

## **Session Seven: Tracking Fruits and Vegetables**

*In this session, the participant will:*

1. Discuss the benefits of fruits and vegetables.
2. Identify ways to increase the use of fruits and vegetables.
3. Learn how use the Fat Scan.

| Checklist of Materials Needed |   |           |           |                     |       |                             |       |     |       |     |    |
|-------------------------------|---|-----------|-----------|---------------------|-------|-----------------------------|-------|-----|-------|-----|----|
| Supporting Materials          | <input type="checkbox"/> Fat Scan<br><input type="checkbox"/> NASCO food models to demonstrate serving sizes of fruits, vegetables and grains (medium piece, 1/2 cup, 1 cup). Note: You can use a tennis ball to approximate a medium piece of fruit/vegetable (2-1/2" diam.)<br><input type="checkbox"/> Fat Scan --Overheads 7-1 to 7-6 (pgs. 32-37)<br><input type="checkbox"/> Reference Sheet-Responses to Potential Fat Scan Questions (pg. 38)<br><input type="checkbox"/> Overhead projector                              |           |           |                     |       |                             |       |     |       |     |    |
| Food & Paper Supplies         | <input type="checkbox"/> Beverages of choice (coffee, tea, juice)<br><input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional<br><input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed)<br><input type="checkbox"/> Plastic forks or spoons<br><input type="checkbox"/> <u>Food Tasting</u> : Fruits and vegetables.<br><br><p><i>Note:</i> If you choose different foods for the Food Tasting, emphasize simple and easy ways to increase servings of fruits and vegetables.</p> |           |           |                     |       |                             |       |     |       |     |    |
| Participant Manual            |   |           |           |                     |       |                             |       |     |       |     |    |
| Worksheets                    | <table> <tr> <th>Worksheet</th><th>Page(s) #</th></tr> <tr> <td>7-1</td><td>11-12</td></tr> <tr> <td>7-2</td><td>13</td></tr> <tr> <td>7-3</td><td>14-15</td></tr> <tr> <td>7-4</td><td>16</td></tr> </table>   | Worksheet | Page(s) # | 7-1                 | 11-12 | 7-2                         | 13    | 7-3 | 14-15 | 7-4 | 16 |
| Worksheet                     | Page(s) #   |           |           |                     |       |                             |       |     |       |     |    |
| 7-1                           | 11-12   |           |           |                     |       |                             |       |     |       |     |    |
| 7-2                           | 13  |           |           |                     |       |                             |       |     |       |     |    |
| 7-3                           | 14-15   |           |           |                     |       |                             |       |     |       |     |    |
| 7-4                           | 16  |           |           |                     |       |                             |       |     |       |     |    |
| Resource Section              | <p>Additional materials available in Participant Manual</p> <table> <tr> <th>Resource</th><th>Page(s) #</th></tr> <tr> <td>Low-Fat Snack Ideas</td><td>35</td></tr> <tr> <td>Fruits and Vegetables Chart</td><td>36-38</td></tr> </table>   | Resource  | Page(s) # | Low-Fat Snack Ideas | 35    | Fruits and Vegetables Chart | 36-38 |     |       |     |    |
| Resource                      | Page(s) #   |           |           |                     |       |                             |       |     |       |     |    |
| Low-Fat Snack Ideas           | 35  |           |           |                     |       |                             |       |     |       |     |    |
| Fruits and Vegetables Chart   | 36-38   |           |           |                     |       |                             |       |     |       |     |    |





*Group Nutritionist Note:* The Fat Scan is not necessarily better than the Food Diary, it is just a different way for participants to monitor the foods they eat.

The one advantage that the Fat Scan has over the Food Diary is that it provides an easy way for participants to identify eating patterns and make decisions. The food group information helps participants see some of the following:

- Food groups that provide fat to meals and snacks (e.g., sweets, meats, dairy, fats and oils, etc.).
- A quick way to see which food choices within a food group provide the majority of the fat grams (e.g., margarine in the Fats group, or cheese in Dairy group, etc.)
- Food groups that they are not eating (e.g., fruits, vegetables, etc.).
- Balance and variety in their food choices (too many grain-based desserts and fewer choices of cereals, pasta, rice, and beans).

Nutritionists should encourage participants to use the Fat Scan. However, if a participant is reluctant to change self-monitoring tools, or is having problems understanding the Fat Scan, a green Food Diary is available.

## Session 7 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> <p>◆ Discuss experiences when eating away from home (social occasion or restaurant).</p> <p>Q/A:</p> <ul style="list-style-type: none"> <li>- What special request did you make when you ate away from home?</li> <li>- What other methods did you use to eat less fat when you ate away from home?</li> <li>- How did they work?</li> <li>- What could you do differently next time?</li> </ul> |
| <br><i>Notes</i> |  |
| Large Group Discussion<br>(10 minutes)  | <p style="text-align: center;"><b>New Material</b></p> <p>◆ Participants identify:</p> <ul style="list-style-type: none"> <li>• Health reasons for eating fruits and vegetables.</li> <li>• Fruits and vegetables they commonly eat.</li> </ul> <p>◆ Key point—participants identify reasons to increase fruit and vegetable intake.</p>   |
|                |  |

Large Group  
Discussion  
(15 minutes)



- ◆ Participants identify and discuss strategies to increase use of fruits and vegetables. Use **Worksheet 7-1** for ideas.
- ◆ Define and discuss fruit, vegetable and grain serving sizes. (Use real food, pictures of NASCO food models.)
- ◆ Key point—participants identify strategies to increase use of fruits and vegetables in meals and snacks and recognize serving sizes.

