Fall Year 4

Unmixing the Mixed Dish

In this session, the participant will:

1. Refine ability to estimate the serving size of combination foods and mixed dishes.
2. Practice evaluating mixed dishes for fat grams and servings of fruits/vegetables and grains.
3. Taste and experience new low-fat ways to prepare favorite high-fat mixed dishes.

Checklist of Materials Needed

Supporting Materials

- ☐ Fat Scans or other self-monitoring tools
- ☐ Overhead projector, blackboard or whiteboard
- ☐ Overheads:
  - Overhead Fall 4-1: What's in My Mixed Dish?
  - Optional: Overheads Fall 4-2a, 4-2b, and 4-2c: Mixed Dish Worksheet Example (or use **Worksheet 4-1 Sample** in Participant session materials)
  - Overheads Fall 4-3a – 4-3d: Examples of Traditional vs. Low-Fat Recipes
- ☐ <u>Supplies for Serving Size Activity</u>:
  - Pens and/or pencils
  - Fat Counters
  - Copy of Year 2, Fall *My Serving Size Guidelines* (index card)
  - Dinner plate examples—real or paper plates (approximately 10-11-inches in diameter).
  - NASCO food models (examples of various serving sizes to put on dinner plates and the Pizza slice).

  Dairy Council paper food models—Burrito and other examples of mixed dishes (e.g., pizza, chicken stir-fry, chop suey/chow mein, enchilada, quiche, beef stew, taco, etc.).
- ☐ <u>Supplies for Mixed Dish Identification Activity</u>
  - Use "real food" (e.g., mixed dishes from supermarket deli, or commercial products). If you cannot use "real food," another option would be to use slips of paper with mixed dishes and serving size information (or pictures of mixed dishes with serving size information.

  Bowl or large paper bag for drawing.

Food & Paper Supplies

- ☐ Beverages of choice (coffee, tea, juice)
- ☐ Sugar, skim milk , fat-free or low-fat creamer, stir sticks, optional
- ☐ Paper supplies: plates, napkins, cold cups, hot cups (if needed)
- ☐ Plastic spoons or forks

<u>Food Tasting</u>: Consider featuring mixed dishes (entrees, salads, side dishes or desserts) that are a combination of food groups. These "mixed dishes" could be typical deli dishes (e.g., salads), commercial products (e.g., package mixes, frozen dinners, etc.), restaurant or homemade dishes.

Participant Manual

Worksheets

Worksheet	Page(s) #
Fall 4-1	Mixed Dish Worksheet
Fall 4-2	*General Guidelines for Mixed Dishes* Summary of Different Types of Mixed Dishes

Resource Section

Additional materials available in Participant Manual

Resource	Page(s) #
Additional Guidelines for Estimating Added Fats	26
Quick Tips to Identify Fat Sources in Mixed Dishes	27
Recipes: Figuring Fruit/Vegetable and Grain Servings	28-32

Group Nutritionist Note: Each CC and group may be interested in slightly different mixed dishes to feature in their food tasting activity. Thus, the Food Tasting segment of the module has been less defined to allow for flexibility of food choices. Some suggestions include:

1. Lightening Up Your Holiday Dishes or Traditional Family Favorites.
2. Using commercial foods to make quick and easy meal combinations.
3. Low-fat pizza combinations—homemade or commercial.
4. Cooking video (approx. 15minutes). Nutritionist choice, but the information presented needs to support WHI nutrition goals. (Currently, there is no list of videos available.)

Note: The recipes included in the Participant Fall, Year 4 materials feature low-fat holiday selections.

Fall, Year 4 Session Outline--Key Activities

Activity Type (Time)	Activity
Pair or Small Group Discussion (20 minutes) ✍ *Notes*	**Review of Success/Progress** ♦ Discuss experiences of the last 3 months (with or without the group support--depending on peer group meetings). Suggested questions are listed below: Q/A: - What steps have you taken to make your low-fat meals interesting and fun to eat (e.g., new dishes, cooking methods, seasonings, etc.)? - What events or situations did you have during the past three months where you were served mixed dishes or unfamiliar foods (e.g., restaurant meals, potlucks, etc.)? - How do you decide what is in a mixed dish or unfamiliar food? (Ask the group a question that addresses their last maintenance session, if appropriate): - Summer, Year 3 - International Cuisines - Summer, Year 4 - Fat-Free Commercial Products (Ask the group a question that addresses their peer group activities, if appropriate.)

Group Discussion (10 minutes)

Notes

- Participants identify commonly used mixed dishes and the challenges they have in evaluating and recording these dishes.
- Key point—participants identify reasons why they have difficulty self-monitoring mixed dishes and combination foods.

Group Discussion/ Visual Activity (20 minutes)

Notes

- Participants discuss tools/methods they use to estimate serving sizes.
- Help participants visualize Fat Counter serving sizes.
  - Compare and contrast Fat Counter servings to restaurant portions, particularly for unusually-shaped foods (e.g., burritos, pizza)
- Key point—participants increase their awareness and ability to evaluate serving sizes of mixed dishes and combination foods.

Group Discussion/ Team Activity (15 minutes)

Notes

- Participants discuss their use of the *General Guidelines for Mixed Dishes* and *Guidelines for Estimating Added Fats*.
  - Introduce Mixed Dish Worksheet (**Worksheet Fall 4-1**).
- Form teams of 2-3 participants.
  - Each team draws an "unknown mixed dish" and decides how to record the dish.
  - Teams share their results with the large group.
- Key point—participants identify and apply methods they can use to accurately evaluate mixed dishes.

Summary

Large Group Discussion (15 minutes)

Discuss issues and identify participants who need more help.

- ♦ Participants identify how they can use the information presented in the session to improve their ability to make food choices and self-monitor.

QA:

- Which method(s) of evaluating mixed dishes will help you the most?
- Based on the information you heard today, how do you plan to change the way you evaluate and record mixed dishes and combination foods?

