

Session Five: The Main Event

In this session, the participant will:

1. Identify high-fat main dishes currently eaten.
2. Discuss ways to select and prepare lower-fat main dishes.
3. Practice modifying main dish recipes.
4. Identify strategies to use to maintain lower fat main meals.

| Checklist of Materials Needed | |
|-------------------------------|--|
| Supporting Materials | <input type="checkbox"/> Food Diaries <input type="checkbox"/> NASCO Meat portion food models (3 ounces, 1 ounce, etc.) (optional: Change of Plate Kit, National Live Stock, and Meat Board) <input type="checkbox"/> NASCO food models of fruit, vegetables, and grains <input type="checkbox"/> Deck of cards <input type="checkbox"/> Recipe Modification (Overhead 5-1) |
| Food & Paper Supplies | <input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, and coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, and hot cups (if needed) <input type="checkbox"/> Plastic forks or spoons <input type="checkbox"/> Serving utensils <input type="checkbox"/> <u>Food Tasting</u> : Two lower-fat main dishes (see recipes in Session 5, Participant Manual for ideas; include at least one meatless) <i>Note: If you choose different foods for the Food Tasting, emphasize tasty low-fat (10 grams or less/serving) main dishes. Include at least one meatless choice.</i> |
| Participant Manual | |
| Worksheets | Worksheet Page(s) # |
| | 5-1 11 |
| | 5-2 12-14 |
| | 5-3 15 |
| | 5-3a 16 |
| | 5-3b 17 |
| | 5-4 18 |
| | 5-5 19 |
| | 5-6 20-21 |



| Resource Section | Additional materials available in Participant Manual | |
|---------------------|--|-----------|
| | Resource | Page(s) # |
| | Leanest Meat, Poultry, and Fish Choices | 16-17 |
| | How to Reduce Fat in Cooked Ground Beef | 18 |
| | Using Herbs and Spices | 19 |
| | Herb and Spice Chart | 20 |
| | Low-Fat Ways to Increase Flavor | 21 |
| | Meat Stretching Ideas | 22 |
| | Meatless Ideas | 23 |

Session 5 Outline—Key Activities

| Activity Type (Time) | Activity |
|------------------------------------|---|
| Pair Discussion (15 minutes) | <p style="text-align: center;">Review of Home Activity</p> <ul style="list-style-type: none"> ◆ Form pairs. ◆ Discuss experiences reading food labels and identifying some of the ways their food choices are influenced by themselves or other people. <p>Q/A:</p> <ul style="list-style-type: none"> - What new food did you buy and how did you like it? - How did you (or spouse, family, or friends) help you select lower-fat foods last week? - If you were not able to eat lower-fat foods, what got in your way and how would you handle this situation next time? |



Notes

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|--|--|
| <p>Large Group Discussion (15 minutes)</p>  | <p style="text-align: center;">New Material</p> <ul style="list-style-type: none"> ◆ Use Worksheet 5-1—identify and describe the four highest fat main dishes. <ul style="list-style-type: none"> • Type of main dish • Amount eaten • Cooking methods used ◆ Participants discuss ways to reduce fat in main dishes. <ul style="list-style-type: none"> • Reduce serving size • Stretch meat portion • Use lower-fat meat choices • Use more fish and chicken • Modify recipes to reduce fat • Trim meat/skin poultry • Use low-fat cooking methods • Use meatless meals • Tenderize/season to increase flavor ◆ Key point—participants identify strategies they can use to reduce fat in main dishes. |
| <p>Small Group Practice (25 minutes)</p>  | <ul style="list-style-type: none"> ◆ Form small groups (2-3)—practice recipe modification. ◆ Use Overhead 5-1—explain exercise. ◆ Use Worksheets 5-2, 5-3, and participant's recipes (or Worksheets 5-3a or 5-3b—answers available on Worksheet 5-4). ◆ Stay in small group—share ideas with large group. ◆ Key point—participants practice recipe modification. |

Small/Large
Group
Discussion
(20 minutes)



- ◆ Share and discuss—time-saving ways to prepare one main meal.
 - Methods currently used.
 - Ideas to increase acceptance of lower-fat main dishes (spouse or your own).
- ◆ Discuss/practice (role play) ways to put ideas into action.
- ◆ Regroup and share ideas (see Session 5, pages 6-8, Participant Manual).
- ◆ Key point—participants identify strategies to maintain low-fat main meals.

