

Session One: The Fats of Life

In this session, the participant will:

1. Review the goals and objectives of the WHI Dietary Modification Study.
2. Discuss the benefits of being a participant.
3. Identify the amount of fat in foods.
4. Identify lower-fat food choices, especially fruits, vegetables, and grains.

| Checklist of Materials Needed | | | | | | | | | | | |
|-------------------------------|--|-----------|-----------|-----|---|-----|----|-----|----|-----|----|
| Supporting Materials | <input type="checkbox"/> Name tags, pens or pencils <input type="checkbox"/> Participant Manuals <input type="checkbox"/> Group Session Schedule (page 26) <input type="checkbox"/> Group Membership List (page 27) <input type="checkbox"/> Food Diaries <input type="checkbox"/> Fats of Life demonstration plates (use food pictures, Dairy Council paper models or NASCO food models to make plates) <input type="checkbox"/> Reference sheet: sample low-fat menu and menu substitutions (pages 24-25) <input type="checkbox"/> NASCO butter pats (or two sticks margarine) knife and waxed paper <input type="checkbox"/> Penny, paper clip, teaspoon <input type="checkbox"/> Overhead projector, if needed <input type="checkbox"/> Regional Fats of Life (Mexican-American, Southern, Native-American), if needed <input type="checkbox"/> 1700 calorie Fats of Life version (pages 32-33), optional | | | | | | | | | | |
| Food & Paper Supplies | <input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: napkins, cold cups, hot cups (if needed) <input type="checkbox"/> <u>Food Tasting</u> : Fruit and lower-fat cookies <i>Note: If you choose different foods for the Food Tasting exercise emphasize the idea that lower-fat foods can be simple and tasty.</i> | | | | | | | | | | |
| Participant Manual | | | | | | | | | | | |
| Worksheets | <table> <tr> <th>Worksheet</th><th>Page(s) #</th></tr> <tr> <td>1-1</td><td>9</td></tr> <tr> <td>1-2</td><td>10</td></tr> <tr> <td>1-3</td><td>11</td></tr> <tr> <td>1-4</td><td>12</td></tr> </table> | Worksheet | Page(s) # | 1-1 | 9 | 1-2 | 10 | 1-3 | 11 | 1-4 | 12 |
| Worksheet | Page(s) # | | | | | | | | | | |
| 1-1 | 9 | | | | | | | | | | |
| 1-2 | 10 | | | | | | | | | | |
| 1-3 | 11 | | | | | | | | | | |
| 1-4 | 12 | | | | | | | | | | |

Resource
Section

Additional materials available in the Participant Manual

| Resource | Page(s) # |
|-----------------------------|-----------|
| Being Part of a Group | 1 |
| Food Handling Tips | 2 |
| Asking for Help and Support | 3-4 |



Group Nutritionist Note: If you use either of the alternative menus for the Fats of Life Demonstration (Mexican-American, Southern, or Native-American), you need to modify the text and examples in section "Finding Fat in Foods" in Session 1 (pages 15-18). The current text is specific to the standard menu given on **Worksheet 1-2**.

Mexican-American menu: **Worksheet 1-2a**

Southern menu: **Worksheet 1-2b**



SPANISH Participant Manual:

Session 1 Participant Manual has the Mexican-American alternative menu (**Worksheet 1-2a**) as the primary menu choice on page 10. The Spanish translated version of the standard menu (**Worksheet 1-2**) is located on page 19 of Session 1 in the Participant Manual.

ENGLISH Participant Manual:

Session 1 Participant Manual has the standard menus (**Worksheet 1-2**) provided on page 10 in the Participant Manual.

Session 1 Outline—Key Activities

| Activity Type (Time) | Activity |
|---|---|
| Lecture (7 minutes) | <p data-bbox="812 449 1019 480">New Material</p> <ul style="list-style-type: none"> ◆ Introduce self. ◆ Distribute materials—Participant Manual, session schedule, group membership list. ◆ Key point—participants receive an overview of DM Intervention Materials and schedule. |
|  <i>Notes</i> | |
| Lecture (8 minutes) | <ul style="list-style-type: none"> ◆ Brief review. <ul style="list-style-type: none"> • DM goals and reasons for study. ◆ Key point—participants understand purpose of the study. |
|  | |

Pair
Discussion
(10 minutes)



- ◆ Form pairs—introductions.
- ◆ Discuss reasons for joining study.
- ◆ Key points—participants:
 - Build rapport
 - Identify reasons for participating in the study

Q/A:

- What are some of your main reasons for joining the study?
- What are some of the benefits you expect to gain?

Large Group
Discussion
(10 minutes)



- ◆ Introduce partner to large group using responses from interview.
- ◆ Use **Worksheet 1-1** to review the benefits.
- ◆ Key point—participants build rapport and support each other.

Large Group
Discussion
(8 minutes)



- ◆ Create group guidelines (see pages 13-14).
- ◆ Key point—participants create comfortable environment for sharing.

Large Group
Discussion
(10 minutes)



Fats of Life Demonstration (**Worksheet 1-2**, optional).

- ◆ Place pats of margarine next to meal (menu reference page 23).
- ◆ Point out sources of fat (visible and invisible sources).
- ◆ Key point—participants identify fat in foods.

