

## **Session Two: The Starting Line**

*In this session, the participant will:*

1. Discuss ways to reduce sources of added fats.
2. Use the Fat Counter to calculate a fat score.
3. Use self-monitoring to evaluate dietary changes.



| Checklist of Materials Needed |   |           |           |     |       |     |       |     |    |     |    |
|-------------------------------|---|-----------|-----------|-----|-------|-----|-------|-----|----|-----|----|
| Supporting Materials          | <ul style="list-style-type: none"> <li><input type="checkbox"/> List of individual fat gram goals</li> <li><input type="checkbox"/> Fat Counters and Food Diaries</li> <li><input type="checkbox"/> Pocket calculators</li> <li><input type="checkbox"/> Calculator handout, optional</li> <li><input type="checkbox"/> Overheads for Fat Counter (2-1, 2-2)</li> <li><input type="checkbox"/> Overhead projector</li> <li><input type="checkbox"/> Materials for Added Fats Demo: <ul style="list-style-type: none"> <li>Measuring spoons</li> <li>4 slices bread and tub margarine</li> </ul> </li> <li><input type="checkbox"/> Overheads for Fat-o-Meter, optional (2-3, 2-4)</li> </ul>  |           |           |     |       |     |       |     |    |     |    |
| Food & Paper Supplies         | <ul style="list-style-type: none"> <li><input type="checkbox"/> Beverages of choice (coffee, tea, juice)</li> <li><input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional</li> <li><input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed)</li> <li><input type="checkbox"/> Plastic forks or spoons</li> <li><input type="checkbox"/> <u>Food Tasting</u>: Vegetables, raw or cooked (any type) and low-fat salad dressings (commercial or homemade) <ul style="list-style-type: none"> <li>Gravy mix</li> <li>Butter substitutes (Molly McButter™, etc.)</li> </ul> </li> </ul> <p><i>Note:</i> If you choose different foods for the Food Tasting emphasize ways to reduce fat added in cooking or at the table.</p> |           |           |     |       |     |       |     |    |     |    |
| Participant Manual            |   |           |           |     |       |     |       |     |    |     |    |
| Worksheets                    | <table> <tr> <th>Worksheet</th><th>Page(s) #</th></tr> <tr> <td>2-1</td><td>11-12</td></tr> <tr> <td>2-2</td><td>13-14</td></tr> <tr> <td>2-3</td><td>15</td></tr> <tr> <td>2-4</td><td>16</td></tr> </table>   | Worksheet | Page(s) # | 2-1 | 11-12 | 2-2 | 13-14 | 2-3 | 15 | 2-4 | 16 |
| Worksheet                     | Page(s) #   |           |           |     |       |     |       |     |    |     |    |
| 2-1                           | 11-12   |           |           |     |       |     |       |     |    |     |    |
| 2-2                           | 13-14   |           |           |     |       |     |       |     |    |     |    |
| 2-3                           | 15  |           |           |     |       |     |       |     |    |     |    |
| 2-4                           | 16  |           |           |     |       |     |       |     |    |     |    |

|                     |  |
|---------------------|--|
| Resource<br>Section | Additional materials available in Participant Manual |
|---------------------|--|

|                 |                  |
|-----------------|------------------|
| <b>Resource</b> | <b>Page(s) #</b> |
|-----------------|------------------|

|                         |     |
|-------------------------|-----|
| How to Use a Calculator | 5-7 |
|-------------------------|-----|