Summary

Large Group
Discussion
(10 minutes)



Discuss the issues and identify participants who need more help.


- ◆ Focus on methods of preparing and introducing lower-fat main dishes to self and other people.

Q/A:

- What are some of your favorite main dish recipes that you could change to reduce the fat?
- What tips would work for you to make lower-fat meals more acceptable to you, your husband, and/or other family members?

| | |
|---|---|
| Large Group Discussion (8 minutes) | Home Activity <ul style="list-style-type: none">◆ Assign Food Diary.◆ Ask them to complete Worksheet 5-5 at home (use Worksheet 5-6 for ideas to reduce fat). Answer questions. |
| Food Tasting Discussion (12 minutes) | Food Tasting <ul style="list-style-type: none">◆ Emphasize low-fat and meatless main dishes.◆ Encourage discussion of food/recipe acceptability. |
| Total Time: 105 minutes | |

Session Five: The Main Event

| Activity Type (Time) | Activity |
|--|--|
| Pair Discussion (15 minutes)  | REVIEW OF HOME ACTIVITY |
| | <ul style="list-style-type: none"> ◆ Form pairs. ◆ Discuss experiences reading food labels and identifying some of the ways their food choices are influenced by themselves and other people. <p>Q/A:</p> <ul style="list-style-type: none"> - What new food did you buy and how did you like it? - How did you (or spouse, family, or friends) help you select lower-fat foods last week? - If you were not able to eat lower-fat foods, what got in your way and how would you handle this situation next time? |
| | OVERVIEW OF SESSION |
| | <ul style="list-style-type: none"> • Today, we'll talk about ways to reduce the fat in main dishes. There are ideas you can use at the grocery store, in the kitchen and at the dinner table. These changes can reduce fat and save money at the same time. You'll also have time to practice reducing the fat in some of your favorite main dish recipes. |

NEW MATERIAL

Where's the Fat?

PURPOSE: Identify fat sources in main dishes and share ideas to reduce fat.



Group Nutritionist Note: Use the women's experience. Let them think of reasons why the dishes they identify are high in fat: high-fat ingredients, type or cut of meat, serving size, and cooking methods used.

- Look at the Food Diary you kept last week. Circle all the meat, poultry, fish or mixed dishes that gave you more than 10 grams of fat per serving. Turn to **Worksheet 5-1** and describe your four main dishes that had the most fat grams. Write down your main dish, how much you ate, and how the dish was prepared.

Large Group Discussion (15 minutes)

- ◆ **Use Worksheet 5-1—identify and describe the four highest fat main dishes.**
 - Type of main dish
 - Amount eaten
 - Cooking methods used
- ◆ **Participants discuss ways to reduce fat in main dishes.**
 - Reduce serving size
 - Stretch meat portion
 - Use lower-fat meat choices
 - Use more fish and chicken
 - Modify recipes to reduce fat
 - Trim meat/skin poultry
 - Use low-fat cooking methods
 - Use meatless meals
 - Tenderize/season to increase flavor
- ◆ **Key point—participants identify strategies they can use to reduce fat in main dishes.**



Group Nutritionist Note: NASCO meat food models or the meat models in the Change of Plate kit to demonstrate a 3-ounce serving. Use a dinner plate to illustrate the idea that only 1/4 of the plate should be covered by meat. Place a 3-ounce meat model on plate and fill rest of plate with potato, rice, vegetable, salad, or fruit models.

- Let's talk about ways you can reduce the fat from your main dish. One of the most important changes you can make is to change your serving size.

Reduce Your Serving Size

- The size of your meat, fish, or poultry serving has a big effect on the amount of fat in your main dish. To reduce the amount of fat from your main dish, your serving size of meat, fish, or poultry should be limited to about 3 ounces. What does a 3-ounce serving of cooked meat look like?
- Each of these food models represents a 3-ounce serving. You can also use the palm of your hand to estimate your serving size. Compare your hand to the 3-ounce ground beef patty model. An average palm is about 3 inches across. A 3-ounce hamburger patty is also 3 inches across (diameter) and about 1/2-inch thick (which is about half the thickness of your thumb). A deck of cards is about this same size and can be used to estimate 3 ounces also.
- A good way to reduce your serving size of meat is to think of how much space it takes up on your dinner plate. Most of us are used to a dinner plate with 1/3 to 1/2 of it covered by our serving of meat. You can reduce your meat serving size by only covering 1/4 of your plate. Fill the rest of your plate with vegetables, salad, potatoes, rice, pasta or fruit.
- You can also reduce your meat serving by using less meat and stretching it in combination dishes like casseroles. Mixing the meat with rice, noodles, potatoes or vegetables makes a small amount of meat go further and saves you money.