Notes

Food Tasting/Recipe Make-Overs

Food Tasting Activity/ Discussion (20-25 minutes)

- ♦ Participants discuss and sample lightened (lower-fat) versions of favorite high-fat dishes.
- ♦ Key point—participants identify ways to lower the fat in traditional high-fat recipes and sample the lighter, low-fat versions.

Notes

Home Activity

Lecture (5 minutes)

- ♦ Assign 3 Fat Scans (or other self-monitoring method).
- ♦ Suggest activities to work on during the next 3 months. Answer questions.

Notes

Total Time:

105-110 minutes

Fall Year 4 Session: Unmixing the Mixed Dish

Activity Type (Time)	
	REVIEW OF SUCCESS/PROGESS
Pair or Small Group Discussion (20 minutes)	♦ **Discuss experiences of the last 3 months (with or without the group support--depending on peer group meetings). Suggested questions are listed below:** **Q/A:** - **What steps have you taken to make your low-fat meals interesting and fun to eat (e.g., new dishes, cooking methods, seasonings, etc.)?** - **What events or situations did you have during the past three months where you were served mixed dishes or unfamiliar foods (e.g., restaurant meals, potlucks, etc.)?** - **How do you decide what is in a mixed dish or unfamiliar food?** **(Ask the group a question that addresses their last maintenance session, if appropriate):** - **Summer, Year 3 - International Cuisines** - **Summer, Year 4 - Fat-Free Commercial Products** **(Ask the group a question that addresses their peer group activities, if appropriate.)**
	*Group Nutritionist Note:* Use the blackboard or a flip chart to list the examples of mixed dishes or combination foods that participants identify as evaluation challenges.
	OVERVIEW OF SESSION • You have been participating in the WHI Dietary Study for about four years. During this time you have developed a number of skills to maintain your low-fat eating pattern. However as time goes on, it's easy to become more relaxed and less careful about the type of foods and amounts you eat. This is particularly true when you're eating away from home or in a hurry to get a meal on the table.

- Today we are going to refresh your skills at evaluating serving sizes. This will be of particular interest to people who are trying to maintain or decrease their weight.

- We are also going to learn how to use a Mixed Dish Worksheet. This worksheet can help you quickly evaluate the fat, F/V and G servings in unknown mixed dishes. We'll end the session by exploring some ways you can transform (or remake) some of your favorite high-fat mixed dishes into delicious low-fat alternatives.

NEW MATERIAL

Tuning Up to Meet the Challenge

PURPOSE: Participants identify some of the reasons why they have difficulty evaluating and recording mixed dishes or combination foods.

Group Discussion (10 minutes)

- **Participants identify commonly used mixed dishes and the challenges they have in evaluating and recording these dishes.**
- **Key point—participants identify reasons why they have difficulty self-monitoring mixed dishes and combination foods.**

- Today, more and more people are eating foods and dishes prepared away from home. These dishes might be purchased from the grocery store and taken home to eat (e.g., pasta salads, stir-fry noodles.), picked up at a fast-food establishment (e.g., pizza), eaten in a restaurant, or eaten at a church or business potluck.

- Over time, it is easy to become less careful about measuring your serving sizes and evaluating what's in mixed dishes. This is particularly true when meals are eaten away from home.

- Frequently people voice the feeling that: "I don't eat out very often, so it can't really matter if I am off by a little bit. After all, I am close to my WHI goals, right?" Well, the answer is: "It's hard to tell."

- We know from research on eating habit changes that many times people think that they are meeting goals even when they are quite a bit off track. This is true for WHI women as well as participants in other studies.

- Obviously even the most careful Dietary Change participant is not going to be 100% accurate all of the time. The point is to come up with reasonable estimates as frequently as possible. This will increase your confidence about meeting your WHI nutrition goals.

- One of the reasons you joined WHI was to potentially reduce your risk of breast cancer and heart disease. To help you do this, it's important that you follow the WHI eating pattern. Knowing how to accurately estimate serving sizes and fat content is an important way to make the WHI eating pattern work for you.

- This session focuses on mixed dishes because they are challenging for most people. Mixed dishes are eaten everywhere--at home, at social gatherings, and in restaurants. A mixed dish may be a main dish, such as a stew or an enchilada; a side dish such as a rice pilaf or coleslaw; or even a dessert, such as a fruit cobbler or jello with fruit.

Group Nutritionist Note: Have participants look at the list of "challenging" mixed dishes they identified during the Review of Progress/Success discussion.

- Ask if anyone would like to add other mixed dishes to the list.
- Then, ask participants to identify some of the reasons **why** they find these dishes difficult to evaluate and record.

Use the question below (or another open-ended question) to generate discussion.

Q/A:

- What makes these mixed dishes or combination foods difficult for you to evaluate and record?

Group Nutritionist Note: Some of the common challenges to identify are:

- Figuring serving sizes (especially unusually shaped foods).
- Deciding what's in a dish (ingredients).
- Figuring out how much fat is in a dish.
- Figuring the servings of F/V and G in a dish.

- As you see, there are a number of different challenges when you evaluate mixed dishes: how much you ate, what's in the dish, and how to estimate the fat grams and servings of fruit/vegetables and grains in the dish.

- Each region of the country appears to have it's own set of challenging mixed dishes. However, some mixed dishes seem to present similar challenges for everyone.

- The WHI Coordinating Center asked Clinical Centers to send a list of mixed dishes that were challenging for their participants to evaluate and record. Most clinics included the following combinations on their lists: pizza, Mexican and Oriental dishes.

- These mixed dishes created challenges for participants because of their unfamiliar ingredients and sometimes their unusually shaped serving sizes. For this reason, the session uses examples that focus on these types of mixed dishes.

- There are a number of different tools you can use to evaluate what is in a mixed dish. However, no matter what tool you use, your serving size is the most important factor. So, let's begin by refreshing your skills at estimating serving sizes.

How Large Is It?

PURPOSE: Participants review tools and refine their serving size estimation skills.