## Session 2 Outline—Key Activities

| Activity Type<br>(Time)   | Activity   |
|---|--|
| Pair Discussion<br>(15 minutes)   | <p style="text-align: center;"><b>Review of Home Activity</b></p> <ul style="list-style-type: none"> <li>◆ Form pairs.</li> <li>◆ Discuss experiences talking to family/friends about involvement in WHI.</li> </ul> <p>Q/A:</p> <ul style="list-style-type: none"> <li>- How did your awareness of foods change during the past week?</li> <li>- Who did you discuss the study with and what were their reactions?</li> <li>- What kind of help are your spouse/family or friends willing to provide?</li> </ul>  |
| <br><i>Notes</i> |  |
| Large Group Discussion<br>(15 minutes)  | <p style="text-align: center;"><b>New Material</b></p> <ul style="list-style-type: none"> <li>◆ Use Food Diary—focus on added fats.</li> <li>◆ Key points—participants:               <ul style="list-style-type: none"> <li>• Identify added fats currently used.</li> <li>• Suggest ways to reduce fats (see <b>Worksheet 2-1</b> for ideas).</li> </ul> </li> </ul> <p>Q/A:</p> <ul style="list-style-type: none"> <li>- What foods did you circle?</li> <li>- What fats do you add during cooking or at the table?</li> <li>- What could you do to reduce the amount of fat you add to foods?</li> </ul> |
|                |  |

Large Group  
Discussion/  
Food Tasting  
(18 minutes)



- ◆ Demonstration of added fats.
  - Show different serving sizes.
- ◆ Include **Food Tasting** here, if possible.
  - Emphasize ways to reduce fat added in cooking.
  - Encourage discussion of food/recipe acceptability.
- ◆ Key point—participants understand amounts of added fat used.

Lecture  
(10 minutes)



- ◆ Give fat gram goal and briefly explain.
- ◆ Give Fat Counter.
  - Use Overheads 2-1 and 2-2 to explain purpose/organization.
- ◆ Key point—participants understand structure of Fat Counter.


Pair Activity  
(25 minutes)



- ◆ Give pocket calculator. Instruct briefly.
  - ◆ Form pairs—complete **Worksheet 2-2** using Fat Counter (answers **Worksheet 2-3**). Encourage discussion.
  - ◆ Key point—participants practice using Fat Counter.
- (Optional Activity): Using the Fat-o-Meter requires an additional 18 minutes.

|  |   |
|--|---|
| Large Group Discussion<br>(10 minutes) | <p style="text-align: center;"><b>Summary</b></p> <p>Discuss the issues and identify participants who need more help.</p> <ul style="list-style-type: none"><li>◆ Focus on the participant's understanding of the Fat Counter.</li></ul> <p>Q/A:</p> <ul style="list-style-type: none"><li>- What difficulties did you have finding the fat content of the foods you ate?</li><li>- What concerns or questions do you have about using the Fat Counter?</li></ul> |
| Large Group Discussion<br>(8 minutes)  | <p style="text-align: center;"><b>Home Activity</b></p> <ul style="list-style-type: none"><li>◆ Assign Food Diary.</li><li>◆ Ask them to complete <b>Worksheet 2-4</b> at home. Answer questions.</li></ul>   |
| Total Time:<br>101 minutes             |   |

## Session Two: The Starting Line

| Activity Type<br>(Time)  | Activity   |
|--|--|
| <b>Pair Discussion</b><br><b>(15 minutes)</b><br> | <b>REVIEW OF HOME ACTIVITY</b>   |
|  | <ul style="list-style-type: none"> <li>◆ <b>Form pairs.</b></li> <li>◆ <b>Discuss experiences talking to family/friends about involvement in WHI.</b></li> </ul> <p><b>Q/A:</b></p> <ul style="list-style-type: none"> <li>- <b>How did your awareness of foods change during the past week?</b></li> <li>- <b>Who did you discuss the study with and what were their reactions?</b></li> <li>- <b>What kind of help are your spouse/family or friends willing to provide?</b></li> </ul>                                      |
|  | <p style="text-align: center;"><b>OVERVIEW OF SESSION</b></p> <ul style="list-style-type: none"> <li>• The goal of the WHI is to lower the amount of fat you eat by about half within six months. Today, to help you reach this goal, you'll receive a fat gram goal and a Fat Counter to keep track of the fat in the foods you eat.</li> <li>• Self-monitoring (keeping food records) helps you increase your awareness of your eating patterns and provides specific information about the fat content of foods.</li> </ul> |

## NEW MATERIAL

### Added Fats

**PURPOSE:** Identify foods adding fat and develop low-fat alternatives.

- Last week you kept track of the food you ate. Get out your Food Diary and look at the foods that you circled.