Large Group
Discussion
(20 minutes)



- ◆ Participants use **Worksheets 1-2** and **1-4** to identify ways to:
 - Reduce fat (menu reference pages 23-25).
 - Add fruits, vegetables and grains.
- ◆ Key points—participants:
 - Identify different ways to make dietary changes.
 - See that low-fat eating does not mean eating less food.

Large Group
Discussion
(10 minutes)



- ◆ Involve other people (**Worksheet 1-4**).
- ◆ Key point—participants look at ways to get help and support.

Large Group
Discussion
(8 minutes)



Summary

Discuss issues and identify participants who need more help.

- ◆ Focus on methods of encouraging family/friends to help change participant's eating habits.

Q/A:

- What changes in your eating habits do you think will be the easiest for you to make?
- How can your family and the group support you in making changes in your eating patterns?

Lecture
(8 minutes)



Home Activity

- ◆ Assign Food Diary—discuss how to record foods eaten.
- ◆ Ask to complete **Worksheet 1-4** at home. Answer questions.

Large Group
Discussion
(10 minutes)

Food Tasting

- ◆ Emphasize that low-fat eating is simple and tasty.
- ◆ Encourage discussion of food/recipe acceptability.

Total Time:
109 minutes

Session One: The Fats of Life

| Activity Type (Time) | Activity |
|-------------------------|---|
| Lecture (7 minutes) | <p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> Today we will start by reviewing the goals of the study and getting to know each other. We'll talk about the benefits and responsibilities of being a part of this program and the importance of the group sessions. Then I'll do a demonstration called "The Fats of Life." It will help you see which foods contain fat and how you can eat more fruits, vegetables and grains. |
| | <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <ul style="list-style-type: none"> ◆ Introduce self. ◆ Distribute materials—Participant Manual, session schedule, group membership list. ◆ Key point—participants receive an overview of DM Intervention Materials and schedule. </div> <ul style="list-style-type: none"> Today is your first group session. Let's review what you will be doing during this next year. The schedule shows that we will be meeting weekly for the first six group sessions, then every other week for Sessions 7, 8 and 9. Starting with Session 10, we will meet once a month. Between Sessions 9 and 10, you will meet with me individually. Attendance at group sessions and completion of home activity assignments are important. They help you identify where you need to change and give you time to practice at home. Each group session provides new information and the opportunity to discuss and share ideas with other group members. You will be learning from the other women in your group and helping each other change. Be sure to call if you know that you are unable to come to a session. We would like to share a group membership list with addresses and phone numbers. This will help group members stay in touch with each other. Some women may want to protect their privacy. Leave your name and phone number off the list, if you would rather not have people calling you. |

- You also have a notebook in front of you. This is your Participant Manual. It is a resource for you to use in changing your eating habits. Be sure to bring your manual to the group sessions. At each session, you will receive new materials that summarize the key points of the session and provide worksheets for the session activities.
- The material in your Participant Manual helps you review the information you've learned in class. It can also help answer some of your questions.

NEW MATERIAL**The Women's Health Initiative: What Is It?****PURPOSE:** Describe the study and its goals.**Lecture
(8 minutes)**◆ **Brief review.**

- **DM goals and reasons for the study.**

◆ **Key point—participants understand the purpose of the study.**

Group Nutritionist Note: You may want to make overheads to accompany the description of the study.

- During your first screening visits the purpose and goals of this study were explained, so today I want to briefly review some key points.
- The Women's Health Initiative (WHI) is a national study funded by the U.S. Government. Scientists at 40 clinical centers throughout the United States are working with the National Institutes of Health (NIH) on this study.
- The WHI is looking at the effects of taking hormones and eating low-fat on the overall health of women between the ages of 50 and 79. You are involved in the Diet Modification part of the study.
- This part of the study is testing whether a low-fat eating pattern will reduce the risk of getting breast cancer, colon cancer, and heart disease. The diet study will include 48,000 women across the country.
- Breast cancer is common in the U.S. One out of nine women get breast cancer during their lifetime. The chances of getting heart disease are even higher. Twice as many women die each year from heart disease as from all types of cancer.
- The rates of breast cancer and heart disease are lower in some countries, such as Japan. In Japan women eat less fat and more vegetables, fruits and grains than we do in the U.S. Scientists think that healthier eating habits may protect women from getting cancer and heart disease.
- This study is designed to help prove that healthy eating habits will reduce the risk of getting breast cancer, colon cancer and heart disease.

- Your group, the Dietary Change group, will learn how to change your current eating habits to ones that are lower in fat and include lots of fruits, vegetables and grains. Your group will learn to:
 - Reduce total fat intake to 20% (about 25 grams) or less of daily calories.
 - Increase fruit and vegetable servings to at least 5 per day.
 - Increase grain servings to at least 6 per day.
- It's a good feeling to know that you are taking care of yourself. You are doing that by taking part in the WHI. You've decided to make some dietary changes that could improve your future health.
- Good nutrition is important for everyone, but it becomes even more important as you get older. Making positive choices in the foods you eat promotes good nutrition, and may reduce your risk of some types of cancer and heart disease.
- Most of us don't like to think about fat. We know we should cut down on dietary fat, but we're not sure how to start changing. The WHI gives you the opportunity to learn what to do, and to have support from others while you change.
- The WHI also gives you an opportunity to do something that will benefit all women throughout the U.S. The information gathered from this study may help future generations of women.

