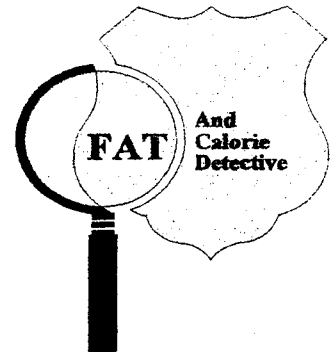


Session 2: Be a Fat and Calorie Detective.

We'll begin today to keep track of your weight.

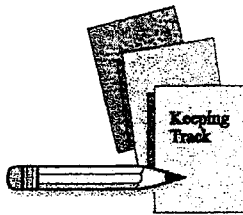
Your starting weight was _____ pounds.

Your weight goal is _____ pounds.



To keep track of your weight:

- At every session, mark it on the How Am I Doing? chart.
- Weigh yourself at home every _____
on the same scale, and
at this time of day _____.



Write your weight on the back of your Keeping Track book.

To help you lose weight, we'll help you **eat healthy**.

Healthy eating involves **eating less fat**.



- **Eating too much fat is "fattening" (makes us fat).
By eating less fat, you can lose weight.**

In fact, fat is the most fattening of all the things we eat.

Fat contains **more than twice the calories** as the same amount of sugar, starch, or protein.

Even small amounts of high fat foods are high in calories.

Compare:

| | | <i>Grams of fat</i> | <i>Calories</i> |
|---|---|---------------------|-----------------|
|  | ¼ cup peanuts | 18 | 212 |
|  | 3 cups plain, air-popped pocorn (12 times as much food!) | 1 | 92 |

- **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 chance of having a heart attack. Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

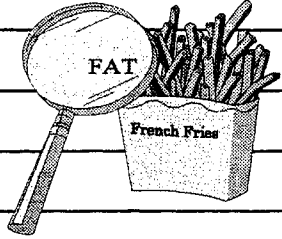
What kinds of foods do you eat that are high in fat?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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

Let's uncover it! Here's a lunch menu:

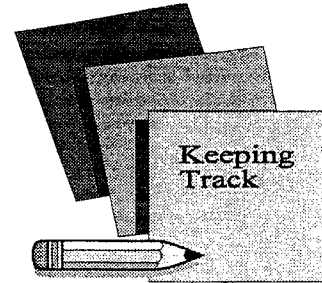
| | |
|---------------------------|--|
| Fried fish sandwich | 5 teaspoons of fat |
| Large French fries | 6 teaspoons of fat |
| Apple turnover, fried | 4 teaspoons of fat |
| Milkshake, with ice cream | 5 teaspoons of fat |
| Total: | 20 teaspoons of fat (That's about 1 entire stick of butter or margarine!) |



Keep track of the fat you eat every day.

1. Write down everything you eat and drink.

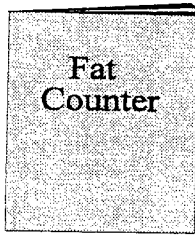
It's the **most important** part of changing your behavior.



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 is in every food. Write it down.



- Figure out the amount of each food you ate.
- Look up each food in the Fat Counter.
- Compare the amount of food YOU ate with the amount in the Fat Counter to see how much fat you ate.

3. Add up the fat you eat during the day.

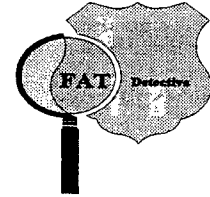
**Your fat gram goal or "budget" is to
stay under _____ grams of fat each day.**

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 goal at first.
Just try to get as close to your goal as you can.

Keeping Track (practice page)



For each food below:

- Look up the food in the Fat Counter,
- Figure out the grams of fat in the amount you ate.

| Time | Amount | Food: Name/Description | Grams of Fat | Calories |
|------|--------|------------------------|--------------|----------|
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Total: _____

When you use the Fat Counter:

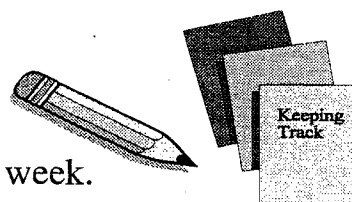
Can't find a food?

- ▶ Use the fat gram value 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 Counter. Ask your Lifestyle Coach about it next week.



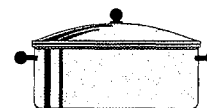
Have trouble figuring the grams of fat?

- ▶ Just write down the food and amount.
- ▶ Your Lifestyle Coach will help you next week.



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 cook from recipes often, bring in some favorite recipes next week. Your Lifestyle Coach will help you count the grams of fat in them.



- ***Eat a packaged food?*** Look on the label for the fat grams.

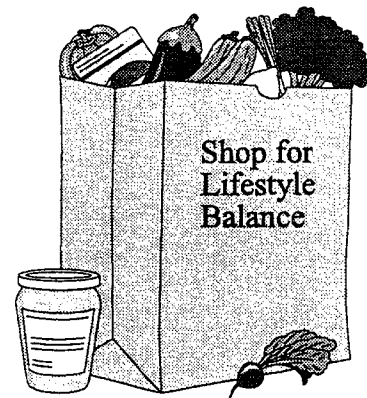
| Nutrition Facts | | | |
|---|-----------|-----------------------|------------|
| Serving Size 1 oz. (28g/about 21 pieces) | | | |
| Servings Per Container 10 | | | |
| Amount Per Serving | | | |
| Calories 150 | | Calories from Fat 80 | |
| | | % Daily Value* | |
| Total Fat 9 g | | | 14% |
| Saturated Fat 2g | | | 10% |
| 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 **Total Fat grams per serving**.

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

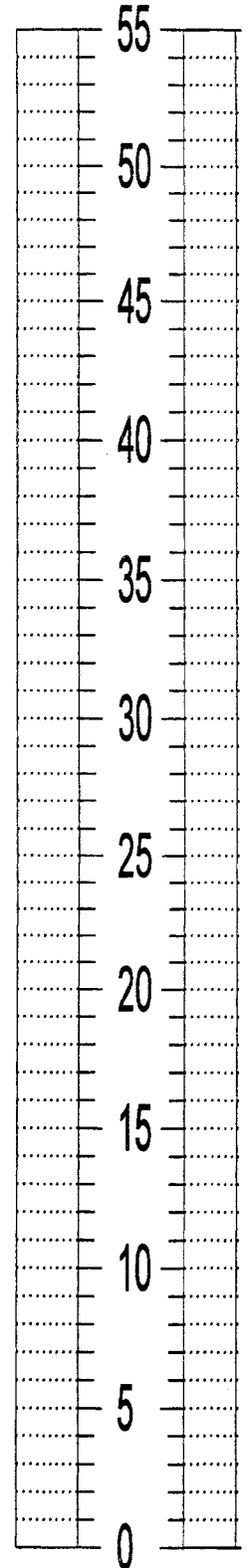
You will be eating more fat grams than are listed on the label.



Adding up the fat grams.

Fat Budget Over Budget

| Amount | Food: Name/Description | Grams of Fat/ Running Total |
|--------|------------------------|--------------------------------|
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To do next week:

I will:

Keep track of my weight.

- Weigh myself at home every _____
at this time of day _____.
- 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 Counter to figure out how much fat is in what I ate.

Write the fat grams down in the Keeping Track book.

- Keep a running fat gram total throughout the day. Try using the Fat Bank, too.
- Come as close to my fat gram goal as I can.