**Large Group  
Discussion  
(15 minutes)**



- ◆ **Use Food Diary—focus on added fats.**
  - ◆ **Key points—participants:**
    - **Identify added fats currently used.**
    - **Suggest ways to reduce fats (see Worksheet 2-1 for ideas).**
- Q/A:**
- **What foods did you circle?**
  - **What fats do you add during cooking or at the table?**
  - **What could you do to reduce the amount of fat you add to foods?**

- One of the suggestions listed on **Worksheet 2-1** is to use less butter or margarine. Let's compare some different serving sizes.

**Large Group  
Discussion/  
Food Tasting  
(18 minutes)**

- ◆ **Demonstration of added fats.**
  - **Show different serving sizes.**
- ◆ **Include Food Tasting here, if possible.**
  - **Emphasize ways to reduce fat added in cooking.**
  - **Encourage discussion of food/recipe acceptability.**
- ◆ **Key point—participants understand amounts of added fat used.**

- A typical serving of butter or margarine is 1 teaspoon or 1 pat. Let's see what that amount looks like. However, many people use a heaping teaspoon or even a tablespoon on their bread (show these amounts).
- When you are trying to cut back on fat, try scraping your margarine or butter on your bread. You can spread 1/2 teaspoon over a piece, especially if your spread is softer.



- You can also eliminate the margarine or butter you use. Start by using more whole grain breads or rolls. They tend to have more flavor so you don't seem to need the butter. There are also other foods you can use to replace the butter on bread or rolls. Some of these substitutes include: jams and jellies (regular or sugar-free), honey, fat-free cream cheese, or fat-free margarine.
- Now let's take a few minutes to taste some of the lower-fat spreads and salad dressings.

**Counting Fat: Fat Gram Goal and Fat Counter**

**PURPOSE:** To understand the purpose of self-assessment and self-monitoring.

- Now that you know that fat is found in many foods, you're probably wondering how much you should eat. I'm going to give each of you a fat gram goal for the study. The group sessions will help you learn how to gradually change your eating habits to reach this goal.
- Your fat gram goal represents the amount of fat you should eat on a daily basis. You have your own goal based on your height.
- Since your fat gram goal is based on your height, each of you has a different number. The lowest fat gram goal is 23, and the highest goal is 27. The average American woman eats about 80 to 100 grams of fat on an average day. In the Fats of Life demonstration we saw last week, the menu contained 99 grams of fat.
- You will be using the fat gram goal to help you understand how to change. Your first step is to find out how much fat you currently eat. Keeping a food record helps you begin to identify the foods that add fat to your meals and snacks.
- Many people keep food records and count calories. In this study, you will learn to keep food records and count fat grams. Keeping records and counting fat helps you to:
  - Keep track of how much fat you eat.
  - Make lower-fat choices.
  - Track your progress and plan ways to change.

**Lecture  
(10 minutes)**

- ◆ **Give fat gram goal and briefly explain.**
- ◆ **Give Fat Counter.**
  - **Use Overheads 2-1 and 2-2 to explain purpose/organization.**
- ◆ **Key point—participants understand structure of Fat Counter.**