Lecture/Large  
Group  
Discussion  
(10 minutes)



- ◆ Pass out Fat Scans and review organization.
  - Identify foods in food groups (involve participants).
  - Review General Guidelines for Mixed Dishes.
- ◆ Key point—participants learn location of foods in Fat Scan.

Lecture/Large  
Group  
Discussion  
(15 minutes)



- ◆ Use Overheads 7-1 to 7-4 to explain how to use the Fat Scan.
  - Step 1: Find the food in the Fat Scan.
  - Step 2: Decide on serving size (Overheads 7-1 to 7-3).
  - Step 3: Look for special notes (Overhead 7-4).
  - Step 4: Add daily totals.
- ◆ Key point—participants learn how to record foods in the Fat Scan.

Large Group  
Discussion/  
Pair Activity  
(20 minutes)



- ◆ Practice using Fat Scan.
  - Demonstrate how to record breakfast meal using the menu on **Worksheet 7-2** and Overhead 7-5.
  - Form pairs. Have participants complete other meals on **Worksheet 7-2**.
- ◆ Key point—participants practice using the Fat Scan.

Large Group  
Discussion/  
Pair Activity  
(10 minutes)



- ◆ Review the menu answers (**Worksheet 7-3**).
- ◆ Explain how to calculate scores. (Overhead 7-6 and Fat Scan).
- ◆ Key point—participants learn how to use the Fat Scan to track fat, fruit/vegetable and grain intakes.

Large Group  
Discussion  
(10 minutes)



### Summary

Discuss the issues and identify participants who need more help.

- ◆ Focus understanding how to use the Fat Scan to monitor fats, fruits, vegetables and grains.

Q/A:

- What questions do you have about using the Fat Scan to monitor your intake of fat, fruits, vegetables and grains?
- What strategies do you plan to use to increase your use of fruits, vegetables and/or low-fat grain foods?

Lecture  
(8 minutes)



### Home Activity

- ◆ Assign one Fat Scan.
- ◆ Ask them to complete **Worksheet 7-4** at home. Answer questions.

**Food Tasting**

Large Group  
Discussion  
(10 minutes)





- ◆ Emphasize ways to use more low-fat fruits/vegetables and grains in meals and snacks.
- ◆ Encourage discussion of food/recipe acceptability.

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Total Time:  
123 minutes



## Session Seven : Smart Snacking

| Activity Type (Time)  | Activity   |
|---|--|
| Pair Discussion (15 minutes)<br> | <h3>REVIEW OF HOME ACTIVITY</h3>   |
|   | <p>♦ Discuss experiences when eating away from home (social occasion or restaurant).</p> <p>Q/A:</p> <ul style="list-style-type: none"> <li>- What special request did you make when you ate away from home?</li> <li>- What other methods did you use to eat less fat when you ate away from home?</li> <li>- How did they work?</li> <li>- What could you do differently next time?</li> </ul>   |
|   | <h3>OVERVIEW OF SESSION</h3> <ul style="list-style-type: none"> <li>We are going to start today's session by focusing on the importance of fruits and vegetables to a low-fat eating pattern. We will look at the fruits and vegetables you are currently eating, define serving sizes and ask you to share ideas on ways you can increase your servings. Today we are also going to learn how to use a shorter self-monitoring tool called a Fat Scan. This tool will help you track fat grams, as well as fruit, vegetable and grain servings.</li> </ul> <p> <i>Group Nutritionist Note:</i> Icebreaker activity suggestion--go around the room and ask each participant to name a fruit or vegetable they ate in the last two days. Let them know that it's okay to say "none" if they did not eat any.</p> |

## NEW MATERIAL

### Benefits of Fruits and Vegetables

**PURPOSE:** Identify why fruits and vegetables are important for a low-fat eating pattern and evaluate current intake.

**Large Group  
Discussion  
(10 minutes)**

◆ **Participants identify:**

- **Health reasons for eating fruits and vegetables.**
- **Fruits and vegetables they commonly eat.**

◆ **Key point—participants identify reasons to increase fruit and vegetable intake.**

- In the late 1980's, the average person in the U.S. was eating about 2-1/2 servings of fruits and vegetables per day. The WHI Dietary Change program's goal is to increase the fruit and vegetable servings to 5 or more per day.
- More? Did someone say to eat more of a food? Sometimes we spend so much time worrying about having to cut back on our favorite foods that we miss the good news. Eat MORE fruits, vegetables and grains.



