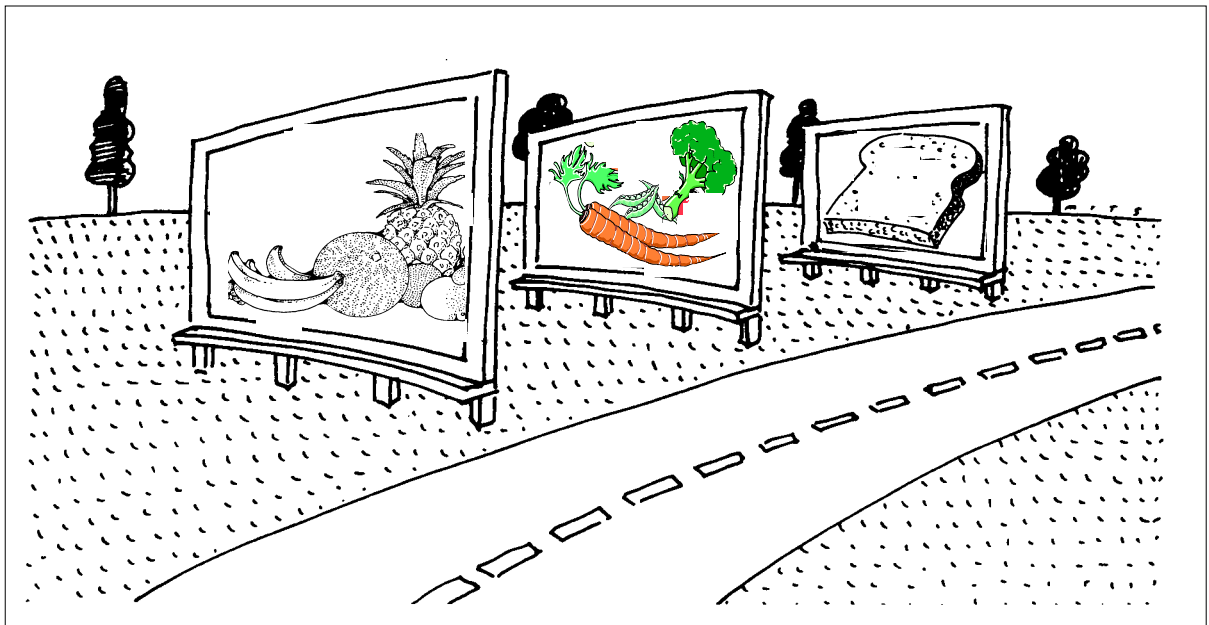


Session Seven

Tracking Fruits and Vegetables

During this session you will:

- ◆ *Learn why it is important to eat fruits and vegetables*
- ◆ *Identify ways to increase your use of fruits and vegetables*
- ◆ *Learn how to use the Fat Scan*



Review of Home Activity

- ◆ What special request did you make when you ate away from home?
- ◆ What other methods did you use to eat less fat when you ate away from home?
- ◆ How did they work?
- ◆ What could you do differently next time?

Benefits of Fruits and Vegetables

In the late 1980's, the average person in the U.S. was eating about 2-1/2 servings of fruits and vegetables each day. The WHI Dietary Change goal is to increase fruit and vegetable servings to 5 or more per day.

More? Did someone say to eat more of a food? Sometimes we spend so much time worrying about cutting back on high-fat foods that we don't hear the good news. Eat MORE fruits, vegetables and grains.

- ◆ What are some of the benefits to eating more fruits and vegetables?

For the past 20 years, scientists all over the world have consistently found that people who eat greater amounts of fruits

and vegetables have lower rates of most cancers. Other plant foods, such as grains may also be protective, but the clearest evidence is for fruits and vegetables.

Fruits and vegetables are a rich source of vitamins, minerals, and dietary fiber. They also contain other potential protective components called "phytochemicals." This term simply means chemicals found in plants.

Phytochemicals are not considered essential for the body's health, but they may turn out to be very important in preventing disease. A few of the better known types of phytochemicals are: carotenoids, indoles and flavonoids.

All fruits and vegetables contain phytochemicals. However, some fruits and vegetables contain more than others. So it is important to eat a wide variety of these foods.



Adding Fruits and Vegetables to Your Meals

Fewer than 10% of people in the U.S. eat five or more servings of fruits and vegetables each day. People also tend to eat the same fruits and vegetables most of the time. The most commonly eaten fruits are: oranges, apples, bananas and orange juice. The most commonly eaten vegetables are: potatoes, tomatoes, lettuce, beans, peas and corn.