**What Is the Fat Counter?**

- The Fat Counter is a reference book developed by the program to help you keep track of the amount of fat you eat. It lists the grams of fat for standard servings of 1,000 foods.
- Foods are listed first by food group and then alphabetically. In addition, there is an index. The Fat Counter will help you:
  - Learn which foods contain fat.
  - Identify how much fat each food contains.
  - Select lower-fat foods.
  - Measure your progress toward reaching your fat gram goal.
- Let's take a few minutes to get familiar with the Fat Counter. Turn to the table of contents. The first 10 pages contain information to help you use the Fat Counter. There is other helpful information in the introduction such as: how to read labels, guidelines for estimating added fats and measurement conversions. This information will help you remember what we discussed today.
- The foods groups listed in the Fat Counter include the following:
  - Beverages
  - Breads, Cereals and other Grain Products
  - Dairy Products: Cheese, Cream, Ice Cream, Milk, and Yogurt
  - Fast Foods
  - Fats, Oils, Nuts, Salad Dressings, Sauces, Gravies and Seasonings
  - Fruits, Salads and Vegetables
  - Meats, Eggs, Fish and Poultry
  - Mixed Dishes and Soups
  - Sweets and Desserts
- The types of food in each food group are listed under the major category. For example, in the Bread group you'll find breads, breakfast foods, crackers, pasta and rice and snacks. Look over the food group lists. Notice that fish and poultry are listed under Meats. You'll find an alphabetical listing of foods on colored paper immediately following the food group lists.
- To look for a food in the Fat Counter, you can use either the food group listing or an alphabetical listing. There is also an index at the back of the book.

- Let's look up the amount of fat in butter. We can find butter in the Fats group on page 27 of your Fat Counter.
- When you find the food look at the serving size. Beside each food in the Fat Counter is a typical serving size.
- If the serving you ate is the same size, as the serving listed, record the fat gram number in your Food Diary. For example: The serving size for regular butter is 1 teaspoon. If you used 1 teaspoon, you would record 4 grams of fat in your Food Diary.
- However, if your serving size is different, you will need to do some math. When you eat a larger serving, multiply the number of listed fat grams by the amount you ate. For example, if you used 2 teaspoons of butter on your bread, your serving size is twice as much as the serving size shown in the Fat Counter. So, you would multiply the 4 grams of fat in one teaspoon by 2 to get 8 grams of fat in your serving.
- For smaller servings, you would divide the fat gram number in the Fat Counter. For example, if you scraped the margarine on your bread, your serving might be only 1/2 teaspoon. This serving size is half of the serving in the Fat Counter. So, you would divide the 4 grams of fat by 2 to get 2 grams of fat in your serving.

**Pair Activity  
(25 minutes)**

- ◆ **Give pocket calculator. Instruct briefly.**
  - ◆ **Form pairs—complete Worksheet 2-2 using Fat Counter (answers Worksheet 2-3). Encourage discussion.**
  - ◆ **Key point—participants practice using Fat Counter.**
- (Optional Activity): Using the Fat-o-Meter requires an additional 18 minutes.**



*Group Nutritionist Note:* Refer participants to the handout *How to Use a Calculator* in the Resource section of their Participant Manual, if they need a more detailed explanation of a calculator.

- Now, let's take a few moments to complete **Worksheet 2-2**. Pair up with the person next to you and work together to find the answers. When you finish Step 1, go to Step 2. It asks you to use your Food Diary and look up the grams of fat in the foods you ate for your last meal. Write your fat grams in your Food Diary under the column titled "Fat grams."

- Here are some things to keep in mind when you use the Fat Counter:
  - If you can't find a food, look for similar foods or check the label for fat grams.
  - If there is a difference in the grams of fat on a label and in your Fat Counter use the number on the label.
  - If you can't find a fat gram value, ask me. Don't assume that a food doesn't contain fat because it's not listed in your Fat Counter.
- Ask for help if you are having difficulty. When everyone has completed one meal, we'll discuss any problems and go over how to calculate your fat score.




*Group Nutritionist Note:* The *Fat-o-Meter* is optional. Cover when participants want or need a more visual way to measure fat intake. A suggested script is included on pages 15-16. If you use this option, be sure to come back to page 13 and review the information on how to calculate a fat score (shown below).