Group Discussion/ Visual Activity (20 minutes)

- **Participants discuss tools/methods they use to estimate serving sizes.**
- **Help participants visualize Fat Counter serving sizes.**
  - **Compare and contrast Fat Counter servings to restaurant portions, particularly for unusually-shaped foods (e.g., burritos, pizza)**
- **Key point—participants increase their awareness and ability to evaluate serving sizes of mixed dishes and combination foods.**

Group Nutritionist Note: Have copies of the Fat Counter available for participants to use during the session. If possible have one copy available for every two participants.

Q/A:

- What methods or tools do you find helpful in estimating serving sizes?
- What makes these methods or tools helpful or easy to use?

Group Nutritionist Note: Ask participants to share information about the tools and methods they currently use to help them visualize and estimate serving sizes.

- Visual references for meat (ounces): deck of cards, palm of hand, NASCO food models.
- Measuring cups and spoons.
- Fall, Year 2 Maintenance: *My Serving Size Guidelines* (index card). (hand measurements: average fist = 1 cup, average thumb = 1 Tbsp.)
- Fat Counter serving information (pages 10-13).

- Your Fat Counter contains information and a number of pictures to help you visualize the serving sizes of foods (pages 10-13).

- The dinner plate used in the Fat Counter serving size pictures is approximately 10 to 11-inches across. Let's see how this size dinner plate would look with a ½ cup of vegetables, a serving of meat, and a ½ cup rice/noodles (or other combinations). Think about the size of your dinner plates and your usual servings.

Group Nutritionist Note: The Fat Counter illustrations use an 11-inch diameter dinner plate with a 1-inch lip. To increase participants' awareness of how different serving sizes look on a plate, use any of the following:

- A real dinner plate (10-11-inches in diameter) with NASCO food models or real foods.
- A large paper plate (10-11-inches) with NASCO food models or two-dimensional Dairy Council food models.

When setting up the dinner plate example(s), place more than one food item on the plate. Use any protein/vegetable/starch or mixed dish combinations.

Q/A: (Ask for volunteers):

- How does your dinner plate at home compare to the one used in the Fat Counter?
- How do the servings shown on this plate(s) compare to the amounts you usually eat at home?
- Think about an average restaurant dinner plate, how much bigger is it than the one you use at home?

- Restaurant dinner plates are usually much larger than home dinner plates. So, to "fill up" the plate, the restaurant serves larger portions. In fact, restaurant servings are usually twice as large as the serving you might eat at home.

- Serving size information was collected in a survey of medium-priced restaurants (e.g., Denny's Shoney's, Boston Market, etc.). Here are some of the typical servings they found. (See *Group Nutritionist Note* on next page).

Group Nutritionist Note: A survey of "medium-priced" restaurants (e.g., steakhouses, Denny's, Shoney's, Boston Market, Marie Callender's, etc.) was done by CSPI (Center for Science and Public Interest) and published in the Jan/Feb '97 and May '97 *Nutrition Action Health Letters*. Here are some typical serving sizes examples from these restaurants:

Food	Serving	Food	Serving
Meat loaf	9 oz.	Steak	12 oz.
Mashed potatoes	¾ cup	Bread dressing	1 cup
Caesar salad	2 cups	Chicken fajitas	2 cups
Salad dressing	2 Tb	French fries	2 cups
Chicken stir-fry w/rice	3 ½ cups		

Q/A: (Ask for volunteers):

- How does your serving size change when you eat in a restaurant or eat away from home?

- Another challenge that makes it difficult to evaluate serving size, is the shape of a serving. Mixed dishes, such as pizza, burritos and enchiladas appear as circles (e.g., personal pan pizzas), wedges (pies, pizzas, etc.) or as cylinders (e.g., enchiladas, burritos, etc.). They are not served in standard "cup" portions.

Q/A: (Ask for a show of hands and volunteers):

- How many of you eat mixed dishes that have unusual shapes, such as pizza, enchiladas, or burritos?
- How do you figure the fat grams and F/V or G servings in an unusually shaped food that doesn't have a food label?

Group Nutritionist Note: Most participants will probably use the Fat Counter to define the serving sizes of unusually shaped foods, such as burritos or pizza. So it's important to compare and contrast typical restaurant (or commercial) servings that they might eat to the Fat Counter serving size.

- Many of you probably use the Fat Counter to figure the amount of fat, and servings of F/V and G in unusually shaped foods. This is fine, as long as you remember to compare your serving to the serving listed in the Fat Counter. Remember, the Fat Counter provides information for average household servings (or servings of frozen commercial products), not for restaurant-sized portions.

Group Nutritionist Note: Use the Dairy Council burrito "paper food model." It provides an example of a burrito made from an 8-inch tortilla (Fat Counter serving size). Refer participants to page 59 in the Fat Counter.

Note: The Nutritionist may use a different mixed dish example. The key point is to provide an opportunity for participants to compare restaurant servings to the sizes referenced in the Fat Counter and learn how to adjust fat grams, F/V and G servings when necessary.

- To see how the information in the Fat Counter might differ from a restaurant serving, let's use a burrito example. Look at the burritos listed on page 59 of the Fat Counter. They are made from 8-inch tortillas. Unfortunately, this does not mean that they are 8 inches long.

- When burritos are made, the ends are tucked in, so the final burrito is about 2 inches shorter than the original tortilla. Thus, the burrito in the Fat Counter ends up being 6 inches long and looks like the burrito in this Dairy Council food model. (Pass around the Dairy Council "burrito" paper food model).

- Since restaurant servings are larger, it is critical that you compare the size of your serving to the one listed in the Fat Counter. If you just used the Fat Counter serving size, your fat grams and servings of fruits/vegetables and grains would be too low. How low? Well, let's see.

- Imagine that you go out to dinner at a Mexican restaurant. You order a Bean Burrito Grande with no cheese and extra salsa. When the burrito arrives, you estimate that it is about 10 inches long. Look at the choices on page 59 in the Fat Counter.

Q/A: (Ask for volunteers):

- Which bean burrito would you select?
- How would you modify the Fat Counter serving size for this 10-inch long burrito?

