

Session Six: Social Eating

In this session, the participant will:

1. Discuss challenges presented when eating away from home.
2. Learn skills to use in social eating situations.
3. Practice menu selection skills and assertiveness when eating away from home.



Checklist of Materials Needed															
Supporting Materials	<input type="checkbox"/> Food Diaries <input type="checkbox"/> Local restaurant menus (include fast food)														
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"/> <u>Food Tasting</u> : Lower-fat appetizers <i>Note:</i> If you choose different foods for the Food Tasting, emphasize lower-fat alternatives to foods commonly found in social eating situations (e.g., potlucks, church socials, friends getting together, etc.).														
Participant Manual															
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Group Nutritionist Note: Consider loaning or directing women who want or need additional restaurant information to some of the following resources. In addition, check with your local American Heart Association for available information about local area restaurants (optional).

- Dining Out: A Guide to Restaurant Eating. (1989) American Heart Association, Dallas, TX 79231-4599.
- Eat Out, Eat Right! (1993) H.S. Warshaw, Surrey Books, Inc., Chicago, IL 60611.
- The Healthy Eater's Guide to Family & Chain Restaurants. (1993) H.S. Warshaw, Chronimed Publishing, Minneapolis, MN 55447-9727.
- The Restaurant Companion: A Guide to Healthier Eating Out. (1990) H.S. Warshaw, Surrey Books, Inc., Chicago, IL 60611.

Session 6 Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (15 minutes)	<p style="text-align: center;">Review of Home Activity</p> <p>♦ Discuss experiences making main dishes lower in fat and their acceptability.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What new lower-fat main dish did you try last week (prepared or pre-prepared main dishes)? - How did you (or other family members) like the dish? - What did you do to eat less fat from your main dishes? - How did you deal with any challenges?
 <i>Notes</i>	
Large Group Discussion (15 minutes)	<p style="text-align: center;">New Material</p> <p>♦ Discuss eating away from home (social occasions).</p> <ul style="list-style-type: none"> • Foods available (list the high- and low-fat foods). • Identify important foods for participant. <p>♦ Use Worksheet 6-1—share ideas.</p> <ul style="list-style-type: none"> • Food choices • Amounts eaten (Eat less) • Foods to bring • Being assertive • Budgeting fat grams <p>♦ Key point—participants identify strategies they can use to handle social eating situations.</p>
	

Large Group
Discussion
(8 minutes)



- ◆ Discuss fat budgeting.
 - Experience using, if any.
 - Potential drawbacks.
- ◆ Key point—participants understand how to budget fat grams.

Small Group
Discussion
(18 minutes)



- ◆ Form small groups (3-4).
 - Use **Worksheet 6-2** to assign a social eating situation.
 - Discuss strategies.
- ◆ Share ideas with large group about situation and strategies.
- ◆ Key point—participants practice identifying strategies to reduce fat in specific social situations.

Large Group
Discussion
(10 minutes)



- ◆ Use **Worksheet 6-3**.
- ◆ Participants discuss restaurant strategies to limit fat.
 - Choose restaurant
 - Make your own changes
 - Control amounts eaten
 - Make low-fat requests
- ◆ Key point—participants identify strategies they can use to handle restaurant dining.

Small Group
Activity
(20 minutes)



- ◆ Use **Worksheets 6-4 and 6-5**.
- ◆ Role play menu selection (small groups-3-4).
 - Use local menus.
 - Practice assertiveness (making special requests).
- ◆ Share experiences in large group.
- ◆ Key point—participants practice ordering low-fat from a restaurant menu.

Large Group
Discussion
(10 minutes)



Summary

Discuss the issues and identify participants who need more help.

- ◆ Focus on social eating (restaurants and relatives'/friends' homes).

Q/A:

- What would you feel comfortable doing to limit your fat when you eat away from home?
- What could you do to make it easier for you to make special requests in a restaurant?

Large Group
Discussion
(8 minutes)




Home Activity

- ◆ Assign Food Diary.
- ◆ Ask them to complete **Worksheet 6-6** at home. Answer questions.

Large Group Discussion (10 minutes)	Food Tasting <ul style="list-style-type: none">◆ Emphasize ways to limit fat and use more fruits/vegetables when eating away from home.◆ Encourage discussion of food/recipe acceptability.
Total Time: 114 minutes	Participant Reminder for Next Session <ul style="list-style-type: none">◆ Remind participants the next session is two weeks away.◆ Bring ideas for favorite low-fat snacks, particularly fruit and vegetable snack ideas.◆ Bring a low-fat snack to share (optional).