Look at your Food Diary and identify some of the fruits and vegetables you ate during the last two weeks.

◆ **What are some of the fruits and vegetables you commonly eat?**

Be creative when you are trying to increase your use of fruits and vegetables. For example:

- Use them in both meals and snacks.
- Have them available and easy to eat.
- Add interest by trying new varieties.
- Eat larger servings.

Look at Worksheet 7-1 (pgs. 11-12) for some new ways to increase your use of fruits and vegetables. Identify 1 or 2 ideas you could use during the next two weeks.

Serving Size

People often misjudge their servings of fruits, vegetables and grains. After all, it's easier to measure a 1/2 cup of peaches than to identify a medium piece of fruit. Let's look at serving sizes.

One fruit/vegetable serving is equal to:

- ◆ 1/2 cup canned, fresh or frozen
- ◆ 1 medium piece (2-1/2" diameter)
- ◆ 1 small baked potato (4" long x 2-1/2" diameter)
- ◆ 1 cup raw lettuce or spinach
- ◆ 1/4 cup dried fruit
- ◆ 3/4 cup fruit or vegetable juice (100%)

One grain serving is equal to:

- ◆ 1 slice bread, 1 English muffin, regular hamburger or hot dog bun
- ◆ 1/2 cup cooked cereals, grains (rice, pasta)
- ◆ 1/2 cup beans (kidney, black, navy, etc.)
- ◆ 3 cups popcorn (popped)
- ◆ 4 graham crackers (2-1/2" sq.) or 6-8 soda cracker size
- ◆ 3-4 small cookies (1-2" diam.), 2 medium cookies (3" diam.), or 1 large cookie (4" diam.)

Notice that some sweets count as grain servings (e.g., cookies, etc.). This is because they contain small amounts of flour, oatmeal or other grains. However, they may also contain a lot of fat and sugar and very few vitamins, minerals and dietary fiber.

Think of your food as similar to the gasoline you put in your car. Just like your car, your body runs best with “premium grade” fuel.

Foods, such as cookies, cakes and candy are considered lower-grade “empty calorie” foods. However, fruits, vegetables and whole grains

are considered “premium” foods. They provide energy, vitamins, minerals, dietary fiber and phytochemicals that may help reduce your risk of cancer.

Work at balancing your food choices to meet your body's needs. This doesn't mean that every food you eat needs to be a “premium” food. Or even

that every meal needs to meet all your body's vitamin and mineral needs. But it does mean that you need to learn how to budget your use of sweets and desserts the same way you budget your fat grams. Remember, moderation and variety are very important for a healthy eating pattern.

Keeping Track--the Fat Scan

For the past two months you have been using Food Diaries to keep track of the fat that you ate. This session introduces you to the Fat Scan. It will help you keep track of your servings of fruits/vegetables and grains, as well as your fat grams.

The Fat Scan color-codes fruits, vegetables and grains to help you identify them. Fruits and vegetables are printed in green ink and grains in red ink.

Fat Scan Organization

The Fat Scan can be a quicker way to keep track of how much fat you eat.

However, because it is a shorter tool, it will not contain all the foods listed in your Fat Counter.

The Fat Scan divides foods into seven groups, arranged in alphabetical order. These groups are:

- ◆ **Breads**
- ◆ **Dairy**
- ◆ **Fats**
- ◆ **Fruits/Vegetables**
- ◆ **Meats**
- ◆ **Mixed Dishes**
- ◆ **Sweets**

Some foods that don't contain fat, such as coffee and soda, are not listed in the Fat Scan.

Turn to the tab marked "Breads". Notice that each food item lists an amount and has 3 columns providing space to record fat grams, F/V (fruit/vegetable) and G (grain) information for 3 days.

Blank lines are available at the end of each page under “Other.” You can use these lines when you need to write in a food you can't find. Use your Fat Counter or the food label to help you identify the amount of fat in the foods you write in.

Look through your Fat Scan to become more familiar with the foods found in each group.

Breads: Notice that all of the foods listed in the Breads group are printed in red ink. The amount of the food listed in the Fat Scan will count as one grain serving, unless otherwise noted.

◆ **How do your serving sizes compare to the amounts listed in the Fat Scan?**

Dairy: This group contains dairy foods, such as milk, cheese, cottage cheese, and sour cream. You will also find frozen desserts, such as ice cream, ice milk and sherbet in this group.

Fats: Take a close look at the foods in the Fats group. People tend to underestimate their use of these foods. It's easy to forget about the fats that are added during cooking or used at the table.