Group Nutritionist Note: See if participants can come up with ideas for how they could adjust the serving size, given the information they know. Some potential ideas:

- **Identify and estimate amounts of the major ingredients in the dish. Then use the Fat Counter and math**.
  Major ingredients: One 12-inch. tortilla, unfried + 1 cup of refried beans, unknown if fat added.

  Challenges: A 12-inch tortilla is not listed in the Fat Counter and you need to decide which type of refried beans to use.

  Math: Divide 12-inch tortilla by 10. This gives you 1.2. Multiply the Fat Counter 10-inch flour tortilla information by 1.2. This gives 7.2 grams of fat and 2.2 grain servings.

  Refried beans, unknown if fat added is coded by NDS as "canned" refried beans. ½ cup canned refried beans contains 1 gram of fat and 1 grain serving, so 1 cup = 2 grams of fat and 2 grain servings:

  Answer: 9.2 grams of fat and 4.2 grain servings in 10-inch burrito

- **Find the Mixed Dish in the Fat Counter. Then compare your serving to the Fat Counter and adjust.**

  Challenge: Not to be too conservative in estimating your serving size.

  Math: Remember that you are working the "finished size" of a burrito (restaurant burrito is 10-inches and Fat Counter burrito is 6-inches). So, divide 10-inch burrito by 6-inch burrito in the Fat Counter = 1.67. Round this up to 2.0 to be less conservative. Then multiply the Fat Counter information for a plain bean burrito (4 grams of fat and 2 servings of grains) by 2.

  Answer**:** 8 grams of fat and 4 grain servings

- When evaluating a mixed dish, the most accurate approach would be to identify the major ingredients and the amounts of these ingredients in your serving. Then use your Fat Counter to look up the fat grams and servings of F/V and G for each of these ingredients and add them together.

- However, due to lack of time, many people will not use this method. Instead they will estimate the fat grams in their mixed dishes. Even though an estimate may not be the most accurate approach, it can still be very close.

- Estimations can be "wild guesses" or "thoughtful evaluations." For the benefit of both you and the study, it is best to make your estimations as thoughtful and accurate as possible.

- To do this, use the following guidelines to make your estimations of fat grams, fruit/vegetable and grain servings more accurate. First, carefully estimate your serving size. Use some of the visual aids and tools we have discussed earlier (e.g., hand measurements, food models, ruler on the back of your Food Diary or Fat Scan, etc.). Second, be liberal in your serving size estimations; always ROUND UP.

- Why does it help to "round up" when estimating your serving size? One reason is that many of us tend to misjudge the amounts that we eat. So, by rounding up, we can compensate for some of this underestimation. Another reason to round up, is to help account for some of the hidden fat grams in mixed dishes, especially the ones eaten away from home.

- Let's use these guidelines to evaluate the amount of fat and grain servings in our 10-inch burrito example.

- First, we know that we have carefully estimated our serving size, by using our hand to judge the length of the burrito. To compare the 10-inch burrito to the Fat Counter serving, we divide the 10-inches by 6-inches (finished length of 8-inch burrito in the Fat Counter).

- This tells us that the 10-inch burrito is about 1½ times the size of the Fat Counter serving. Now let's use the second guideline and round the serving size up. Instead of multiplying the Fat Counter information for a plain bean burrito by 1.5, we will multiply it by 2. This gives us a total of 8 grams of fat and 4 grain servings in the 10-inch restaurant burrito.

- As you see, these values are very different from the original 8-inch plain bean burrito listed in the Fat Counter. So, be sure to compare your serving size to the one listed in the Fat Counter. Then if your serving size is different (larger or smaller), make adjustments.

- Pizza can also be challenging. It has an unusual shape. In addition, it has a number of different choices that can influence the amount of fat grams and grain servings in a slice. For example:
  - Type of crust—thin, or thick/deep dish
  - Amount of cheese—regular or extra (double) cheese
  - Type and number of toppings--no meat (e.g., vegetarian), 1 meat (Canadian bacon and pineapple, etc.), 2 meat (pepperoni and sausage, etc.)
  - Source--frozen, fast food, homemade or restaurant
  - Size--diameter of pizza

- However, no matter what your pizza choices, first carefully estimate your serving size. Be sure to compare it to the serving listed in the Fat Counter.

Group Nutritionist Note: Use the NASCO food model to represent the Fat Counter serving (1/8 of 14" diameter).

Reference Information (NDS):
Typical pizza sizes in fast food restaurants (e.g., Pizza Hut, Domino's, Little Caesar's):

Small = 10-inches	Medium = 12-inches
Large – 14-inches	Extra Large = 16-inches

- Pizzas range in size from small pizzas, such as "personal pan" pizzas (6-7 inches) to extra large pizzas (16-inch diameter). But, the Fat Counter serving is 1/8 of a 14-inch diameter pizza. What does this look like? Well, look at this NASCO pizza model. It represents 1/8 of a 14-inch diameter pizza.

Q/A: (Ask for volunteers):

- How often do you eat pizza (low-fat or regular pizza)?
- How does the Fat Counter pizza serving size compare to your usual serving of pizza?
- What pizza choices do you have difficulty evaluating and recording?

- For those of you who like pizza and tend to eat different sizes of pizza (smaller or larger than a 14" diameter), check with me (your Nutritionist) at the end of our meeting. There is a guide that can help you compare different pizza sizes to the Fat Counter serving.

Optional information

Group Nutritionist Note: If participants eat pizza frequently (low-fat or regular), discuss how to determine serving size for different pizza sizes (diameters).

- Distribute and explain the Pizza Conversion Guide (copy available in Additional Group Nutritionist Materials).
- Have participants convert a few different pizza examples (e.g., ¼ of a 12-inch diameter, ½ of a 6-inch diameter, etc.).

If participants do not eat pizza very often, the Nutritionist may want to skip distributing this Pizza Conversion Guide.