- Use an average of more than one day to look at your progress. Most people don't eat the same food each day, so three or more days will give you a better idea of how you are doing. The average of your daily fat grams is called your **fat score**.
- To figure your fat score, add your fat gram totals for each day to get a grand total. Then divide the grand total by the number of days you recorded. For example:

| Day    | Fat Grams |
|--------|-----------|
| 1      | 30        |
| 2      | 22        |
| 3      | 26        |
| Total: | 78        |

- Add up fat gram total for each day. Then divide by the number of days your recorded.

$$78 \text{ grams} \div 3 \text{ days} = 26 \text{ grams (fat score)}$$

|   |  |
|---|--|
|   | <p style="text-align: center;"><b>SUMMARY</b></p> <ul style="list-style-type: none"> <li>Remember dietary change is a gradual process and it will take time. We don't expect you to be perfect. During the next few months you will learn different strategies you can use to help you reach your fat gram goal. (Use the questions in the box below to encourage discussion.)</li> </ul>  |
| <p><b>Large Group Discussion</b><br/>(10 minutes)</p>  | <p><b>Discuss the issues and identify participants who need more help.</b></p> <ul style="list-style-type: none"> <li>◆ <b>Focus on the participant's understanding of the Fat Counter.</b></li> </ul> <p><b>Q/A:</b></p> <ul style="list-style-type: none"> <li>- <b>How will you begin to reduce the amount of added fats you use?</b></li> <li>- <b>What concerns or questions do you have about using the Fat Counter to look up fat grams and calculate your fat score?</b></li> </ul>  |
| <p><b>Home Activity</b><br/>(8 minutes)</p>   | <p style="text-align: center;"><b>HOME ACTIVITY</b></p> <ul style="list-style-type: none"> <li>◆ <b>Assign Food Diary.</b></li> <li>◆ <b>Ask them to complete Worksheet 2-4 at home. Answer questions.</b></li> </ul>  |
|   | <ul style="list-style-type: none"> <li>Your assignment for this week is to record everything you eat and drink in your Food Diary for three days. Try to be as careful and accurate as you were when you kept a food record at the beginning of the study. Look up the grams of fat in the Fat Counter for every food you record. Then add up the fat grams or fill in the dots to count the number of grams of fat you ate each day. Calculate your fat score. Try to stay as close to your fat gram goal as possible.</li> <li>Be aware of the added fats you are using, such as: spreads, salad dressings, gravies, cooking fats, etc.</li> </ul> |

**(OPTIONAL)****Using the Fat-o-Meter**

- To help you count how much fat you are eating in a day, we have developed a Fat-o-Meter with dots. You fill in the dots to keep track of the fat you eat each day.

**Lecture  
(10 minutes)**

- ◆ **Use Overheads 2-3 to draw an arrow.**
- ◆ **Use Overheads 2-4.**
  - **Show how to use the FAT-O-METER.**
  - **Use foods on the overhead, darken dots at 35 and go down for each food.**

- The first step is to identify your fat gram goal on the scale. Look at the second page of **Worksheet 2-2**. Write down your fat gram goal and draw an arrow pointing at your goal in the scale labeled "Goal."
- Next fill in one dot for every gram of fat you eat. Start at your own fat gram goal and go down (or up). For example, you would begin with breakfast and mark off five circles for the biscuit (start at 25 and go down to 21). Then you would continue to mark off dots for the grams of fat in each food you ate all day.
- After you have filled up the *Goal* column, fill in the dots in the *Over Goal* column. Start at zero and go up. Continue to fill in the column, until you have recorded all the foods you ate in one day. In the example, beef stew is recorded from 12 down to two. Then the salad dressing is recorded by marking off two dots on the Goal column and from 0 to 5 on the Over Goal column.
- At the end of the day you can see if you met your fat gram goal. If you only filled in dots on the *Goal* column, you met your goal or did better than your goal. The number of dots you filled in on the *Over Goal* column tells you how much you went over your goal.
- In the example, this person ate 5 grams more than her fat gram goal.
- Add the grams of fat in the *Goal* column to the grams of fat in the *Over Goal* column. This will give you the total grams of fat you ate in a day. Record this number on the last page of your Food Diary.