◆ **What fats, oils, sauces and nuts do you usually eat?**

◆ **What could you do to remember to record the fat used in cooking or added at the table?**

Fruits/Vegetables: Notice that most of the foods in this group are printed in green ink. The amount listed in the Fat Scan counts as one fruit/vegetable (F/V) serving, unless otherwise noted.

Coconut and olives are not printed in green because they do not count as F/V servings.

Even though most fruits and vegetables contain very little fat, you should record them. This helps you keep track of your daily fruit/vegetable servings.

◆ **What fruit or vegetable combinations do you usually eat? (salads, etc.)**

Meats: The Meat group covers two pages. This group contains: bacon, sausage, beef, pork, chicken, turkey, eggs, fish, hot dogs, and lunch meats.

Red meats, such as beef, pork, or lamb are divided by cut of meat (e.g., chuck) and by the amount of fat (trimmed,

untrimmed). Remember, if you select “trimmed” for a meat, it means that you have removed all the visible fat.

Chicken and turkey are divided by type of meat (light or dark) and by whether or not the skin is eaten. Fish is divided by fat content (low, medium and high) and by the type of cooking method used (baked or fried).

◆ **What red meats, poultry, fish or lunch meats do you typically eat?**

Mixed Dish: This group also has two pages. It includes beans/legumes, soups and mixed dishes, such as spaghetti, pot pies and meatloaf. Homemade or mixed dish recipes may vary in fat content. For this reason, the Fat Scan includes both high and reduced-fat versions.

If you are unsure about the exact amounts of food in a mixed dish, use the following general guidelines:

Mixed Dish Guidelines

- Count half of the dish as meat/poultry, etc. and half as fruit/vegetables or grains.

Example: 1 cup chili with meat = 1/2 cup meat and 1/2 cup beans.

- Look at your recipe and circle the major ingredients and amounts of the foods you ate.

Example: Taco made with chicken and fat-free cheese. Circle tortilla, chicken (type and amount), and fat-free cheese (amount).

- Use your Fat Counter to look up the fat grams, fruit/veg and grain servings. Record it in your Fat Scan on a blank line.

◆ **What mixed dishes do you commonly eat?**

Sweets: This group includes sweets such as cookies, pies, candy, and chocolate. Notice that some of the foods in this group are printed in red ink. They will count as part of your grain servings. But, remember to use them in moderation.

How to Use the Fat Scan

Complete your Fat Scan as soon as you finish a meal or snack. This will help you remember to record everything you ate.

To use the Fat Scan, take the following steps:

Step 1. Find the food

Decide which food group contains the food you ate. Remember, the Fat Scan lists foods in alphabetical order within each food group.

If you cannot find a specific food, look for a similar food. For example the cereal “Bran Flakes” is not listed in the Fat Scan, but you can record it as “Cereal, breakfast”.

Step 2. Serving Size

Compare your serving to the one listed in the Fat Scan. Are the amounts the same, larger or smaller? The size of your serving will influence how you record your fat grams and your servings of fruits/vegetables and grains.

Look at the serving size examples given on the first page of the Fat Scan. The key points are:

- Same amount as the Fat Scan, circle one fat gram number.
- Larger amount, circle the number of fat grams that represent the larger serving (e.g., two times, etc.).
- Smaller amount, draw a line through the listed fat grams and write in a number that shows the fraction eaten (e.g., half, etc.).

Food Item		Day 1					
	Amt	Fat Grams				F/V	G
Beef stew, mutton stew	1 cup	10	10	10	10	1/2	
		5					

Look at the example in the box above to see how to record a smaller serving of beef stew (1/2 cup). Cross out the number 10 and write in the number 5. In addition, decrease your servings of F/V from this food by half.

Step 3. Read any special food notes

Watch for special notes next to some of the foods. These notes will be in the amount column or next to the food item.

For example, turn to the tab labeled "Mixed 1" in your Fat Scan. Look at *Macaroni & Cheese*. Notice that this food is printed in red ink. It would be counted as 1 G (grain) serving.

However, in the amount column under the 1 cup serving size is a special note: **2G**. This means that 1 cup of macaroni and cheese is equal to 2 servings of grains, not one.

Now look at the *Green Pepper, stuffed*. Notice that this food is printed in green ink so it counts as 1 F/V (fruit/veg) serving. However, under the food item there is a special note: **(also counts as 1 G)**. This means that the green pepper will count as 1 G (grain) serving, as well as 1 F/V (fruit/vegetable) serving.

Be sure to watch for these special notes as you add up your daily totals.