- Now, if you occasionally eat deep-dish/thick crust pizza or pizza with extra cheese, you need to realize that these choices add extra fat grams and grain servings to your pizza. Here are some "Additional Added Fat Guidelines" to use. Keep in mind that these guidelines are based on the Fat Counter serving (1/8 or 14" diameter). So, if your serving is larger or smaller, you need to make adjustments.

Group Nutritionist Note: If participants occasionally order deep-dish or thick crust pizza, or pizza with extra cheese, point out the following guidelines.

Pizza Added Fat Guidelines (based on 1/8 of 14-inch diameter serving of restaurant or homemade pizza):

Thick/deep dish crust	For each serving, add: 1 tsp fat (5 grams fat) per slice, and 2 Grain servings per slice
With extra cheese	For each serving, add ½ oz. regular mozzarella cheese (3 grams fat) per slice

- Now, let's move on and look at some of the tools you can use to evaluate a mixed dish that's not listed in the Fat Counter.

Hey! What's in this Dish?

PURPOSE: To help participants feel more comfortable evaluating mixed dishes for the major ingredients that contribute fat grams, and servings fruit/vegetable or grain.

Large Group Discussion/ Team Activity (15-20 minutes)

- **Participants discuss their use of the *General Guidelines for Mixed Dishes* and *Guidelines for Estimating Added Fats.***
  - **Introduce Mixed Dish Worksheet (Worksheet Fall 4-1).**
- **Form teams of 2-3 participants.**
  - **Each team draws an "unknown mixed dish" and decides how to record the dish.**
  - **Teams share their results with the large group.**
- **Key point—participants identify and apply methods they can use to accurately evaluate mixed dishes.**

Q/A: (Ask for volunteers):

- How do you evaluate a mixed dish or a combination food that you cannot find in the WHI Fat Counter and doesn't have a food label?

- Your first step is probably to look for the food in the Fat Counter. Then, if you cannot find it or a similar food, you may use the *General Guidelines for Mixed Dishes.*

- The *General Guidelines for Mixed Dishes* is a tool to help you estimate the grams of fat and servings of fruits/vegetables and/or grains in unknown mixed dishes. These guidelines are listed on page 11 of your WHI Fat Counter. They are also printed on the back of the Fall Year 2 index card (*My Serving Size Guidelines*).

Group Nutritionist Note: Have participants share information about how they currently use the *General Guidelines for Mixed Dishes.*

- Find out if participants use the *Guidelines for Estimating Added Fats* along with the *General Guidelines for Mixed Dishes.*

Use the suggested questions below (or other open-ended questions) to encourage discussion.

Q/A: (Ask for volunteers):

- When do you find the *General Guidelines for Mixed Dishes* helpful?
- What makes it hard for you to use these *Guidelines*?
- When you use the *Guidelines* for a mixed dish, how do you estimate the fat that may be in the dish?

Group Nutritionist Note: Overhead Fall 4-1 **What's in My Mixed Dish?** provides an overview of the key ingredients to look for in a mixed dish or combination food.

- When you look at a mixed dish, there are two key areas to evaluate.
  - First, what are the major ingredients (protein, F/V and G).
  - Second, what are the major sources of added fats (ingredients, cooking methods and added fats, such as gravies, salad dressings, cheese, etc.).

- Mixed dishes are usually a combination of various ingredients (proteins, fruits/vegetables and grains) and different sources of added fats. For example: beef stew is a combination of beef and vegetables with gravy. On the other hand, rice pilaf usually contains no meat. It is a combination of grains and vegetables or fruit that is seasoned with fat.

- Sometimes, it is hard to look at a mixed dish and decide how much of each major ingredient is present in the mixture. This is why the *General Guidelines for Mixed Dishes* was created. To keep things simple, the *Guidelines* suggest that you divide your serving equally between the major ingredients.

- However, when participants use the *General Guidelines for Mixed Dishes* they often overlook the fat because a lot of it is hidden. Remember, 75% of the fat that we eat is invisible. So, it's easy to miss the fat found in ingredients (e.g., dark meat of poultry, or regular cheese) and/or added during cooking (e.g., sauces, cooking oils, etc.). This is particularly true for restaurant dishes.

- Why is there a greater chance for people to underestimate the fat in restaurant and deli mixed dishes? Well, one reason is that these establishments often use high-fat ingredients and add fat during preparation and cooking.

- Fat is added in many different ways: marinating, basting, sautéing, stir-frying, deep-fat frying, in a sauce or gravy, and as a topping (e.g., grated cheese, nuts, sour cream, etc.).

- So, let's talk about how you can make your mixed dish estimates more accurate.

- The Mixed Dish Worksheet (**Worksheet Fall 4-1**) provides a method you can use to evaluate unknown dishes. The worksheet incorporates both the *General Guidelines for Mixed Dishes* and the *Guidelines for Estimating Added Fats*.

Group Nutritionist Note: Explain how to use **Worksheet Fall 4-1** to evaluate an unknown mixed dish. Use Overheads Fall 4-2a, b and c (or the **Worksheet Fall 4-1 Sample** in the participant materials).

The example provided is a Chinese dish called General Tso's Chicken. The Nutritionist may use a different mixed dish example, if desired.

- To explain how to use the *Mixed Dish Worksheet* (**Worksheet Fall 4-1**), let's use a mixed dish called, General Tso's Chicken. This is a popular Chinese dish. It consists of breaded fried chicken served with broccoli in brown gravy. Imagine that we ate 2 cups of this dish.

- Turn to the **Worksheet Fall 4-1 Sample** and we'll go though the process of evaluating an unknown mixed dish.

- **Estimate Serving Size in "Cups."**
  The first step is to estimate the amount that you ate in "cups." Be as careful as possible. You can use some of the visual tools from the Fat Counter or use your personal hand measurements (*My Serving Size Guidelines*). Remember that you had a chance to measure your hand (fist) to see how many cups it would represent. The average fist is equal to about 1 cup.

- Place your estimated serving size on the first page of **Worksheet Fall 4-1.** In our General Tso's Chicken example, we have estimated that our serving is 2 cups.

