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

## Session 3: Overview

## Weighing and Measuring Food

Weighing and measuring food are important ways of knowing what we eat. Measuring helps us make healthier choices.

Eating even a slightly smaller amount can make a big difference in fat grams and calories.

Many people feel they do not need to weigh or measure their food because they think


Eating too much fat can cause heart disease and type 2 diabetes.

Eating a lot of fat can increase the amount of cholesterol in our blood.

The higher our cholesterol, the greater our chances of having a heart attack.

Eating a lot of fat also increases our chances of getting type 2 diabetes. of us are surprised when we actually do
measure. Our eyes can play tricks on us!

## Estimating Fat and Calorie Content

It is hard to know the amount of fat and calories in our food, but with practice, we can make a good guess.

## Eating Less Fat and Fewer Calories

In this program, we will learn three ways to help us eat less fat and fewer calories. We will -

- Eat high-fat and high-calorie foods less often.
- Eat smaller amounts of high-fat and high-calorie foods.
- Eat low-fat and low-calorie foods instead of high-fat, high-calorie foods.


## Menu Makeovers

Choosing low-fat and low-sugar foods will help you reduce the fat and calories you eat.

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T Measurement Basics


## Tips for Weighing and Measuring Food

Weighing and measuring foods is important for keeping track of how much you eat. Use the following tips to figure out the most exact amount.


## Use a metal or plastic measuring cup for solid foods.

$\checkmark$ Fill and level off the ingredient before you write down the amount.

## Use a glass measuring cup for liquids.

Read the line showing how much is in the cup at eye
 level.

Use a scale for meat, fish, cheese, bread, pasta, rice.
$\checkmark$ Weigh meat after it is cooked.
$\checkmark$ Remove the fat and bone before you weigh meat or fish.
$\checkmark$ Remember: 4 oz of raw meat equals 3 oz cooked meat. 3 oz is about the size of a deck of cards.

## Use measuring spoons for both solids and liquids.

$\checkmark$ Level off solid ingredients before you write down the amount.

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## Guess What?

Most people are surprised when they weigh and measure food. We're now going to do an exercise. For this exercise, follow these steps to guess the amount of food shown.

1. Write down the name of each food on display.
2. Guess the amount using cups, tablespoons, teaspoons, ounces, or grams.
3. Weigh or measure the food. Write down the actual amount.
4. Figure out the fat grams and calories for the actual amount.

| Food | Guessed <br> Amount | Actual <br> Amount | Fat <br> Grams | Calories |
| :--- | :--- | :--- | :--- | :--- |
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In this session, we discuss three simple ways to eat less fat and fewer calories.

## 1. Eat foods high in fat or calories less often.

Example: Eat French fries once a week instead of every day. That would mean about 132 fewer grams of fat per week!
2. Eat smaller amounts of high-calorie foods. Cutting back even a little on the amount you eat can make a big difference.

Example: At the salad bar, use a regular spoon instead of the ladle to pour on salad dressing. Most ladles hold 4 tablespoons, but most spoons hold 1 tablespoon or less. So you'll eat only a quarter of the fat. You'll eat 24 fewer grams of fat!
3. Eat lower-fat and lower-calorie foods instead.

Example: Choose non-fat milk instead of whole milk.


## Three Ways to Eat Less Fat and Fewer Calories (continued)

Use the table below to help you find examples of lower-fat and lower-calorie foods.

| Instead of this food: | Fat <br> (g) | Calories | Choose this <br> food: | Fat <br> $(\mathrm{g})$ | Calories |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Potato chips, <br> 1-ounce bag | 11 | 161 | Pretzels, <br> 1-ounce <br> bag | 1 | 108 |
| Regular margarine, <br> 1 tsp | 4 | 34 | Low-fat <br> margarine, <br> 1 tsp | 2 | 17 |
| Roast beef <br> (chuck), <br> untrimmed, <br> 3 ounces | 22 | 286 | Roast beef (top <br> round), <br> trimmed, <br> 3 ounces | 4 | 153 |
| Baked potato with <br> 2 Tbsp <br> sour cream | 6 | 56 | Baked potato <br> with <br> 2 Tbsp salsa | 0 | 8 |
| Chicken breast, <br> with skin, breaded, <br> fried | 24 | 439 | Chicken breast <br> without skin, <br> grilled | 9 | 205 |

Warning: Low-fat or fat-free products often contain a lot of calories.
For example -
$1 / 2$ cup low-fat frozen yogurt can have between 110-180 calories.