| | |
|--|--|
| Pair Discussion (10 minutes) | <p>Introductions and Benefits of Being Part of the Program</p> <p>PURPOSE: Chance to become acquainted and identify expectations and motivational reasons for taking part in the study.</p> <ul style="list-style-type: none"> ◆ Form pairs—introductions. ◆ Discuss reasons for joining the study. ◆ Key points—participants: <ul style="list-style-type: none"> • Build rapport. • Identify reasons for participating in the study. <p>Q/A:</p> <ul style="list-style-type: none"> - What are some of your main reasons for joining the study? - What are some of the benefits you expect to gain? |
| Large Group Discussion (10 minutes) | <ul style="list-style-type: none"> • I'd like to take a few minutes to let everyone get to know each other a little better. We will be working together as a group for a long time. Groups work better if the people in them feel comfortable working together and sharing ideas. So, I'd like you to turn to the person on your right (or left) and get to know her. During your conversation, ask each other some of the questions listed on the board. <ul style="list-style-type: none"> ◆ Introduce partner to large group using responses from the interview. ◆ Use Worksheet 1-1 to review the benefits. ◆ Key point—participants build rapport and support each other. <ul style="list-style-type: none"> • I will give you about 10 minutes to get to know each other, and then I'd like you to introduce your partner to the group and tell us some of her answers to the questions on the board. • Worksheet 1-1 lists some of the benefits of participating in the WHI. Let's identify some of the ones that are important to you. |

**Large Group
Discussion
(8 minutes)**

Guidelines for Group Participation

PURPOSE: Identify guidelines to keep the group a supportive environment for all participants.

- ◆ **Create group guidelines (see pages 13-14).**
- ◆ **Key point—participants create comfortable environment for sharing.**

- Other group members, as well as your husband, friends and family, can become a very important support system for you. They can provide a source of understanding and encouragement.
- However, to help everyone feel comfortable sharing ideas and concerns, it is important to have some group guidelines. These guidelines help to make sure that everyone is treated fairly, and that all of you benefit from the group. Let's take a few minutes and agree on some guidelines that your group would like to use.



Group Nutritionist Note: Review the guidelines below. Let the participants decide on the ones they would like to use and any ideas they want to add.

- **Group Guidelines**
 - Be on time to the group sessions.
 - Take an active part in sharing ideas.
 - Let one person speak at a time. This shows respect for others.
 - Let everyone have a chance to share.
 - Be careful of how much time you spend talking. Allow others the chance to share their experiences.
 - Be willing to listen to the concerns of other group members and share solutions you have found.
 - Respect the ideas of other group members and learn from their experience.
 - Stress the positive (successes). Avoid criticizing others.
 - Anything talked about in the group should not be repeated to others outside the group.
 - It's important that everyone attends each group session. Please let me know if you must be late.
 - It's better to hold individual issues or concerns until after the group session.



Group Nutritionist Note: Other ideas that could be discussed include:

- Ending group sessions on time.
- Bringing guests to group sessions (family/friends).
- Checking with your Group Nutritionist before bringing food to a group session.
- Methods to use to keep everyone on track.
- Not discussing HRT issues in group sessions.



Q/A:

- What other thoughts do you have to make sure that the group will be a comfortable place to share ideas?
- Remember the primary focus of the group is to help you change your eating patterns. However, if you have other concerns that may affect your ability to do that, I may be able to refer you to someone to talk to.
- For a list of these group rules, look at the handout *Being Part of a Group* found in the Resource section of your Participant Manual.

**Large Group
Discussion
(10 minutes)**

Finding Fat in Foods

PURPOSE: To identify sources of fat for the average person and motivate people to find fat in their own diets.

Fats of Life Demonstration (Worksheet 1-2, optional).

- ◆ Place pats of margarine next to meal (menu reference page 23).
- ◆ Point out sources of fat (visible and invisible sources).
- ◆ Key point—participants identify fat in foods.

- I'm sure you're all anxious to hear about how to change your eating habits. Remember this study has three dietary goals:
 - To reduce fat.
 - To increase fruits and vegetables.
 - To increase grains.
- During the first six weeks of the study we're going to work on reducing the fat. In later sessions we're going to concentrate on adding fruits, vegetables and grains. The three changes work together. When you take away fat you replace it with fruits, vegetables and grains.
- As I said earlier the American diet is high in fat and low in fruits, vegetables and grains. Let's look more closely at how our food choices affect the amount of fat we eat.
- We call this our Fats of Life Demonstration. **Worksheet 1-2** shows a typical menu for a day with the amount of fat in the foods.



Group Nutritionist Note: Focus on grams because they are used to measure the woman's intake of fat. It is better to have the woman become familiar with the term *grams* (instead of teaspoons) because this is the word used on labels and in the Fat Counter.

The following mini demonstration can be used to help participants visualize a *gram* by showing some of these familiar objects.

- A paper clip weighs 1 gram.
- One penny weighs about 3 grams.
- One teaspoon of butter or margarine weighs 4 grams.

- Let's bring all this fat out of hiding by using visible fat (lard, margarine or butter) to show the amounts (1 tablespoon of lard/butter/margarine = 12 grams of fat). When we finish, I think you'll be surprised just how much of this visible fat you will see.



Group Nutritionist Note: The Fats of Life activity should be interactive. Let the participants identify where they think the fat is located. For amounts of fat in the sample menu, use the Reference Sheet on page 23.

