

# Session 5 or 3: Three Ways to Eat Less Fat.

## 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 for the actual amount.

Food	Guessed amount	Actual amount	Grams of Fat	Teaspoons of Fat*

\* Your Lifestyle Coach will fill in this column to show you the hidden fat.

# 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!)



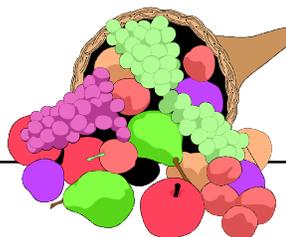
## 2. Eat *smaller amounts* of high-fat foods.



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

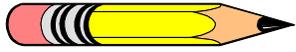
**\* Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label. For example:

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



## To do next week:

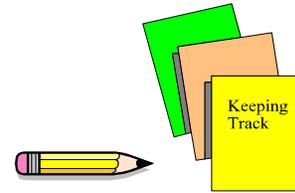
### I will:

#### Keep track of my weight, what I eat, and my activity.

Keep a running fat gram total.

Try to stay under your fat gram goal (budget).

Be active for \_\_\_\_\_.



#### 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:

\_\_\_\_\_

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

\_\_\_\_\_

#### Before the next session, answer these questions:

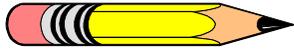
✦ Did you follow your plan? \_\_\_Yes \_\_\_No \_\_\_Almost

✦ What problems did you have following your plan?

\_\_\_\_\_

✦ What could you do differently next week?

\_\_\_\_\_



## 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?

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❖ What could you do differently next week?

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# Menu Make-Over



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

**Breakfast**

**Makeover**

**Grams of fat saved**

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**Lunch**

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**Dinner**

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**Snacks**

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