Session Six: Social Eating

Activity Type (Time)	Activity
Large Group Discussion (15 minutes) 	REVIEW OF HOME ACTIVITY
	<p>♦ Discuss experiences making main dishes lower in fat and their acceptability.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What new lower-fat main dish did you try last week (prepared or pre-prepared main dishes)? - How did you (or other family members) like the dish? - What did you do to eat less fat from your main dishes? - How did you deal with any challenges?
	OVERVIEW OF SESSION
	<ul style="list-style-type: none"> • Eating away from home can be a challenge. This is especially true when you are a guest at a friend's or relative's home or when you go out to eat at a restaurant. • You may be eating away from home because of travel or maybe for a special occasion or celebration. Today we'll talk about some of the ideas you can use to handle the challenges of eating away from home.

NEW MATERIAL

Eating at Social Occasions

PURPOSE: Identify sources of fat when eating away from home and discuss strategies to limit fat intake and use more fruits/vegetables.

**Large Group
Discussion
(15 minutes)**

- ◆ **Discuss eating away from home (social occasions).**
 - **Foods available (list the high- and low-fat foods).**
 - **Identify important foods for participant.**
- ◆ **Use Worksheet 6-1—share ideas.**
 - **Food choices**
 - **Foods to bring**
 - **Budgeting fat grams**
 - **Amounts eaten (eat less)**
 - **Being assertive**
- ◆ **Key point—participants identify strategies they can use to handle social eating situations.**

- Think about the foods you usually eat when you eat at the home or a friend or relative.



Q/A:

- What are some examples of high-fat foods that you usually eat?
- What are some examples of lower-fat foods that might be available?
- Which of these foods are the most important to you or your family/friends when you eat away from home?
- What ideas or strategies have you used so far to limit the amount of fat you eat when you eat away from home?
- As you see, there are many different ways to limit the fat you eat at social occasions. Many of the ideas you mentioned are listed on **Worksheet 6-1**, "How to Eat Less Fat at Social Occasions." Let's take a closer look at some areas where you can limit your fat intake and use more fruits and vegetables.

Food Choices

- The first part of **Worksheet 6-1** lists some food choice suggestions.



Q/A:

- Which of these methods would work for you?

Eat Less

- Eating less food can also help you limit your fat intake. Read the ideas in the second section of **Worksheet 6-1**.



Q/A:

- Which of these ideas could work for you?

Foods to Bring

- Another way to limit your fat at a social occasion is to make and/or bring low-fat foods that everyone will enjoy.



Q/A:

- When have you used any of these ideas?

**Large
Discussion
(8 minutes)**



Budgeting Fat Grams

PURPOSE: Discuss the strategy of fat budgeting and identify potential problems.

◆ **Discuss fat budgeting.**

- Experience using, if any.
- Potential drawbacks.

◆ **Key point—participants understand how to budget fat grams.**

Q/A:

- Everyone has special or unexpected events that come up at the last minute. What steps have you taken to limit your fat intake when this happens?
- The skill of fat budgeting can be used before you go to a party or special occasion, or after you come back and have eaten the high-fat foods. Many times you will go to a party or a family get-together without knowing how much extra fat you will be eating. Try to make a guess. Think ahead and put yourself in control. Then if you eat a high-fat food, you will be less likely to feel guilty.

Example of Fat Budgeting

- Mary knew that her family was getting together to celebrate her sister's birthday on Sunday. She guessed that she might go over her goal by 20 grams of fat. So, four days before Sunday, she reduced her fat gram goal by 5 grams each day. She was successful in saving up 20 grams of fat. However, at the party she found that she ate 10 more grams than she planned on. Therefore, she made up for the extra 10 grams by budgeting for two more days.
- To do a good job of budgeting fat intake, you need to think about things ahead of time and make decisions. You may also need to make some additional changes after the event.



Q/A:

- What decisions did Mary have to make before she could budget her fat grams? (Suggestions listed below.)
 - Foods important for her enjoyment of the family gathering.
 - Amounts to eat.
 - If she wanted to bring low-fat foods (i.e., pretzels, vegetables, and low-fat dip, low-fat dressing, angel food cake, etc.).
 - Length of time to use to spread extra fat grams (e.g., 4-7 days).