Step 4. Add daily totals

At the end of each day, add up the circled fat grams and tally the marks for F/V and G. Write your daily totals at the bottom of each page in the box labeled "Totals." Then record your totals for each food group in the chart on the last page of your Fat Scan.

Adding Everything Up

Practice

For practice, use the menu on Worksheet 7-2 (pg. 13) and a Fat Scan. Use the four steps described on pages 6 and 7.

Check your answers using Worksheet 7-3 (pgs. 14-15).

Calculating Your Scores

After you complete your Fat Scan, calculate your fat, fruit/vegetable and grain scores.

Fat score

You calculate your fat score the same way as you did with your Food Diary. Add together your daily totals to get a "Grand Total." Then divide by the number of

days you recorded.

Look at the example given on the last page of the Fat Scan.

It shows that the Grand Total of fat grams was 75. To calculate the fat score, divide 75 by 3 because the Fat Scan was kept for 3 days. This gives the number 25 for a fat score.

Fruit/vegetable and grain scores

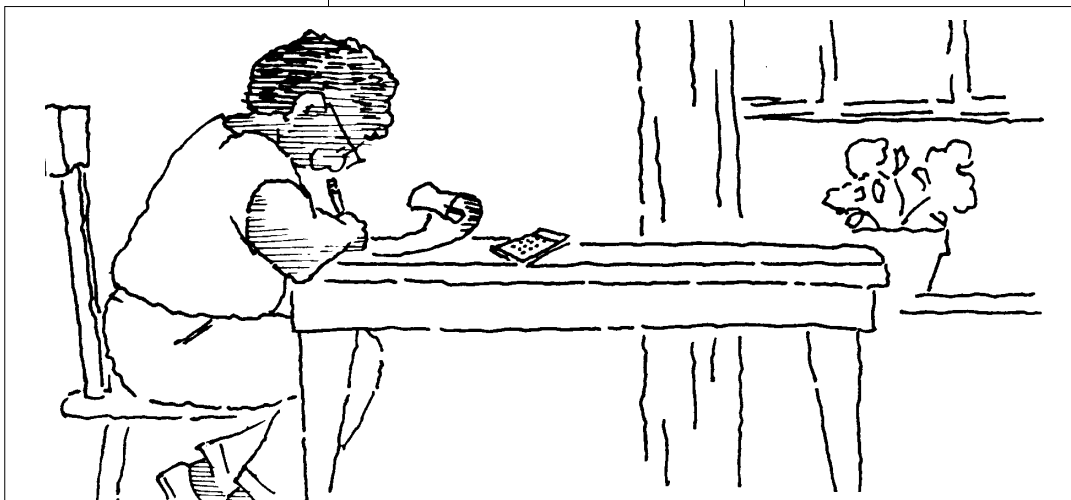
Your fruit/vegetable and grain scores (or servings) are calculated the same way. Add together the daily totals in the columns labeled "F/V" and "G" to get a "Grand Total." Then divide by the number of days you kept your Fat Scan.

Look at the examples given on the last page of your Fat Scan. It shows that the Grand Total for F/V is 14 and G is 19.5. These Grand Totals are divided by 3 to give a F/V score of 5 and a Grain score of 6.5.

Use the Fat Scan to keep track of what you eat for at least three days. Be sure that one of your days is a weekend day.

Remember, eat normally; don't change what you eat just because you are recording. To evaluate your progress, you need a true picture of your eating patterns and food choices.

If you have questions or need help, ask your nutritionist.



Summary

Fruits and vegetables are very important in maintaining a low-fat eating pattern. The Fat Scan helps you track your progress toward meeting your WHI fat, fruit/vegetable and grain goals.

It also provides information about your eating patterns by showing you the food groups that contribute fat, and servings of fruits, vegetables and grains to your meals and snacks.

This information can guide your food choices and help you maintain a healthy low-fat eating pattern.

Here are some questions for further thought:

- ◆ **What questions do you have about using the Fat Scan to monitor your intake of fats, fruits/vegetables and grains?**
- ◆ **What strategies are you planning to use to increase your use of fruits and vegetables?**

Home Activity

Areas to work on the next two weeks:

- ◆ **Use 1-2 of the ideas listed on Worksheet 7-1 to increase your use of fruits and/or vegetables.**
- ◆ **Use the Fat Scan to keep track of what you eat for at least three days.**
- ◆ **Calculate your fat score and your average daily servings of fruits/vegetables and grains.**

Use Worksheet 7-4 (pg. 16) to outline a plan and evaluate how well it worked.