- Now, let's add it all up. You can see that by the end of the day, our person has eaten 99 grams of fat (118 grams in the Southern menu; 114 grams in the Mexican-American). This is equal to about 8 tablespoons of fat! (9-10 tablespoons in the Southern and Mexican-American menus.)
- That's about 1 stick of butter or margarine! Pretty amazing considering that all you saw was the fat on the bread and the salad dressing on the salad.

Making Changes to Lower Fat and Increase Fruits/Vegetables and Grains

Large Group Discussion (20 minutes)

- ◆ **Participants use Worksheets 1-2 and 1-4 to identify ways to:**
 - **Reduce fat (menu reference pages 23-25).**
 - **Add fruits, vegetables and grains.**
- ◆ **Key points—participants:**
 - **Identify different ways to make dietary changes.**
 - **See that lower-fat eating does not mean eating less food.**

- As you all know, the goal of this study is for each of you to reduce your fat intake so that no more than 20% of your calories come from fat. This is about 23 to 27 grams of fat each day.
- You don't need to change everything. For example, in our sample menu, you wouldn't have to get rid of all of the high-fat foods. Depending on the foods you choose, you could leave the potato chips or the ice cream.

- A low-fat eating plan is not an all-or-nothing plan. Dealing with fat is a lot like budgeting your money to make it go further. You can reduce fat and still eat many of your favorite foods. However, to keep your favorite foods as a part of your menu, you will need to reduce your serving size. You can also eat these foods less often to lower the amount of fat that you eat.



Group Nutritionist Note: The Fats of Life activity should be interactive. Let the participants identify ways that they would reduce the fat in the menu. Reference information available on page 24.

- Let's go back through the menu and decide on the foods you could change to reduce the fat. For this sample menu which is a little higher in fat, we will need to take out a little more than 1/2 of the fat (about 75 grams = 19 teaspoons of fat or 6 tablespoons).
- There are simple substitutions you can make to change a high-fat meal into a delicious low-fat meal. As we go through the menu, use **Worksheet 1-3** for ideas. Remember, you don't need to change every food. You can choose to keep some of the high-fat foods. Write your low-fat substitution ideas down on **Worksheet 1-2**.
- A low-fat eating plan doesn't mean that you have to stop eating. In fact, when you eat less fat you can actually *eat more* food.
- Many carbohydrate foods such as fruits, vegetables and grains are low in fat and calories. For example, look what happens when we replace the high-fat foods in our sample menu with some low-fat substitutions. As the grams of fat drop, so do the calories.
- When you reduce your fat, it is important to eat more low-fat foods such as vegetables, grains, beans/legumes, skim milk, or other non-fat dairy foods, and fruits and fruit juices. These foods help to improve your eating patterns because they give you less fat and more vitamins and minerals.



Group Nutritionist Note: Get the participants to provide ideas of where more servings of fruits/vegetables and grains could be added to the menu. Reference information sample low-fat menu modifications available on pages 24-25.

- Decreasing fat is only one goal of this program. Remember, we want you to also increase your intake of fruits, vegetables and grains. Let's go back through the menu to see where we could add more fruits, vegetables and grains. Ideas include adding:

Fruits/Vegetables:

- Raisins to cereal
- Fruit as a snack
- Increase vegetable serving at dinner
- Orange juice at breakfast
- Vegetable added at lunch
- Fruit as dessert for dinner

Grains:


- Cereal for breakfast
- Roll at dinner
- Graham crackers for snack
- The menu originally had three servings of fruits and vegetables and five servings of grains. Now it has nine servings of fruits and vegetables and six and one-half servings of grains.
- See how easy it is to substitute low-fat or fat-free foods. We've added six servings of fruits and vegetables and two servings of grains and we haven't increased the calories.
- Low-fat substitutions like these let you increase the amount of food you eat but not your calories, or the cost of your meals.


Your New Eating Style

- Changing your eating habits will take time and patience. The foods you eat have been influenced by your culture and the foods you grew up eating as a child. The change doesn't happen overnight. However, since eating habits are learned, they can be unlearned.
- This program is not a "diet program," instead it is a lifestyle change. You will be taught how to improve your eating habits. There is no plan you have to follow. Instead, you will be in control of the changes you make. You can reach your goal in many different ways. You decide what foods you want to eat and how much of each food to eat.

- You will be introduced to new foods and new ways of preparing foods. Don't worry, low-fat eating does not need to cost more. As we go through the sessions you'll get tips to help you save money. In the months ahead, you will learn a variety of skills. These skills will help make your new eating habits a new way of life.

| | |
|--|--|
| Large Group Discussion (10 minutes) | <p>Getting Your Family and Friends to Help You</p> <p>PURPOSE: Encourage participants to ask their family and friends for support in making their eating changes.</p> |
| | <ul style="list-style-type: none"> ◆ Involve other people (Worksheet 1-4). ◆ Key point—participants look at ways to get help and support. |
| | <ul style="list-style-type: none"> • Your new low-fat lifestyle is a delicious and healthy way of eating. The eating pattern changes you will be making are good for both you and other family members. Your family doesn't have to change. However, it makes it easier for you if they are willing to change. They might also gain some health benefits by changing along with you. • The group sessions and other group members will help you change your eating patterns, but it is also important to find help and support outside the group. Let's take a few minutes and identify some people outside the group who could help you change your eating patterns. • Think about "who" you can tell about the program. Consider the people you are closest to emotionally, or the people you spend a lot of time with, such as your husband, other family members, friends or co-workers. • Think about the people who could help by offering positive support. Or the people who could help by not doing negative things that could hurt your efforts (for example, offering you sweets). • Turn to Worksheet 1-4, the Home Activity Worksheet. Take a few minutes and think about who you could tell about the WHI. By sharing your own experiences in WHI, it encourages your family and friends to help you and strengthens your own desire to change. • After you've decided who to tell, think about how they can help you. Then when you ask them for help, remember two things: <ul style="list-style-type: none"> ➤ Ask directly. ➤ Let them know the kind of help you need. • For example you could say: "I am going to change the way I eat and I'd really like your help. Let me tell you a little bit about how you could help me. Then you can decide if you would be willing to do it, okay?" |