Q/A:

- What advantages are there to budgeting your fat grams before the event instead of after the event?
- When you're using the fat budgeting strategy, don't make the mistake of selecting too many high-fat foods. This will make one day become a feast day and the next week you'll face starvation. Instead, think about what you can do ahead of time to increase your low-fat choices and identify the high-fat selections that you really want to eat. Try to avoid eating more than 30 grams of fat over your goal.
- If you have eaten a lot of extra fat, don't try to make it all up in two or three days. Spread out your fat gram budgeting for 4-7 days. This will make your daily budgeted goal more reasonable. Reducing your fat gram goal by 5 grams each day is a reasonable and easy way to budget. In the sample situation, Mary went over her goal by 30 grams. She reduced her fat gram goal by 5 grams each day and it took her a total of six days (four days before the party and two days after) to budget for the extra fat.
- If you go over your goal by only a small amount it will take fewer days to make up for it. For example, if you ate an extra scoop of ice cream, you might go over your goal by 10. It would only take two days to make up for 10 grams extra.
- When you budget your fat, you need to be aware of two important things: the low-fat foods you have available and the lower-fat meals you can prepare for the time you are budgeting.
- The Resource section of your Participant's Manual has more information about fat budgeting in a handout called *Budgeting Your Fat Grams*.

**Small Group
Discussion
(18 minutes)**

Practice Handling Social Eating Situations

PURPOSE: Opportunity to practice strategies to maintain low-fat eating when dining away from home.

- ◆ **Form small groups (3-4).**
 - **Use Worksheet 6-2 to assign a social eating situation.**
 - **Discuss strategies.**
- ◆ **Share ideas with large group about situation and strategies.**
- ◆ **Key point—participants practice identifying strategies to reduce fat in specific social situations.**

- Thinking ahead and planning can help you handle many of situations where you are eating away from home. Let's practice using some of the ideas we have talked about to handle some of the social eating situations listed on **Worksheet 6-2**.
- We are going to divide into four groups and use **Worksheet 6-2**. Each group will discuss one of the four situations. I will let you work together for about 8 minutes, then we will get back together and talk about the strategies you would use for each situation.



Q/A:

Group #1:

- What strategies did you decide to use when you were a dinner guest?

Group #2:

- What would you do to please your family and still not eat too much fat at your birthday celebration?

Group #3:

- How would you deal with this potluck party?

Group #4:

- What were your ideas for planning ahead for the reunion?

- Remember to keep a positive attitude when you are in social situations. It will help you enjoy yourself. Give yourself permission to eat your favorite high-fat foods, but take small servings and eat them slowly so you enjoy every bite and don't go back for seconds.

**Large Group
Discussion
(10 minutes)**

Eating Out at Restaurants

PURPOSE: Identify additional strategies to use when eating in a restaurant.

- ◆ **Use Worksheet 6-3.**
- ◆ **Participants discuss restaurant strategies to limit fat.**
 - **Choose restaurant**
 - **Control amounts eaten**
 - **Make your own changes**
 - **Make low-fat requests**
- ◆ **Key point—participants identify strategies they can use to handle restaurant dining.**

- Eating out has become a daily event in American life; it is no longer reserved for special occasions, celebrations, and holidays. More than 50% of American meals are now eaten outside the home, and that's not counting the donut and coffee at break time, or vending machine foods.
- So it's important for you to be able to identify lower-fat choices in restaurants. You can use some of the same strategies that you used for other social occasions when you eat out at restaurants. In addition, there are other ways you can limit your fat.



Q/A:

- What are some places you've found that offer lower-fat foods?
- What other strategies could you use to limit fat at restaurants?
- It is getting a little easier to find lower-fat selections on menus. Some fast food chains have introduced salad bars, luncheon salads, and non-fried items.

Choose the Restaurant

- One strategy you can use to eat less fat is to choose a restaurant that offers lower-fat foods.

Control Amounts Eaten

- Part of the challenge when you're eating out is the large servings many restaurants serve. You can reduce your fat intake by eating smaller servings. **Worksheet 6-3** lists some other suggestions for controlling how much food you eat.

Make Your Own Changes

- In addition, you can make modifications at the table, such as trimming off the fat on meat or taking the skin off chicken.



Q/A:

- What modifications have you made?

Make Low-Fat Requests

- Another way to reduce fat at restaurants is to make special requests. For example, ask to have your salad dressing on the side, or ask to have something special made for you that is not on the menu.



Q/A:

- What are examples of requests that you find easy to make at restaurants?
- What are examples of requests that you find more difficult to make?

Group Nutritionist Note: Discuss the difficulty many people have making people have making requests. Point out that some requests are easier to make than others, for example, asking for more bread.

See if participants can identify why they have difficulty asking for what they want or need at a restaurant. (Fear of the consequences of request.)

--Others may laugh at them.

--Others may say “no” or otherwise reject them.

--Concern how they might look to their family or friends at the table.

Have participants identify ways they could make requests and overcome some of their fears.



- When you make a request, use “I Messages.” First, tell the person what you want or are feeling. Then make your request. For example: “I am confused about how this dish is made. Could you explain?”
- You can also use a more understanding “I Message” when you realize that it may be difficult for the waiter/waitress to honor your request. For example: You see that the restaurant is very busy and they appear to be short on staff, you say:
“I know that you are very busy, but I am really trying to eat lower fat meals. Do you have time to answer a couple of questions about the menu?”