- For example: If you eat more than your goal, add the dots in the *Over Goal* column to your goal.

Example:

$$\begin{array}{rcl} \text{Goal} & = & 25 \\ \text{Over} & = & + 5 \\ \text{goal} & & \\ & & 30 \end{array}$$

| Day | Fat Grams |
|-----|-----------|
| 1   | 30        |
| 2   |           |
| 3   |           |

- If you eat less fat than your goal, subtract the number of blank dots in the *Goal* column from your goal:

Example:

$$\begin{array}{rcl} \text{Goal} & = & 25 \\ \text{Blank Dots} & = & - 3 \\ & & 22 \end{array}$$

| Day | Fat Grams |
|-----|-----------|
| 1   | 30        |
| 2   | 22        |
| 3   |           |

- Now practice by using the meal from your Food Diary and filling in dots for every gram of fat you wrote down.

**Practice  
Large Group  
Discussion  
(8 minutes)**

- ♦ **Participants use Food Diary meal to practice.**
- ♦ **Make sure participants understand.**



*Group Nutritionist Note:* Return to page 13 and go over how to calculate a fat score with participants.



**Overhead 2-1**

# **FATS, OILS, NUTS, SALAD DRESSINGS, SAUCES, GRAVIES AND SEASONINGS**

## **Fats and Oils**

| <b>Item</b>                              | <b>Serving</b> | <b>Fat Grams</b> | <b>F/V</b> | <b>G</b> |
|--|----------------|------------------|------------|----------|
| Bacon fat                                | 1 Tb           | 9                |            |          |
| Butter:                                  |                |                  |            |          |
| regular                                  | 1 tsp          | 4                |            |          |
| whipped                                  | 1 tsp          | 2                |            |          |
| Butter buds                              | 1 tsp          | 0                |            |          |
| Fatback                                  | 1 Tb           | 11               |            |          |
| Lard                                     | 1 Tb           | 13               |            |          |
| Margarine:                               |                |                  |            |          |
| regular                                  | 1 tsp          | 4                |            |          |
| whipped or spread                        | 1 tsp          | 3                |            |          |
| diet                                     | 1 tsp          | 2                |            |          |
| Oil, all types                           | 1 Tb           | 14               |            |          |
| Oil, all types                           | 1 tsp          | 5                |            |          |
| Salt pork (1 slice = 3" x 1-1/2" x 1/4") | 1 slice        | 12               |            |          |
| Shortening                               | 1 Tb           | 13               |            |          |
| Shortening                               | 1 tsp          | 4                |            |          |

## **Nuts, Seeds and Peanut Butter**

|  |         |    |  |  |
|--|---------|----|--|--|
| Chestnuts (6 chestnuts = 1/4 cup)        | 1/4 cup | 2  |  |  |
| Coconut, dried                           | 1 Tb    | 2  |  |  |
| Coconut milk                             | 1 cup   | 51 |  |  |
| Macadamia nuts                           | 1/4 cup | 26 |  |  |
| Nuts: almonds, mixed nuts, peanuts, etc. | 1/4 cup | 19 |  |  |
| Peanut butter                            | 1 ounce | 15 |  |  |
| Peanut butter                            | 1 Tb    | 8  |  |  |
| Pumpkin seeds, whole                     | 1/4 cup | 3  |  |  |
| Sesame seeds                             | 1 Tb    | 4  |  |  |
| Sunflower seeds, hulled                  | 1/4 cup | 18 |  |  |