| | |
|--|---|
| <p>Large Group Discussion (8 minutes)</p>  | <p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> • Today we talked about the benefits that both you and others around you can get by taking part in this program. You discovered that almost 3/4 of the fat that you eat is hidden in foods. You also found out that fruits, vegetables, and grains are good low-fat foods for you to use. <p>Discuss issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on methods of encouraging family/friends to help change participant's eating habits. <p>Q/A:</p> <ul style="list-style-type: none"> - What changes in your eating habits do you think will be the easiest for you to make? - How can your family and the group support you in making changes in your eating patterns? |
| <p>Lecture (8 minutes)</p> | <p style="text-align: center;">HOME ACTIVITY</p> <ul style="list-style-type: none"> ◆ Assign Food Diary—discuss how to record foods eaten. ◆ Ask them to complete Worksheet 1-4 at home. Answer questions. <ul style="list-style-type: none"> • This week your first assignment is to tell your family or friends about the WHI. This is the first step in getting other people involved and interested in helping you. • Your second assignment is to use a Food Diary to write down what you eat. It will help you see what you are currently doing. Record everything you eat and drink for three days during the next week. Be sure one day is on the weekend. Circle the foods in your Food Diary that you think are high in fat. • You will notice that the Food Diary has columns for counting fat. We will learn how to do that next week. Leave these columns blank for this week. |

| FOOD TASTING | |
|---|--|
| Large Group Discussion (10 minutes) | <ul style="list-style-type: none">◆ Emphasize that low-fat eating is simple and tasty.◆ Encourage discussion of food/recipe acceptability. |
| |  <i>Group Nutritionist Note:</i> If you serve fat-free or low-fat cookies, point out the need for participants to use moderation. Encourage the participants to use fruits, vegetables and whole grain products whenever possible. |

Nutritionist's Reference Sheet**Sample Menu**

| | <u>Calories</u> | <u>Grams of Fat</u> | |
|------------------------------------|-----------------|-------------------------|---------------------------------|
| <u>Breakfast</u> | | | |
| 1 cup cold cereal | 127 | 1 | |
| 1/2 cup 2% milk | 61 | 2 | |
| 1 slice toast | 67 | 1 | |
| 1 tsp. margarine | 34 | 4 | |
| 1 cup coffee | 5 | 0 | |
| 2 TB 2% milk | 15 | 1 | = 9 grams ($\frac{3}{4}$ TB) |
| <u>Snack</u> | | | |
| 1 cake donut, 3" diameter | 155 | 7 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB half and half | 20 | 2 | = 9 grams ($\frac{3}{4}$ TB) |
| <u>Lunch</u> | | | |
| Sandwich | | | |
| 2 sl. bread (white) | 135 | 2 | |
| 1 oz. regular bologna | 90 | 8 | |
| 1 oz. American cheese | 106 | 9 | |
| 1 TB regular mayonnaise | 99 | 11 | |
| lettuce | 2 | 0 | |
| 1/2 cup potato chips | 75 | 4 | |
| 1 can cola | 152 | 0 | = 34 grams (3 TB) |
| <u>Dinner</u> | | | |
| 3 oz. roast beef (chuck) untrimmed | 286 | 22 | |
| 1/2 cup mashed potatoes, with fat | 105 | 4 | |
| 2 TB gravy, made with whole milk | 40 | 3 | |
| 1/2 cup green beans, with fat | 32 | 2 | |
| 1 cup tossed salad | 14 | 0 | |
| 1½ TB French dressing | 100 | 9 | |
| Ice tea with lemon | 2 | 0 | = 40 grams ($3\frac{1}{4}$ TB) |
| <u>Snack</u> | | | |
| 1/2 cup ice cream, regular | 135 | 7 | = 7 grams ($\frac{1}{2}$ TB) |
| DAILY TOTAL: | 1,862 | 99 grams | (8¼ TB) |