Small Group Activity (20 minutes)	<p>Menu Evaluation Practice</p> <p>PURPOSE: Identify high-and low-fat choices on restaurant menu and practice ordering a meal.</p>
	<div data-bbox="378 394 1442 730" style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <ul style="list-style-type: none"> ◆ Use Worksheets 6-4 and 6-5. ◆ Role play menu selection (small groups-3-4). <ul style="list-style-type: none"> • Use local menus. • Practice assertiveness (making special requests). ◆ Share experiences in large group. ◆ Key point—participants practice ordering low-fat from a restaurant menu. </div> <ul style="list-style-type: none"> • It's easier to choose lower-fat foods when you understand the words used on menus to describe foods. The waiter or waitress can help you by explaining how different foods are prepared. Sometimes, it's difficult to know how a food is prepared by reading the menu. • Before trying to order from an actual menu, let's quickly review some of the information you need to evaluate menus. • Key menu terms can help you interpret menu selections, but be sure to ask the waiter for details. Usually terms such as: "steamed, roasted, or poached" indicate that less fat is used in preparation. However, things are not always what they seem—for example: broiled sole may still be served with a cream or butter sauce and sliced almonds. • Terms on a restaurant menu such as "buttered, au gratin, escalloped, fried, or prime" usually indicate food items which have been prepared with greater amounts of fat. Key terms to evaluate restaurant menus are listed on page 5 of your Participant Manual. • Okay, now you are ready to practice ordering from a real menu. I want you to form a small group of four people. Identify two people who are willing to play the role of a “waitress” taking orders. The first volunteer “waitress” can take orders for the second volunteer “waitress” and at least one other person. Then they should switch roles, so that the first volunteer has a chance to practice.

- Each group will receive a restaurant menu. Use the menu to select a meal that is lower in fat, preferably within the study's goals. Decide what you want to eat (use **Worksheet 6-4** if you want to write down your ideas).
- Ask the "waitress" for menu information that will help you decide, then place your order. Be sure to make a special request for a menu change that will help reduce the fat in your menu choice. We'll share some of your experiences in about 15 minutes.
- The Resource section of your Participant Manual has many suggestions for lower-fat restaurant dining, including fast food restaurant strategies.



Group Nutritionist Note: Consider making a list of local area restaurants that have low-fat menu choices. You can also inform participants who want more information about the handouts available in the Resource section of their manual and additional resources available from local bookstores (books listed on page 3).

<p>Large Group Discussion (10 minutes)</p> 	<p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> It is easy to overeat fat when you are eating with friends and family. Planning ahead and keeping a positive mental attitude helps you stay more relaxed and become more flexible in many social eating situations. (Use the questions below to encourage discussion.) <p>Discuss the issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on social eating (restaurants and relatives'/friends' homes). <p>Q/A:</p> <ul style="list-style-type: none"> - What would you feel comfortable doing to limit your fat when you eat away from home? - What could you do to make it easier for you to make special requests in a restaurant?
<p>Large Group Discussion (8 minutes)</p> 	<p style="text-align: center;">HOME ACTIVITY</p> <ul style="list-style-type: none"> ◆ Assign Food Diary. ◆ Ask them to complete Worksheet 6-6 at home. Answer questions. <ul style="list-style-type: none"> During the next two weeks, keep a Food Diary for three days. Be sure one day is on the weekend. Calculate your fat score. In class today, you identified and practiced some specific techniques you could use in social eating situations. You also learned how to assess restaurant menus for lower-fat selections and ask appropriate questions for educated decisions. Assertive techniques require a lot of practice in the “real world.” Set a goal this week to make a request and use at least one other method to control the amount of high-fat food you eat when you’re eating away from home. Read the suggestions on the Home Activity Worksheet 6-6 and check the ones you plan to use. <p><i>Group Nutritionist Note:</i> If participants do not have any social occasions or restaurant meals coming up, ask them to think about a holiday occasion where family and friends get together.</p>

- Remember, our next group meeting will be in two weeks. We will talk about low-fat snacks. If you have favorite low-fat snacks you would be willing to share (especially fruit and vegetable snacks), please bring them with you to the next meeting.
- Take a few minutes to begin filling in your Action Plans on **Worksheet 6-6**.

FOOD TASTING

**Large Group
Discussion
(10 minutes)**

- ◆ **Emphasize ways to limit fat and/or use more fruits/vegetables when eating away from home.**
- ◆ **Encourage discussion of food/recipe acceptability.**