Group Nutritionist Note: You could ask for volunteers to identify low-fat main dishes (less than 10 grams of fat). List the low-fat dishes on a blackboard, flip chart or overhead across from the high-fat dishes. Let the group compare the dishes and identify differences. The guideline that a low-fat main dish contains 10 or less grams of fat per serving is only a guideline—not an absolute rule. Each participant's individual fat gram goal and eating patterns will ultimately determine the appropriate fat content of her main dishes.

Substitute Lower-Fat Meats, Poultry, and Fish

- Let's look at some other ways to cut fat in main dishes. Many of you are already eating low-fat main dishes. Look at your Food Diary again and place a check beside each main dish that had less than 10 grams of fat per serving.

- During our discussion of high-fat main dishes we identified the ingredients and cooking methods that added fat to main dishes. Now let's figure out why the low-fat main dishes contain less fat.
- Many low-fat main dishes contain chicken, turkey, or fish. In general, these choices are lower in fat than red meats, such as beef, pork and lamb. However, some red meats are low in fat. For example, some of you have used round, tenderloin or sirloin cuts, which are lower in fat. (Use other lower-fat examples that the participants provide.) The Resource section of your Participant Manual has a handout called *Leanest Meat, Poultry and Fish Choices*.



Group Nutritionist Note: The retail meat cuts in your area of the country may use different terms than the ones provided in Resource handout *Leanest Meat, Poultry and Fish Choices*. Please provide the participants with the local names whenever possible.

- Often the leaner cuts of meat are also a little more expensive. However, to save money keep these tips in mind:
 - Look for ads for special savings on lower-fat cuts of meat.
 - Buy a larger package size, separate it into smaller portions, and freeze them.
 - Buy beef eye of round and bone-in leg of lamb. They are lower in fat and price.
 - Don't forget turkey and chicken are less expensive than red meat.
 - Buy poultry with the skin and remove the skin yourself before eating.
 - Use more recipes that "stretch" meat (i.e., casseroles, spaghetti, stir fry dishes, etc.).
 - Use meals that don't contain meat.

Trim the Fat Off Your Meat

Marbling in Meat

- Some fat is easy to trim and other fat, such as marbling, is impossible to reach. Marbling is the white lines running through the meat. Prime rib and beef short ribs are good examples of meat with a lot of marbling.

Trimming Meat

- If most of the fat is around the edges of the meat, such as in chuck roast, you can reduce the fat content of your meal by cutting off the fat. It's better if you trim the fat off before you cook the meat because:
 - It reduces the amount of fat that soaks into the meat during cooking.
 - It helps you make lower fat gravies or sauces from the drippings.
 - It removes the temptation to eat some of the crispy fat around the edges.

Poultry Skin

- The skin on chicken is slightly different. You can go ahead and leave the skin on while the chicken is baking. This will help to keep the chicken moist and may make the switch to low-fat chicken dishes easier. Just be sure to take the skin off before you eat the chicken. The fat is in the chicken skin.

Ground Beef

- The fat in ground beef/hamburger can't be trimmed away before cooking. But, you can remove some of the fat by draining and rinsing the ground beef after it is cooked. Even the leanest ground beef contains quite a bit of fat. Ground turkey and chicken are popular substitutes for ground beef. But, because they often contain skin and other poultry parts, ground turkey and chicken can be higher in fat than you might expect. Look for ground **breast** of turkey or chicken. They are the lowest fat choices. The chart in your Participant Manual (page 4) compares the amount of fat in different ground meats and poultry.

Use Low-Fat Cooking Methods

- There are many ways to prepare foods. Let's go back to our list of high-fat and low-fat main dishes and compare how they were prepared.



Q/A:

- How were your lower-fat main dishes prepared?
- What are some cooking methods that would reduce the fat in your main dishes?
- Even a low-fat main dish such as fish can be high in fat when it's prepared with a high-fat cooking method such as frying.

- There are many different low-fat cooking methods. A few of them don't need fat added (baking, roasting, stewing, or poaching); other methods allow the fat to drain away (pan broiling or braising). You can also eliminate the added fat by using a nonstick cooking spray or a nonstick pan to cook the food.
- Other low-fat cooking methods include: broiling, stir frying, oven frying, grilling, and microwaving. A summary of low-fat cooking methods is found on the last page of **Worksheet 5-2**.