Sample Low-Fat Menu

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|--|-----------------|-------------------------|---------------|
| 1 cup cold cereal | 127 | 1 | |
| 1/2 cup 2% milk | 61 | 2 | |
| 1/4 cup raisins | 115 | 0 | |
| 1 slice toast | 67 | 1 | |
| 1 TB jam | 55 | 0 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB evaporated skim milk | 12 | 0 | |
| 3/4 cup orange juice (100% juice) | 56 | 0 | = 4 grams |
| <u>Snack</u> | | | |
| 1 medium apple | 81 | 0 | |
| 4 squares graham crackers | 116 | 2 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB evaporated skim milk | 12 | 0 | = 2 grams |
| <u>Lunch</u> | | | |
| <u>Sandwich</u> | | | |
| 2 sl. bread (white) | 135 | 2 | |
| 1 oz. turkey breast | 36 | 1 | |
| 2 TB cranberry relish | 61 | 0 | |
| 1 TB low-fat mayonnaise | 48 | 4 | |
| 1/2 cup potato chips | 75 | 4 | |
| 1/2 cup carrots, raw | 33 | 0 | |
| 1 cup skim milk | 86 | 0 | = 11 grams |
| <u>Dinner</u> | | | |
| 3 oz. roast beef (top round) trimmed | 153 | 4 | |
| 1 cup mashed potatoes | 138 | 0 | |
| 1/4 cup low-fat gravy | 22 | 0 | |
| 1/2 cup green beans seasoned with vinegar | 16 | 0 | |
| 1 cup tossed salad | 14 | 0 | |
| 2 TB French dressing (fat free) | 44 | 0 | |
| 1 whole wheat roll (3½" diam.) | 85 | 2 | = 6 grams |
| <u>Snack</u> | | | |
| 1/2 cup frozen yogurt (low-fat) | 100 | 1 | |
| 1/2 cup berries | 37 | 0 | = 1 gram |
| DAILY TOTAL: | 1,795 | 24 grams | (2 TB) |

Sample Menu Modifications

High-fat foods removed from menu

| | Fat (g) removed | Calories removed |
|-----------|--------------------|---------------------|
| margarine | 4 | 34 |
| donut | 7 | 155 |
| bologna | 8 | 90 |
| cheese | 9 | 106 |

High-fat foods modified

| | | | |
|-----------------|-------------------|-----------------------|------------------------|
| half and half | 2 | 8 | evaporated skim milk |
| mayo | 7 | 51 | low-fat mayo |
| roast beef | 18 | 133 | trimmed, leaner cut |
| gravy | 6 | 18 | made from mix |
| salad dressing | 12 | 56 | fat free |
| ice cream | 7 | 35 | frozen yogurt, low-fat |
| mashed potatoes | 4 | 0 | didn't add fat |
| green beans | <u>2</u> | <u>16</u> | seasoned with vinegar |
| | - 86 grams fat | - 702 kcal subtracted | |

High-fat foods unchanged

potato chips

Low-fat foods added

| | Fat Added | Calories Added |
|------------------|------------------|------------------|
| raisins | 0 | 115 |
| jam | 0 | 55 |
| orange juice | 0 | 56 |
| apple | 0 | 81 |
| graham crackers | 2 | 116 |
| cranberry relish | 0 | 61 |
| carrot sticks | 0 | 33 |
| skim milk | 0 | 86 |
| mashed potatoes | 0 | 33 |
| roll | 2 | 85 |
| berries | <u>0</u> | <u>37</u> |
| | + 4 grams fat | + 758 kcal added |

Example**Group __ Class Schedule**

Group Sessions will be held on (day of week) beginning at (time). All the meetings will be held at (place).

Weekly

| <u>Sessions</u> | <u>Session Topic</u> | <u>Date</u> |
|-----------------|--------------------------|-------------|
| # 1 | The Fats of Life | |
| # 2 | The Starting Line | |
| # 3 | Goals for Tomorrow | |
| # 4 | Labeling Your Challenges | |
| # 5 | The Main Event | |
| # 6 | Social Dining with Ease | |

Bi-Weekly

| <u>Sessions</u> | <u>Session Topic</u> | <u>Date</u> |
|-----------------|---|-------------|
| # 7 | Tracking Fruits and Vegetables | |
| # 8 | Support for Change | |
| # 9 | Progress: Exchanging the Old for the New | |

Monthly

| <u>Sessions</u> | <u>Session Topic</u> | <u>Date</u> |
|-----------------|------------------------------------|-------------|
| # 10 | Roadblocks to Change | |
| # 11 | Talking to Yourself | |
| # 12 | Planning for Vacations or Holidays | |
| # 13 | Meals in a Hurry | |
| # 14 | What's Complex about Carbohydrates | |
| # 15 | Relax for the Health of It | |
| # 16 | Detours Along the Way | |
| # 17 | Promoting Maintenance | |
| # 18 | Managing the Future | |

Example

Group Membership List

Group #
(meeting day, time and location)

Nutritionist

Clinic Address

Clinic Phone #

GROUP MEMBERS:

Name

Address

| Phone Numbers | |
|---------------|------|
| Work | Home |

[illegible]

Nutritionist's Reference Sheet**Alternative Mexican-American Sample Menu**

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|---------------------------------------|-----------------|-------------------------|--------------------|
| Huevos Rancheros (2 fried eggs) | 191 | 14 | |
| with 1/2 cup salsa | 46 | 0 | |
| 2 fried corn tortillas | 172 | 12 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB whole milk | 37 | 2 | |
| 2 tsp. sugar | 31 | 0 | = 28 grams (2¼ TB) |
| <u>Lunch</u> | | | |
| 1 Torta: | | | |
| 1 large bun (4" diam) | 107 | 3 | |
| 1 TB regular mayonnaise | 99 | 11 | |
| 1/2 cup refried beans (canned) | 136 | 1 | |
| 1/4 med. avocado | 70 | 7 | |
| 1 oz. sliced ham | 64 | 3 | |
| 2 leaves lettuce | 2 | 0 | |
| 1 small chili | 18 | 0 | |
| 1 cup Agua Fresca | 34 | 0 | = 25 grams (2 TB) |
| <u>Dinner</u> | | | |
| Bistec Ranchero: | | | |
| 3 oz. fried cubed beef | 286 | 22 | |
| 1/2 cup fried potatoes | 237 | 11 | |
| 1/2 cup refried beans (homemade) | 257 | 13 | |
| 1 flour tortilla, not fried (8" diam) | 126 | 3 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB whole milk | 37 | 2 | |
| 2 tsp. sugar | 31 | 0 | = 51 grams (4¼ TB) |
| <u>Snack</u> | | | |
| 1 Pan dulce | 215 | 8 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB whole milk | 37 | 2 | |
| 2 tsp. sugar | 31 | 0 | = 10 grams (1 TB) |
| DAILY TOTAL: | 2,279 | 114 grams | (9½ TB) |

