foods	For example, instead of this food:	Fat (g)	Calories	Choose this food:	Fat (g)	Calories
Instead of high-fat/calorie foods, pick low-fat/calorie foods.	Potato chips, 1-ounce bag	10	150	Pretzels, 1-ounce bag	0	100
Instead of high-fat/calorie foods, use low-fat/calorie substitutes.*	Regular margarine, 1 teaspoon	4	35	Light margarine, 1 teaspoon	2	20
Find ways to lower the amount of fat in meats you eat.	Roast beef (chuck), untrimmed, 3 oz.	24	310	Roast beef (top round), trimmed, 3 oz.	5	160
Instead of flavoring foods with fat, use low-fat/calorie flavorings.	Sour cream, 2 tablespoons on baked potato	5	50	Salsa, 2 tablespoons, on baked potato	0	15
Avoid frying foods; use other healthier ways to cook.	4 ounce chicken breast, with skin, breaded, fried	17	315	4 ounce chicken breast, without skin, roasted	4.5	175

* **Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar.

Check the label. For example:

½ cup nonfat frozen yogurt	100 calories
½ cup regular ice cream (10-12% fat)	143 calories



Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams and calories saved.

High-fat/calorie breakfast	Ways to lower the fat/calories	Make-over	Grams Of Fat	Calories Saved
2 Fried eggs (fried in butter)	Pick low-fat/calorie foods.	Bran Flakes (1 cup)	15	90
Whole milk, 1 cup	Use low-fat/calorie substitutes.	Skim milk, 1 cup	8	60
Toast, 1 slice, with 1 teaspoon margarine	Use low-fat/calorie flavorings.	Toast, 1 slice, with 1 teaspoon jam	4	17
Coffee, 1 cup, w/2 Tbsp. half and half	Use low-fat/calorie substitutes.	Coffee, 1 cup, w/2 Tbsp. nonfat creamer	4	20
High-fat/calorie snack				
Doughnut, glazed, raised 1	Pick low-fat/calorie foods.	1 medium apple	12	180
High-fat/calorie lunch				
Bread, 2 slices, with 1 Tbsp. mayonnaise	Eat smaller amounts.	Bread, 2 slices, with 1 teaspoon mayonnaise	4	64
Bologna, beef or pork, 1 ounce	Lower the fat in meats.	Turkey breast, 1 ounce	7	60
American cheese, 1 ounce	Use low-fat/calorie substitutes.	Low-fat American cheese, 1 ounce	5	40
Potato chips, 1-ounce bag	Eat smaller amounts.	Potato chips, ½ of a 1-ounce bag	5	75
High-fat/calorie dinner				
Fish, flounder, breaded and deep fried, 3 oz.	Cook in healthy ways.	Fish, flounder, baked without fat, 3 ounces	11	130
Mashed potatoes, ½ cup with milk and butter	Use low-fat/calorie flavorings.	Mashed potatoes, ½ cup, no butter added	4	35
Gravy, ¼ cup	Use low-fat/calorie substitutes.	Gravy, from mix, with water, ¼ cup	4	80
Green beans, w/bacon, ½ cup	Use low-fat/calorie flavorings.	Green beans, with nonfat broth, ½ cup	2	15
Tossed salad w/2 Tbsp. French dressing	Use low-fat/calorie substitutes.	Tossed salad w/2 Tbsp. fat-free dressing	11	100
Ice cream, super-rich, ½ cup	Eat less often.	1/2 cup fat & sugar free chocolate pudding [Save ice cream for a rare treat.]	18	210

TOTAL DAILY SAVINGS: 114 1,176



To do:

I will:

- Keep track of my weight.
 - Weigh myself at home at least once a week at the same time of day on the same scale.
 - Record my weight on the back of the Keeping Track book.
- Keep track of what I eat and drink.
 - Write down everything I eat and drink in the Keeping Track book.
 - Use the Fat and Calorie Counter to figure out how much fat and calories are in what I ate. Write the fat grams and calories down in the Keeping Track book.
 - Keep a running fat gram and calorie total throughout the day.
 - Transfer the daily totals of fat grams and calories to the back page.
 - Come as close to my fat gram and calorie goals as I can.
- Make a plan to eat less fat and fewer calories and follow it.
 - Write down 5 foods you eat that are high in fat and/or calories.
 - Pick one of the three ways to eat less fat or fewer calories for each food. Write down what you will do between now and the next session. Be sure it is **something you can do**.

My Top 5 high-fat/calorie foods	The Three Ways to Eat Less Fat and Fewer Calories		
	I will eat it only this (less) often:	I will eat only this (smaller) amount:	I will eat this (lower-fat/calorie) food instead:

What I will need to do to reach this goal:

Problems I might have and what I will do to solve them:

Before the next session, answer these questions:

Did you follow your plan? Yes_____ No_____ Almost_____

What problems did you have following your plan?

What could you do differently?

GET THE OKAY TO BE PHYSICALLY ACTIVE!

When starting any new physical activity program, it's always important to check with your physician to make sure that it's safe for you to increase your physical activity level.



Please be sure to get the ok for physical activity from your physician before our next session so that you'll be ready to get started!