- **Identify Major Ingredients.**
  Next look at your mixed dish and identify the major ingredients. For example, the General Tso's Chicken contains two major ingredients: poultry (protein) and broccoli (F/V).

- **Apply *General Guidelines for Mixed Dishes*.**
  If you identify fruits, vegetables, grains or beans as major ingredients in your mixed dish, use **Worksheet Fall 4-2**. This worksheet helps you decide how many servings of fruits/vegetables and/or grains to count in different types of mixed dishes.

- Since the General Tso's Chicken contains broccoli as one of the major ingredients, we will want to use **Worksheet Fall 4-2** to identify how many F/V servings to count.

☛ Q/A: (Ask for volunteers):

- Take a look at **Worksheet Fall 4-2,** which category would you use for the General Tso's Chicken?
- What is the *Guideline* that we should use for the General Tso's Chicken?

- Right, the General Tso's Chicken fits into the category of a <u>Protein + Fruits and/or Vegetables</u> mixed dish. So, the guideline to use is: Count 1 F/V serving for each cup eaten. Since our serving was 2 cups, it would count as 2 F/V servings (1 F/V times 2 cups = 2 F/V servings).

- **Identify the Major Sources of Added Fat.**
  Once you have identified the major ingredients in the mixed dish, use **Worksheet Fall 4-1** to identify the major sources of added fat. Fat is added to mixed dishes by:
  - The major ingredients in the dish.
  - The cooking methods used.
  - Additional sources of fat added to the dish.

- <u>Major Ingredients.</u>
  Under the first category *Major Ingredients in the Dish*, there are a number of different choices (protein, fruits/vegetables and grains/beans).

- There are three choices of protein (high, medium and low-fat) because the type of protein influences the amount of fat in the dish. Examples of high, medium, and low-fat protein foods are listed below each category. For example, high-fat protein choices include hamburger and beef, while medium-fat protein choices include poultry and tofu, etc.

- There are also places to identify Fruits/Vegetables and Grains/Beans as major ingredients in the mixed dish. Fruits and vegetables do not contribute significant amounts of fat to a dish, but grains and beans do add some fat. So, if your mixed dish contains grains and/or beans, be sure to check the box labeled "Grains or Beans."

- One more note. If your mixed dish only contains grains and/or beans (e.g., tabbouli or a baked bean dish without protein), either check the "Grains or Bean" box twice or make a note to count it twice. The reason for this is that the box represents ½ cup serving of grains/beans and your mixed dish contains a 1-cup serving.

- Cooking Methods Used.
  The next important item to consider is how the food was prepared. It is best to assume that fat has been used in the preparation of any "unknown" mixed dish.

- In a restaurant, you can frequently use the menu description, or the food's appearance to decide how a dish was prepared. For example, the menu will describe the dish as *stir-fried* or *breaded and fried*. You may also be able to look at a dish when it arrives at the table and see how it was prepared. For example, you can tell that most sweet and sour Chinese dishes are breaded and deep-fat fried just by looking at them.

- At potlucks or other social gatherings, consider asking the people who brought a dish how they prepared it.

- However, if there is no way to easily tell if fat was added to a mixed dish—assume that the dish contains fat. To do this, automatically check the box labeled *Seasoned with fat* on Worksheet Fall 4-1 (Cooking Method Used). This lets you assume that some fat was added during preparation or cooking.

Additional Sources of Fat.
Next look for other sources of fat in the dish. For example, the gravy in a stew, the chopped peanuts on top of Pad Thai noodles, the cream soup used in a casserole, or the grated cheese used to top a dish. All of these gravies, sauces and toppings add to the total amount of fat in a mixed dish.

- **Check the Items You Identify.**
  When you have identified all the major ingredients and sources of added fats in your mixed dish, check the boxes on **Worksheet Fall 4-1** that apply. For example, in the General Tso's Chicken, we have checked the following boxes:
  - Protein Source—Medium-fat (poultry),
  - F/V (broccoli),
  - Cooking method—breaded and fried (poultry), and
  - Gravy, sauces with fat (brown gravy).

- **Write down the Fat Grams.**
  Next to each item is a number in parenthesis ( ). This number represents the amount of fat in a 1-cup serving. For each item checked, place the fat gram number on the blank line to the right-hand side of **Worksheet Fall 4-1** (see sample).

- Note: This is the step, where you would pay attention to a double check in the "Grains or Beans" box. Each check mark would count as 2 grams of fat per cup. So, if you had checked the box twice, it would count as 4 grams of fat per cup.

- **Add Fat Grams Together.**
  Add together the fat gram numbers that you identify. This gives you the total amount of fat in a 1-cup serving of the mixed dish. For example, the total amount of fat in one cup of General Tso's Chicken is 19 grams.

- **Multiply the Total for One Cup by the Number of Cups You Ate**.
  The last step is to figure the amount of fat in your serving. To do this, we multiply the 19 by 2, since we ate 2 cups. This tells us that the total amount of fat in our 2-cup serving is 38 grams.

Group Nutritionist Note: Have the group work through a second example, if needed. Example provided in text is for a potluck dish: curried meat and rice.

- Now as a group, let's work through another example. Imagine that you are at a church or company potluck. You eat a 1-cup serving of a curried meat and rice dish. Here's what you can tell by looking at the dish:
  - The dish contains meat and rice. You are not sure if the meat is pork or lamb and you don't know if fat was added to the dish during cooking. There is no gravy, sauce or other toppings used in the dish.

☛ Q/A: (Ask for volunteers):

- Look at **Worksheet Fall 4-2**, what mixed dish category would fit this curried meat and rice mixed dish?
- Would this dish contain any servings of F/V and/or Grains?
- If yes, how many servings in your 1-cup portion?
- What ingredients and sources of added fats would you check on **Worksheet Fall 4-1**?
- How many grams of fat would be in your 1-cup serving?