Some low-fat or fat-free products are very high in calories because they're loaded with sugar. Be careful. Check the label.

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These examples show how small changes make big differences in fat grams and calories.

| High-fat, high-calorie meal | Makeover meal | Fat grams saved | Calories saved |
| :---: | :---: | :---: | :---: |
| Breakfast |  |  |  |
| Fried eggs, 2 | Corn flakes, 1 cup | 15 | 90 |
| Whole milk, 1 cup | Skim milk, 1 cup | 8 | 60 |
| Toast, 1 slice, with 1 tsp margarine or butter | Toast, 1 slice, with 1 tsp jam or jelly | 4 | 17 |
| Coffee, 1 cup, with 2 Tbsp half \& half | Coffee, 1 cup, with 2 Tbsp nonfat creamer | 4 | 20 |
| Snack |  |  |  |
| Doughnut, glazed, yeast, 1 (4" diam.) | Apple, 1 (2-3/4" diam.) | 12 | 180 |
| Lunch |  |  |  |
| 2 slices bread, with 1 Tbsp mayonnaise | 2 slices bread, with <br> 1 tsp mayonnaise | 4 | 64 |
| Bologna, beef, or pork, 1 oz | Turkey breast, 1 oz | 7 | 60 |
| American cheese, 1 oz | American cheese, low-fat, 1 oz | 5 | 40 |
| Potato chips, 1-oz bag | Potato chips, $1 / 2$ of a 1-oz bag | 5 | 75 |
| Dinner |  |  |  |
| Flounder, deep fried, 3 oz | Flounder, baked without fat, 3 oz | 4 | 64 |
| Mashed potatoes, $1 / 2$ cup with milk and butter | Mashed potatoes, $1 / 2$ cup, with milk, no butter | 4 | 35 |
| Gravy, ¼ cup | Gravy, from mix, using water, $1 / 4$ cup | 4 | 80 |
| Green beans, with bacon, $1 / 2$ cup | Green beans, with nonfat broth, $1 ⁄ 2$ cup | 2 | 15 |
| Salad with 2 Tbsp French dressing | Salad with 2 Tbsp fatfree dressing | 11 | 100 |
| Dessert |  |  |  |
| Ice cream, premium, ½ cup | Orange, 1 (Eat ice cream rarely) | 18 | 210 |
| Total Daily Savings: |  | 107 | 1,110 |

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## Menu Makeover Practice Sheet

Next week, use this table to practice cutting the fat and calories from meals and snacks.

| Meal | High- fat, high- <br> calorie meal | Fat grams | Makeover meal | Fat grams | Fat grams saved |
| :---: | :--- | :--- | :--- | :--- | :--- |
| Breakfast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Snacks |  |  |  |  |  |

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Next week, I will -

- Keep track of my weight and what I eat.
$\checkmark$ Keep track of all the fat grams I eat each day.
$\checkmark$ Come as close as I can to my fat gram goal.
$\square$ Make a plan to eat less fat and follow it.
$\checkmark$ In the table below, write down five foods you eat that are high in fat. Circle one.
$\checkmark$ Pick one of the three ways to eat less fat from
 the food you circled. Write down in the space below how you will cut fat next week. Be sure you write something you can do.

| My top 5 high-fat foods | The 3 Ways to Eat Less Fat |  |  |
| :--- | :--- | :---: | :---: |
|  | I will eat it less <br> often: | I will eat a <br> smaller amount: | I will eat a <br> lower-fat food instead: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

What I will need to do to carry out this plan: $\qquad$

Problems I might have cutting down on these foods, and what I will do to solve them:

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## To-Do Next Week (continued)

Before the next session, answer these questions:

1. Did you follow your plan?
Yes __
No
Almost $\qquad$
2. What did you do well?
$\qquad$
$\qquad$
$\qquad$
3. What problems did you have following your plan?
$\qquad$
$\qquad$
$\qquad$
4. What could you do differently next week?
$\qquad$
$\qquad$
$\qquad$