Mexican-American Sample Low-Fat Menu

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|---|-----------------|-------------------------|---------------|
| Huevos Rancheros (1 large egg fried w/o fat) | 95 | 5 | |
| 1/2 cup salsa | 46 | 0 | |
| 1 corn tortilla, no fat (6" diam.) | 48 | 1 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB 1% milk | 26 | 1 | |
| 2 tsp. sugar | 31 | 0 | = 7 grams |
| <u>Lunch</u> | | | |
| 1 Torta: | | | |
| 1 large bun | 107 | 3 | |
| 1 TB fat free mayo | 12 | 0 | |
| 1/2 cup refried beans (canned) | 136 | 1 | |
| 1 oz. > 95% fat-free luncheon meat | 50 | 2 | |
| 2 lettuce leaves | 2 | 0 | |
| 1 small chili | 18 | 0 | |
| 3/4 cup fruit juice (100% juice) | 56 | 0 | = 6 grams |
| <u>Dinner</u> | | | |
| Beef stew: | | | |
| 2 oz. beef (top round) trimmed | 102 | 3 | |
| 1 cup potatoes, no fat added | 138 | 0 | |
| 1/2 cup tomatoes | 32 | 0 | |
| 1/4 cup peas | 31 | 0 | |
| 1/2 cup refried beans (canned) | 136 | 1 | |
| 1/2 cup rice | 132 | 1 | |
| 1 flour tortilla, no fat (8" diam.) | 126 | 3 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB 1% milk | 26 | 1 | |
| 2 tsp. sugar | 31 | 0 | = 9 grams |
| <u>Snack</u> | | | |
| 2 slices raisin bread | 136 | 2 | |
| 2 tsp. jam | 36 | 0 | |
| 1 cup coffee | 5 | 0 | |
| 4 TB 1% milk | 26 | 1 | |
| 2 tsp. sugar | 31 | 0 | = 3 grams |
| DAILY TOTAL: | 1,625 | 25 grams | (2 TB) |

Nutritionist's Reference Sheet**Alternative Southern Sample Menu**

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|--------------------------------------|-----------------|-------------------------|-------------------|
| 1 oz. smoked sausage | 91 | 8 | |
| 1 medium biscuit, 2" diameter | 122 | 5 | |
| 1 tsp. margarine | 34 | 4 | |
| 2 tsp. jam | 36 | 0 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB half and half | 20 | 2 | = 19 grams (1½TB) |
| <u>Snack</u> | | | |
| 1 cake donut, 3" diameter | 155 | 7 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB half and half | 20 | 2 | = 9 grams (¾ TB) |
| <u>Lunch</u> | | | |
| Sandwich | | | |
| 2 sl. bread (white) | 135 | 2 | |
| 1 oz. regular bologna | 90 | 8 | |
| 1 oz. American cheese | 106 | 9 | |
| 1 TB regular mayonnaise | 99 | 11 | |
| lettuce | 2 | 0 | |
| 1/2 cup potato chips | 75 | 4 | |
| 1 can cola | 152 | 0 | = 34 grams (3 TB) |
| <u>Dinner</u> | | | |
| 3 oz. fried chicken breast with skin | 388 | 25 | |
| 1/2 cup potato salad | 212 | 15 | |
| 1/2 cup green beans cooked | | | |
| with bacon | 32 | 2 | |
| 1 piece of cornbread, 3" x 3" x 1" | 194 | 7 | |
| Ice tea with lemon | 2 | 0 | = 49 grams (4 TB) |
| <u>Snack</u> | | | |
| 1/2 cup ice cream, regular | 135 | 7 | = 7 grams (½ TB) |
| DAILY TOTAL: | 2,110 | 118 grams | (9¾ TB) |