✎ *Group Nutritionist Note:* Answers for curried meat/rice example:

Worksheet Fall 4-2

- Type of mixed dish: Protein + Grain or Bean.
- Guideline to use--Count 1 Grain serving per cup eaten.
- Serving size was 1 cup, so count 1 G serving..

Worksheet Fall 4-1

- Major Sources of Added Fats:
  High-fat protein (lamb or pork)
  Grain or Beans (rice).
- Cooking method:
  Seasoned with fat (this is the default answer when you don't know if fat was added).
- Additional Sources of Fat: none

Fat grams in a 1-cup serving = **14 grams**
Lamb (9) + ½ cup Grain (1)+ Seasoned with fat (4) = 14 grams per cup.

Team Activity

- Now let's have some fun and practice evaluating some mixed dishes. (Use samples of real deli foods, or the "Grab Bag" idea).

Group Nutritionist Note: Have participants "pair- up" or form small teams (3 people). Use **Worksheet Fall 4-1** to evaluate mixed dishes.

The mixed dishes can be "real foods" or "paper foods." The point is to let participants practice evaluating mixed dishes. Use dishes commonly eaten in your region.

Note: Nutritionists will need to figure the fat grams, and/or F/V and G servings in the mixed dishes they use in this activity

1. **Grab Bag Activity**: Draw a mixed dish out of a GRAB BAG. The dish could be listed on a piece of paper along with a serving size.
2. **Real Food**: Use real food samples. Purchase small amounts of various high-fat mixed dishes available from grocery store delis, restaurants, etc. Have the teams or pairs evaluate the dishes (by sight rather than by taste, if possible).

Teams use **Worksheet Fall 4-1** to determine the fat grams and servings of fruit/vegetables and grains in the mixed dish.

- Mixed Dish Worksheet (**Worksheet Fall 4-1**).
- (Optional)-if the mixed dish is available in the Fat Counter, consider having participants compare and contrast the results of **Worksheet Fall 4-1** and their "serving size adjusted" Fat Counter values.

Allow the groups about 8 minutes to work through their dishes—if only using **Worksheet Fall 4-1**.

- I would like you to either pair up with one other person or form a small group (3 people). Each pair or group will draw a mixed dish out of the "Grab Bag" (or look at the real food, if using deli samples).

- Use the **Worksheets Fall 4-1** and **Fall 4-2** to evaluate your mixed dishes and determine the fat grams and servings of fruits/vegetables and/or grains.

- You will have about 8 minutes to complete your evaluation. Then I'll ask you to share your results with everyone.

Group Nutritionist Note: As the groups share their results, clarify any misunderstandings that participants may have about the process of evaluating unknown mixed dishes. Use the suggested questions below (or other open-ended questions) to promote sharing.

Q/A:

- What was the name of your dish and your serving size?
- What did you identify as the major ingredients and sources of fat in your dish?
- How many grams of fat and servings of F/V and G were in your mixed dish serving?
- (Optional): How did the results from **Worksheet Fall 4-1** compare to your Fat Counter calculations?

Group Nutritionist Note: Depending on how you organize the Food Tasting activity and discussion, it might be best to do the Summary questions before moving on to the Food Tasting.

Use the GRAB BAG activity questions above to assess your participants' understanding of the process. Then use the SUMMARY questions (or similar open-ended questions) to have your participants identify:

- The method of evaluating mixed dishes that will work the best for them and,
- How they plan to use this method to improve their evaluation and self-monitoring of mixed dishes and/or combination foods.

SUMMARY

Large Group Discussion (15 minutes)

Discuss issues and identify participants who need more help.

- **Participants identify how they can use the information presented in the session to improve their ability to make food choices and self-monitor mixed dishes.**

QA:

- **Which method of evaluating mixed dishes will help you the most?**
- **Based on the information you heard today, how do you plan to change the way you evaluate and record mixed dishes and combination foods?**

- Remember that it's important to periodically refresh your skills and check your progress. This helps you to stay on track. Two skills that are critical for both your success and the success of the study are:
  - Careful estimation of servings sizes, and
  - Good judgement about the major ingredients in a mixed dish.

- Mixed dishes can be challenging to breakdown and evaluate, but with practice you will increase your skills and your self-confidence.

Lightening Up Old Favorites

PURPOSE: Participants have an opportunity to discuss simple ways to lower the fat in traditionally high-fat mixed dishes and taste the results.

Food Tasting Activity/ Discussion (20-25 minutes)

- **Participants discuss and sample lightened (lower-fat) versions of favorite high-fat dishes.**
- **Key point—participants identify ways to lower the fat in traditional high-fat recipes and sample the lighter, low-fat versions**

Group Nutritionist Note: There are a wide range of interests and preferences when it comes to recipe modification. Clinics may modify the food tasting segment of this session to include cooking information and mixed dishes that would be most pertinent to their participants.

Some suggestions are provided on page 3 of the Group Nutritionist material. Recipes included in Participant Fall, Yr. 4 materials focus on lightened (lower-fat) versions of holiday recipes.

- All of us have favorite mixed dishes that we wish were lower in fat. These could be dishes that we use for comfort and stress relief or favorites that have always been part of holiday celebrations. Whatever the reason, instead of over-indulging on the dish, or eliminating it, ("feast or famine" approach), consider trying to lighten the recipe to reduce the fat content

- A survey of the Clinical Centers provided a number of ideas for low-fat recipes that could be used year round. But, there were also requests for "lightened" versions of some traditional high-fat holiday favorites. For the purpose of this Fall session, we are going to focus on some of the holiday recipes.

Group Nutritionist Note: There is wide variation in the type of recipes and ingredients that interest different CCs. For this reason, the Group Nutritionist material includes a single copy of the low-fat recipes sent by various Clinical Centers. This will allow each Nutritionist to identify the recipes that their participants might like to use.

Group Nutritionist Note: Use **Overheads Fall 4-3**, or your own recipe modifications to compare some traditional high-fat mixed dishes to lower-fat versions.

Have at least two dishes for participants to taste and discuss. If you are unable to prepare more than two dishes, consider having some copies of recipes that compare the high-fat version to a new light, low-fat version.