Tenderize and Season the Meat

Tenderize the Meat

- The fat in meat adds flavor and tenderness to meat. However, there are a number of ways you can tenderize lower-fat cuts of meats so that they will be just as tasty as the more expensive, fattier ones.



Q/A:

- What techniques do you use when you buy the less expensive lower-fat cuts of meat? (Suggestions below, if needed.)
 - Cook using moist heat methods (braising or stewing).
 - Pound with a heavy rolling pin or meat mallet (metal hammer-like tool).
 - Marinate the meat in tomato juice, wine, vinegar, lemon juice, diet salad dressing, or low-fat marinades.
 - Use meat tenderizers such as Adolph's.
 - Cook rare, and slice across-grain (i.e., flank steak).
- It's best to use marinades and meat tenderizers for meats with little gristle such as beef rump and round cuts.

Season for Flavor

- There are many sauces you can use to add flavor to lower-fat meats. Some examples are: barbecue, flavored mustards, salsa, or oriental sauces (plum or hoisin sauce). There are also many herbs, spices, and wines you can use to season meat, poultry, and fish. Check your cookbooks for sections on cooking with herbs, spices, and wine for new ideas. The Resource section of your Participant Manual also has some low-fat seasoning ideas (*Using Herbs and Spices*, *Herb and Spice Chart* and *Low-Fat Ways to Increase Flavor*).

Use Meatless Meals

- Meat doesn't have to be part of the meal. Start using more legumes, grains, and vegetables. This is also a great way to increase your servings of vegetables and grains. Beans and legumes are particularly good low-fat substitutes for meat. The best way to use more meatless low-fat meals is to have one once a week. Make the food changes slowly. For some meatless and meat-stretching ideas look at the Resource section of your Participant Manual (*Meat Stretching Ideas* and *Meatless Ideas*).



Q/A:

- What meatless meals do you currently eat?

**Small Group
Practice
(25 minutes)**

Change Existing Recipes

PURPOSE: Practice ingredient modification using a typical main dish recipe.

- ◆ **Form small groups (2-3)—practice recipe modification.**
- ◆ **Use Overhead 5-1—explain exercise.**
- ◆ **Use Worksheets 5-2, 5-3 and participant's recipes (or Worksheets 5-3a or 5-3b—answers available on Worksheet 5-4).**
- ◆ **Stay in small group—share ideas with large group.**
- ◆ **Key point—participants practice recipe modification.**



Group Nutritionist Note: Overhead 5-1 can be used to help explain the recipe modification exercise.

- You can also change your recipes to lower their fat content. First look at the recipe and find the fat-containing ingredients. Use your Fat Counter to look up the grams of fat in these foods. Then use **Worksheet 5-2** to identify ways you could lower the fat by taking some of the following steps.
 - Take out the high-fat ingredient.
For example, you can remove the ground beef from spaghetti and make a meatless sauce.
 - Use a smaller amount of the ingredient.
For example, you could use half the amount of ground beef in your spaghetti sauce.
 - Find a lower-fat substitute for the ingredient.
For example, you could use a leaner ground beef or ground turkey breast.
 - Modify the ingredient to reduce the fat.
For example, trim the fat off the meat or skin the chicken. You could also brown the ground beef, drain off all the fat and rinse it before you add it to your spaghetti sauce.
- **Worksheet 5-2** lists other examples and helpful hints for reducing the fat in your recipes.



Group Nutritionist Note: If participants use recipes from home, you may need to allow a little more time for this exercise.

- Now we're going to break into small groups and practice ways of reducing the fat content of some recipes. Use the ideas we've just talked about and other ones listed on **Worksheet 5-2**.
- Use **Worksheet 5-3** and work on one of the recipes someone in your group brought from home. Or select one of the sample recipes shown on **Worksheet 5-3a** or **5-3b**.
- If you are using a recipe from home, first identify the fat-containing ingredients in the recipe. Then use your Fat Counter to look up the amount of fat in each of the high-fat ingredients. Look at **Worksheet 5-2** (Guidelines to Change Recipes) and identify substitutions or changes you could make to reduce the fat in the recipe. List low-fat substitutes and look up the grams of fat in each of the low-fat substitutes you identify. Add up the total grams of fat in your new "low-fat" recipe and divide the total grams by the number of servings the recipe makes. When you're finished, we'll have you talk about the changes you made with the group.