Southern Sample Low-Fat Menu

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|---|-----------------|-------------------------|---------------|
| 1/2 grapefruit | 47 | 0 | |
| 1 cup grits | 141 | 0 | |
| 1/2 cup 2% milk | 61 | 2 | |
| 1 slice toast | 67 | 1 | |
| 2 tsp. jam | 36 | 0 | |
| 3/4 cup orange juice (100% juice) | 56 | 0 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB evaporated skim milk | 12 | 0 | = 3 grams |
| <u>Snack</u> | | | |
| 1 medium apple | 81 | 0 | |
| 4 squares graham crackers | 116 | 2 | |
| 1 cup coffee | 5 | 0 | |
| 1 TB evaporated skim milk | 12 | 0 | = 2 grams |
| <u>Lunch</u> | | | |
| Sandwich | | | |
| 2 sl. bread | 135 | 2 | |
| 1 oz. turkey breast | 36 | 1 | |
| 1 TB mayonnaise (fat free) | 12 | 0 | |
| 1/2 cup raw carrots | 33 | 0 | |
| 1/2 cup potato chips | 75 | 4 | |
| 1 cup skim milk | 86 | 0 | = 7 grams |
| <u>Dinner</u> | | | |
| 3 oz. baked chicken breast w/o skin | 142 | 3 | |
| 1/2 cup potato salad made w/low-fat mayonnaise | 144 | 7 | |
| 1/2 cup green beans, no fat added | 18 | 0 | |
| 1 piece cornbread, fat modified (3" sq.) | 132 | 2 | |
| Lemonade | 99 | 0 | = 12 grams |
| <u>Snack</u> | | | |
| 1/2 cup frozen yogurt (non-fat) | 98 | 0 | |
| 1/2 cup peaches | 93 | 0 | = 0 grams |
| DAILY TOTAL: | 1,742 | 24 grams | (2 TB) |

Nutritionist's Reference Sheet**1700 Kcalorie Alternative Sample Menu**

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|-------------------------------------|-----------------|-------------------------|----------------------|
| 1 cup cold cereal | 127 | 1 | |
| 1/2 cup 2% milk | 61 | 2 | |
| 1 tsp. sugar | 16 | 0 | |
| 1 slice toast | 67 | 1 | |
| 1-1/2 tsp. margarine or butter | 51 | 6 | |
| 1 cup coffee, black | 5 | 0 | = 10 grams (1 TB) |
| <u>Snack</u> | | | |
| 1 cup coffee | 5 | 0 | |
| 1 TB half and half | 20 | 2 | = 2 grams (1/2 tsp.) |
| <u>Lunch</u> | | | |
| Ham and cheese sandwich: | | | |
| 1 oz. deli ham (11% fat) | 50 | 3 | |
| 1 slice (3/4 oz.) American cheese | 80 | 7 | |
| 2 slices bread (white) | 135 | 2 | |
| 1 TB regular mayonnaise | 99 | 11 | |
| 1 leaf lettuce | 2 | 0 | |
| 1 medium apple | 81 | 0 | |
| 1 can (12 oz.) diet soda | 4 | 0 | = 23 grams (2 TB) |
| <u>Dinner</u> | | | |
| 2 med. baked chicken thighs, w/skin | 294 | 16 | |
| 1/2 cup mashed potatoes, with fat | 105 | 4 | |
| 1½ tsp. regular margarine | 51 | 6 | |
| 1/2 cup green beans | 18 | 0 | |
| seasoned with 1/4 tsp. margarine | 8 | 1 | |
| 1 cup tossed green salad | 14 | 0 | |
| 2 TB regular French dressing | 133 | 12 | |
| 1 cup hot tea with lemon | 2 | 0 | = 39 grams (3 TB) |
| <u>Snack</u> | | | |
| 3/4 cup ice cream (regular) | 199 | 11 | |
| 1 TB chocolate syrup | 41 | 0 | = 11 grams (1 TB) |
| DAILY TOTAL: | 1,668 | 85 grams | (7 TB) |

1700 Kcalorie Alternative Sample Low-Fat Menu

| <u>Breakfast</u> | <u>Calories</u> | <u>Grams of Fat</u> | |
|---------------------------------------|-----------------|-------------------------|---------------|
| 1 cup cold cereal | 127 | 1 | |
| 1/2 cup 2% milk | 61 | 2 | |
| 2 TB raisins | 57 | 0 | |
| 1 tsp. sugar | 16 | 0 | |
| 1 slice toast | 67 | 1 | |
| 2 tsp. jam | 36 | 0 | |
| 1 cup coffee, black | 5 | 0 | = 4 grams |
| <u>Morning Snack</u> | | | |
| 1 raisin bagel (3" diam.) | 185 | 1 | |
| 3/4 cup fruit juice (100% juice) | 56 | 0 | = 1 gram |
| <u>Lunch</u> | | | |
| Ham and cheese sandwich: | | | |
| 1 oz. lean ham (5% fat) | 41 | 2 | |
| 2 slices bread (white) | 135 | 2 | |
| 1 TB low-fat mayonnaise | 48 | 4 | |
| 2 tsp. mustard and lettuce | 13 | 0 | |
| 1 medium apple | 81 | 0 | |
| 1/4 cup raw carrot sticks | 17 | 0 | |
| 1 can (12 oz.) diet soda | 4 | 0 | = 8 grams |
| <u>Dinner</u> | | | |
| 3 oz. baked chicken breast, with skin | 142 | 3 | |
| 3/4 cup mashed potatoes, no fat added | 132 | 0 | |
| 1½ tsp. regular margarine | 51 | 6 | |
| 1/2 cup green beans | 18 | 0 | |
| seasoned with 1/4 tsp. margarine | 8 | 1 | |
| 1 cup tossed green salad | 14 | 0 | |
| 1 TB French dressing (fat-free) | 22 | 0 | |
| 1 cup hot tea with lemon | 2 | 0 | = 10 grams |
| <u>Snack</u> | | | |
| 3/4 cup frozen yogurt (fat free) | 150 | 0 | |
| 1/2 cup sliced fresh peaches | 37 | 0 | = 0 grams |
| DAILY TOTAL: | 1,525 | 23 grams | (2 TB) |