Note: Upcoming DM Intervention sessions will focus on entrée salads and salad dressings, and easy meatless meals.

- You can make a big difference in the fat grams when you modify some of your traditional holiday recipes. How much of a difference? Well, let's look at some examples.

- As you sample and look at the various recipes, notice the differences in fat grams and pay attention to how the fat was reduced. You might also think about your usual serving size of this mixed dish and how it would compare to the serving size given on the recipe.

Group Nutritionist Note: Have participants taste and comment on lower-fat versions of holiday or traditional recipes. Ask them to share their own recipe modifications successes and solutions.

Use the questions below (or other questions) to promote group sharing.

Q/A:

- Any surprises in how the fat was reduced in the "lighten" mixed dishes?
- What other holiday recipes (or traditional favorites) have you modified?

HOME ACTIVITY

Lecture
(5 minutes)

- **Assign 3 Fat Scans (or other self-monitoring method).**
- **Suggest activities to work on during the next 3 months. Answer questions**

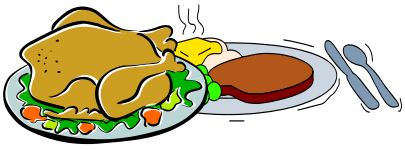
- During the next three months, use your Fat Scan (or other self-monitoring methods) to monitor your intake of fat, fruits/vegetables and grains. Be sure to use at least one form of self-monitoring each month.

- Take another look at the tools you use to estimate your serving sizes for mixed dishes, particularly dishes with unusual shapes (e.g. enchiladas, etc.). Be sure to compare your serving size to the one listed in the Fat Counter and make adjustments when necessary.

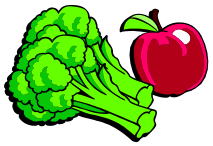
- During the next three months, as you read the food section in your local newspaper and/or magazines, look for low-fat mixed dish recipes that you could share with others in your group. We will set up a "recipe exchange" bulletin board at the clinic where you can post recipes you find.

Overhead Fall 4-1

What's in My Mixed Dish?

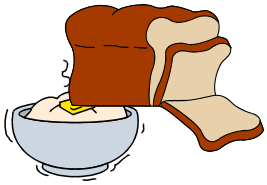


Protein
(Meat, Poultry, Fish, Cheese, Tofu and Eggs)



Fruits and Vegetables

Added Fats
(Cooking methods, gravies, sauces, and toppings)



Grains
(Breads, Cereals, Pasta, Rice, Beans/Legumes)

Overhead Fall 4-2a

Mixed Dish Worksheet Steps

1. Estimate Serving Size in Cups.

2. Identify Major Ingredients.
   (Worksheet Fall 4-1)

3. Use *General Guidelines for Mixed Dishes*.
   (Worksheet Fall 4-1)

4. Identify Major Sources of Added Fat
   - Major Ingredients In Dish
   - Cooking Method Used
   - Additional Sources of Fat

5. Check Items Off on Worksheet Fall 4-1

6. Write Fat Grams on Blank Line

7. Add Fat Grams Together

Overhead Fall 4-2b

Mixed Dish Worksheet

Major Ingredients in the Dish:	**Fat Grams Per One Cup Serving**
☑ Protein	
❑ High-Fat **(9)** (Hamburger, beef, pork, lamb, cheese)	
☑ Medium-Fat **(5)** (Poultry, eggs, tofu, salmon, catfish, trout, tuna, other high and medium-fat fish)	**5**
❑ Low-Fat **(2)** (Shellfish, halibut, cod, sole, red snapper, other low-fat fish)	
☑ Fruits or Vegetables **(0)**	**0**
❑ Grains or Beans **(1)** (1/2 cup grains, pasta, rice or beans, 6-inch tortilla, unfried	
Cooking Method Used:	
❑ Seasoned with fat, OR you don't know if fat is added **(4)**	
❑ Stir-fried **(7)**	
☑ Breaded and fried **(10)**	**10**
Additional Sources of Fat	
☑ Gravy, sauces or cream soups **(4)**	**4**
❑ Regular salad dressings **(7)**	
❑ Regular mayonnaise **(11)**	
❑ Topped with chopped nuts **(5)**	
❑ Topped with grated cheese **(7)**	
Total fat grams in 1 cup	**19**

Overhead Fall 4-2c

Mixed Dish Worksheet Steps
Example: General Tso's Chicken

8. Multiply Fat in 1-Cup Serving by Number of Cups Eaten

Number of Cups Eaten	x	Total Grams of Fat in 1 cup	=	Total Fat (g) in My Serving
2 cups	**x**	**19 grams**	=	**38 grams**

Overhead Fall 4-3a

Green Bean Casserole

(1/2 cup)

	Traditional Recipe	Low-Fat Recipe
Fat	9 grams	½ gram

What changed from the traditional recipe?

- Type of cream soup
- Type of sour cream and/or milk
- Amount and type of cheese
- Amount of fat used in cooking

Overhead Fall 4-3b

Candied Yams or Sweet Potatoes

(1/2 cup)

	Traditional Recipe	Low-Fat Recipe
Fat	6 grams	1 gram

What changed from the traditional recipe?

- Amount of margarine used in preparation

Overhead Fall 4-3c

Cornbread Stuffing (Dressing)

(1/2 cup)

	Traditional Recipe	Low-Fat Recipe
Fat	26 grams	1 gram

What changed from the traditional recipe?

- Amount of oil/margarine/butter used in cornbread and stuffing
- Use of chicken broth or liquid butter substitute to moisten stuffing
- Use of egg in cornbread and stuffing
- Stuffing not cooked inside the turkey

Overhead Fall 4-3d

Macaroni and Cheese

(1 cup)

	Traditional Recipe	Low-Fat Recipe
Fat	23 grams	6-7 grams

What changed from the traditional recipe?

- Amount of margarine/butter used
- Type of milk
- Amount and type of cheese
- No buttered bread crumb topping