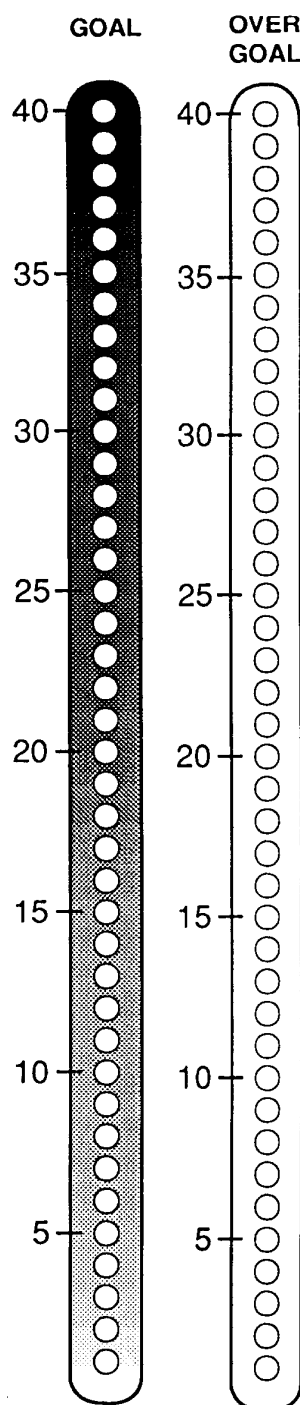
## **Salad Dressings**

|        |      |   |  |  |
|--------|------|---|--|--|
| Clear  | 1 Tb | 7 |  |  |
| Creamy | 1 Tb | 6 |  |  |

**Overhead 2-2****Alphabetical Food List**

| <b>Item</b>   | <b>Serving</b> | <b>Fat<br/>Grams</b> | <b>F/V</b> | <b>G</b> |
|---|----------------|----------------------|------------|----------|
| Ajiaco  | 1 cup          | 25                   | 1          |          |
| Anchovies, canned in oil, drained<br>(1 can = 2 ounces) | 1 can          | 4                    |            |          |
| Apple   | 1              | 0                    | 1          |          |
| Apple butter  | 1 Tb           | 0                    |            |          |
| Apple cider or juice                                    | 3/4 cup        | 0                    | 1          |          |
| Applesauce  | 1/2 cup        | 0                    | 1          |          |
| Apples, dried   | 1/4 cup        | 0                    | 1          |          |
| Apricot halves, dried                                   | 10 med         | 0                    | 1          |          |
| Apricot nectar  | 3/4 cup        | 0                    | 1          |          |
| Apricots (2 fresh = 1/2 cup)                            | 1/2 cup        | 0                    | 1          |          |
| Arroz con pollo   | 1 cup          | 12                   | 1          | 1        |
| Artichoke   | 1 med          | 0                    | 1          |          |
| Asparagus spears  | 1/2 cup        | 0                    | 1          |          |
| Avocado, California (black skin)                        | 1/2 med        | 13                   | 1          |          |
| Avocado, California (black skin)                        | 1/2 cup        | 18                   | 1          |          |
| Avocado, Florida (1/4 medium or 1/2 cup)                | 1/2 cup        | 11                   | 1          |          |
| Baby corn   | 1/2 cup        | 0                    | 1          |          |
| Bacon:  |                |                      |            |          |
| pork  | 1 slice        | 3                    |            |          |
| turkey  | 1 slice        | 2                    |            |          |
| Bacon bits:   | 1 Tb           | 1                    |            |          |
| real  | 1 Tb           | 2                    |            |          |
| imitation   | 1 Tb           | 1                    |            |          |
| Bacon fat   | 1 Tb           | 9                    |            |          |
| Bagel, 3" diameter                                      | 1              | 1                    |            | 2        |
| Baked beans:  |                |                      |            |          |
| vegetarian baked beans                                  | 1/2 cup        | 1                    |            | 1        |
| pork and beans  | 1/2 cup        | 2                    |            | 1        |
| Baked potato:   |                |                      |            |          |
| plain, no fat added                                     | 1              | 0                    | 2          |          |
| with cheese and bacon toppings                          | 1              | 29                   | 2          |          |
| with sour cream   | 1              | 16                   | 2          |          |
| Baklava, 2" x 2"  | 1              | 27                   |            | 1        |
| Bamboo shoots   | 1/2 cup        | 0                    | 1          |          |

**Overhead 2-3**



## Overhead 2-4

