

# Session 3: Three Ways to Eat Less Fat and Fewer Calories.

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**Weighing and measuring foods is important.**



**Metal or plastic measuring cups and spoons** (for solid foods)

- Fill. Level off before you record.

**Glass measuring cup** (for liquids)

- Read the line at eye level.



**Scale** (for meats, cheese, etc.)

- Weigh meats **after** they are cooked.  
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 each food on display.
- Guess the amount.
- Weigh or measure the food. Or look at the bottom of the food model.  
Write down the actual amount.
- Figure the fat grams and calories for the actual amount.

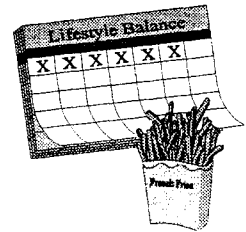
| Food | Guessed amount | Actual amount | Grams of Fat | Calories |
|------|----------------|---------------|--------------|----------|
|      |                |               |              |          |
|      |                |               |              |          |
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# The three ways to eat less fat:

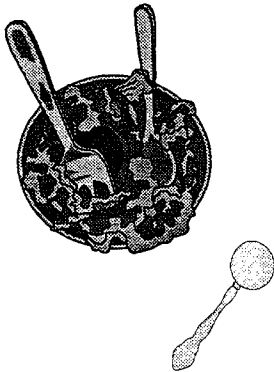
## 1. Eat high-fat foods *less often*.

*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 foods.

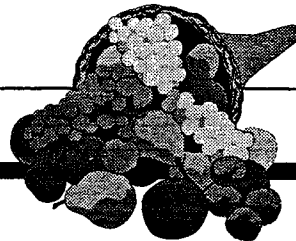


Cutting back even a little on the amount you eat can make a big difference.


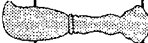



*Example:* At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (32 grams of fat for regular dressing!).

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 foods instead*.



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


| Ways to Eat Lower-Fat Foods Instead                          | For example, instead of this food:         | Fat (g) | Choose this food:  | Fat (g) |
|--|--|---------|--|---------|
| Instead of high-fat foods, pick low-fat foods.               | Potato chips, 1-ounce bag                  | 11      | Pretzels, 1-ounce bag                   | 1       |
| Instead of high-fat foods, use low-fat substitutes.*         | Regular margarine, 1 teaspoon              | 4       | Low-fat margarine, 1 teaspoon           | 2       |
| Find ways to lower the amount of fat in meats you eat.       | Roast beef (chuck), untrimmed, 3 oz.       | 22      | Roast beef (top round), trimmed, 3 oz.  | 4       |
| Instead of flavoring foods with fat, use low-fat flavorings. | Baked potato with 2 tablespoons sour cream | 6       | Baked potato with salsa                 | 0       |
| Avoid frying foods; use other healthier ways to cook.        | Chicken breast, with skin, breaded, fried  | 24      | Chicken breast with skin, grilled     | 9       |

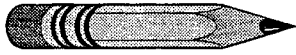
**\* Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label. For example:

- 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 saved.

| High-fat Breakfast   | Ways to lower the fat  | Make-Over  | Grams of fat saved                        |
|--|--|--|---|
| <p>Fried egg<br/>Milk, whole, 1 cup<br/>Toast, 1 slice, with 1 tsp. margarine<br/>Coffee, 1 cup, w/2 Tbsp. half + half</p>   | <p>→ Pick low-fat foods.<br/>→ Use low-fat substitutes.<br/>→ Use low-fat flavorings.<br/>→ Use low-fat substitutes.</p>   | <p>Cold cereal (1 cup)<br/>Milk, skim, 1 cup<br/>Toast, 1 slice, with 1 tsp. jam<br/>Coffee, 1 c., w/2 Tbsp. nonfat creamer</p>  | <p>6<br/>8<br/>4<br/>6</p>                |
| <b>High-fat Snack</b>  |  |  |   |
| <p>Doughnut, glazed, yeast, 1 (4" diameter)</p>  | <p>→ Pick low-fat foods.</p>   | <p>Apple, 1 (2-3/4" diameter)</p>   | <p>21</p>                                 |
| <b>High-fat Lunch</b>  |  |  |   |
| <p>Bread, 2 sl., with 1 Tbsp. mayonnaise<br/>Bologna, beef or pork, 1 ounce<br/>American cheese, 1 ounce<br/>Potato chips, 1-ounce bag</p>   | <p>→ Eat smaller amounts.<br/>→ Lower the fat in meats.<br/>→ Use low-fat substitutes.<br/>→ Eat smaller amounts.</p>  | <p>Bread, 2 sl., with 1 tsp. mayonnaise<br/>Turkey breast, 1 ounce<br/>American cheese, low-fat, 1 ounce<br/>Potato chips, 1/2 of a 1-ounce bag</p>  | <p>7<br/>7<br/>6<br/>3</p>                |
| <b>High-fat Dinner</b>   |  |  |   |
| <p>Fish, flounder, deep fried, 3 oz.<br/>Mashed potatoes, 1/2 cup<br/>Gravy, 1/4 cup<br/>Green beans, w/bacon, 1/2 cup<br/>Tossed salad w/2 Tbsp. French drsg.<br/>Ice cream, premium, 1/2 cup</p> | <p>→ Cook in healthy ways.<br/>→ Use low-fat flavorings.<br/>→ Use low-fat substitutes.<br/>→ Use low-fat flavorings.<br/>→ Use low-fat substitutes.<br/>→ Eat less often.</p> | <p>Fish, flounder, baked without fat, 3 oz.<br/>Mashed potatoes, 1/2 c., no butter added<br/>Gravy, from mix, with water, 1/4 cup<br/>Green beans, with nonfat broth, 1/2 cup<br/>Tossed salad w/2 Tbsp. fat-free drsg.<br/>Orange, 1 [Save ice cream for a rare treat.]</p> | <p>14<br/>6<br/>5<br/>2<br/>16<br/>12</p> |



## To do next week:

### I will:

- Keep track of my weight and what I eat.**  
Keep a running fat gram total.  
Try to stay under your fat gram goal (budget).
- Make a plan to eat less fat and follow it.**
  - Write down 5 foods you eat that are high in fat. Circle one.
  - Pick one of the 3 ways to eat less fat from that food. Write down what you will do next week. Be sure it is **something you can do**.



| My top 5 high-fat foods | The 3 Ways to Eat Less Fat            |  |   |
|-------------------------|---------------------------------------|--|---|
|                         | I will eat it only this (less) often: | I will eat only this (smaller) amount: | I will eat this (lower-fat) food instead: |
|                         |                                       |  |   |
|                         |                                       |  |   |
|                         |                                       |  |   |
|                         |                                       |  |   |
|                         |                                       |  |   |

What I will need to do to reach this goal:

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

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- 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 next week?  
\_\_\_\_\_

# Menu Make-Over



Use this work sheet to practice cutting the fat from high-fat meals and snacks.

| Breakfast | Makeover | Grams of fat saved |
|-----------|----------|--------------------|
| Lunch     |          |                    |
| Dinner    |          |                    |
| Snacks    |          |                    |