**Small/Large
Group
Discussion
(20 minutes)**

Tips for Lower-Fat Main Meals and Your Family

PURPOSE: Discuss strategies to lower the fat in main meals that are acceptable to all family members.

- Most of us want our meals to be quick and easy to prepare. Yet many times we find ourselves preparing more than one meal in order to please others (spouse, children, grandchildren, and friends).

◆ Share and discuss time-saving ways to prepare one main meal.

- **Methods currently used.**
- **Ideas to increase acceptance of lower-fat main dishes (spouse or your own).**

◆ Discuss/practice (role play) ways to put ideas into action.


◆ Regroup and share ideas (see Session 5, pages 6-8, Participant Manual).

◆ Key point—participants identify strategies to maintain low-fat main meals.



Q/A:

- What could you do if other people who eat with you don't want to try a new low-fat main dish?
- In your small groups, discuss strategies you could use to avoid preparing two different meals and still eat low-fat. If you need some help, think about things you could do to:
 - Reduce the fat in your serving.
 - Change your serving size.
 - Change your recipes.
 - Prepare something higher in fat that you wouldn't eat.
- Once you decide on some ideas to try, discuss the steps you would need to take to make your ideas work. If you need some help with ideas, take a look at pages 6-8 in your Participant Manual.

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| <p>Large Group Discussion (10 minutes)</p>  | <p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> Look at the recipes that you use all the time and identify the ingredients that add a lot of fat. Decide what you can do to change your recipes to make them lower in fat. Some recipes can be changed very easily and still remain family favorites. (Use the questions below to encourage discussion.) <p>Discuss the issues and identify participants who need more help.</p> <p>◆ Focus on methods of preparing and introducing lower-fat main dishes to self and other people.</p> <p>Q/A:</p> <ul style="list-style-type: none"> What are some of your favorite main dish recipes that you could change to reduce the fat? What tips would work for you to make lower-fat meals more acceptable to you, your husband, and/or other family members? |
| <p>Large Group Discussion (8 minutes)</p> | <p style="text-align: center;">HOME ACTIVITY</p> <p>◆ Assign Food Diary.</p> <p>◆ Ask them to complete Worksheet 5-5 at home (use Worksheet 5-6 for ideas to reduce fat). Answer questions.</p> <ul style="list-style-type: none"> During the next week, keep a Food Diary for three days. Be sure one day is on the weekend. Calculate your fat score. Circle all the main dishes in your Food Diary. If any of your main dishes have more than 10 grams of fat per serving, use Worksheet 5-6 for ideas on how to reduce the fat in main dishes. The worksheet lists most of the ideas we talked about in today's session. Prepare a new low-fat dish, or reduce the fat content of one of your family's favorite main dishes. Write down the dish you are going to make on Worksheet 5-5 and the plan you will use to get your family or friends to try the dish. When you pick a recipe to change, think about the type of food your family or friends like. Be positive when you serve the new low-fat dish. Remember, lower-fat dishes can be delicious. Consider serving another one of your family's favorite foods along with the low-fat main dish. This can help to improve your family's response to the new food. |

- After you have served the dish, use **Worksheet 5-5** to write down their comments and make notes about anything you would change next time.
- Take a few minutes to begin filling in your Action Plans on **Worksheet 5-5**.

FOOD TASTING

**Food Tasting
Discussion
(12 minutes)**

- ◆ **Emphasize low-fat and meatless main dishes.**
- ◆ **Encourage discussion of food/recipe acceptability.**

Overhead 5-1**Modifying a Main Dish Recipe**

List any of the fat-containing ingredients.

Look up the fat content in your Fat Counter.

Identify ways you can reduce the fat.

- Remove high-fat food.
- Use less of high-fat food.
- Use lower fat substitute.
- Change the way prepared or cooked.

| Original Ingredient <u>and Amount</u> | Fat <u>Grams</u> | New Ingredient <u>and/or Amount</u> | Fat <u>Grams</u> |
|--|---------------------|--|---------------------|
|--|---------------------|--|---------------------|

Example:

| | | | |
|---------------------------|-----|-----------------------------|----|
| Mozzarella cheese, 16 oz. | 112 | Part skim mozzarella, 8 oz. | 40 |
|---------------------------|-----|-----------------------------|----|

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |
| | | | |

Total grams fat in new recipe:
divided by number of servings = _____

Amount of fat in one serving: _____