Q/A:

- What are some of the benefits you see for eating fruits and vegetables?
- For the past 20 years, scientists all over the world have consistently found that people who eat greater amounts of fruits and vegetables have lower rates of most cancers. Other plant foods, like grains, may also be protective. But the clearest evidence is for fruits and vegetables.
- Fruits and vegetables are important to a lower-fat eating pattern because they help to displace high-fat foods and provide a rich source of vitamins, minerals, and dietary fiber. They also contain potentially protective compounds called "phytochemicals." This term simply means chemicals found in plants.
- Phytochemicals are not considered essential for the body's health, but they may turn out to be very important in preventing disease. A few of the better known types of phytochemicals are: carotenoids, indoles, and flavonoids.

- All fruits and vegetables contain phytochemicals, but some contain more than others. So it is important to eat a wide variety of these foods. However, fewer than 10% of people in the U.S. eat five or more servings of fruits and vegetables. People also tend to eat the same fruits and vegetables most of the time.
- A large national nutritional survey (NHANES) found the following:
  - Fruits: 62% of the fruits eaten are: oranges, apples, bananas and orange juice.
  - Vegetables: 73% of the vegetables eaten are: potatoes, tomatoes, lettuce, beans, peas and corn.



*Group Nutritionist Note:* Have participants use their Food Diary to identify the fruits and/or vegetables they commonly eat. Be sure that participants know that canned or frozen fruits and vegetables are just as good as fresh choices. They can also be less expensive.

- Take a look at your Food Diary and identify some of the fruits and vegetables you ate during the last two weeks.

Encourage discussion by using the following questions:



Q/A:

- What fruits and vegetables do you commonly eat?
- What forms of fruit or vegetables do you like to eat? (fresh, frozen, canned, dried, raw, cooked, juices, etc.)

**Large Group  
Discussion  
(15 minutes)**

**Adding Fruits and Vegetables to Your Meals**

**PURPOSE:** Participants identify strategies to increase intake of fruits and vegetables.

- ◆ **Participants identify and discuss strategies to increase use of fruits and vegetables. Use Worksheet 7-1 for ideas.**
- ◆ **Define and discuss fruit, vegetable and grain serving sizes. (Use real food, pictures, or NASCO food models).**
- ◆ **Key point—participants identify strategies to increase use of fruits and vegetables in meals and snacks and recognize serving sizes.**

- Be creative when you're trying to increase your use of fruits and vegetables. For example:
  - Use them in meals and as a snack
  - Find ways to make them easily available.
  - Try new varieties.
  - Eat larger servings.



*Group Nutritionist Note:* Ask participants to share ideas on the different ways they incorporate fruits and vegetables into their meals and snacks.

- Meal or snack ideas.
- Ways to make fruits and vegetables easily available.
- New fruits and/or vegetables they have tried and liked.

Focus on successes and positive steps the women are suing to eat more fruits and vegetables.

- Let's take a few minutes and share ideas on the different ways you have already used to add fruits and vegetables to your meals and snacks. Use **Worksheet 7-1** to help you think about some of the steps you are currently taking, or identify some new ideas that you would be willing to try.



Use the following questions to encourage discussion:

Q/A:

- When do you typically eat fruits or vegetables?--(meals, snacks, both)
- What steps do you currently take to make fruits and vegetables more available and easy to eat?
- What new fruits or vegetables have you tried that you liked?
- What could you do to increase your servings of fruits and/or vegetables (amounts, frequency, etc.)?



*Group Nutritionist Note:* Use NASCO food models, real foods or a tennis ball to help participants visualize the following serving sizes for fruits, vegetables and grains.

- medium piece of fruit or vegetable (tennis ball size = medium)
- 1/2 cup chopped (raw or cooked) fruits or vegetables
- 1/2 cup cooked grains
- 1 cup lettuce or cold cereal

### Serving Size

- One way to increase servings of fruits and vegetables is to eat larger servings, but what is a large serving? It's important to learn how to correctly estimate the amounts of fruits and vegetables you eat.
- People often misjudge their serving sizes of fruits and vegetables. For example, what might be a "medium" banana to one person, would look like a "large" banana to another individual.
- Although today's session focuses on fruits and vegetables, grains also come in a variety of shapes and serving sizes. So, let's take a little time to look at some of the different serving sizes for fruits, vegetables and grains.
- One serving of fruit or vegetable is equal to any of the following:
  - 1/2 cup canned, fresh or frozen
  - 1 medium piece (2-1/2" diameter)
  - 1 small baked potato (4" long x 2-1/2" diam.)
  - 1 cup raw lettuce or spinach
  - 1/4 cup dried fruit
  - 3/4 cup fruit or vegetable juice (100% juice)

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



*Group Nutritionist Note:* Point out the variety of foods that are considered grain servings. Make sure participants see the different sizes of cookies (small-2", medium-3", and large-4").

This is also a good time to let participants know that they should not over use sweets (especially "fat-free" grain products).

- Notice that some sweets and desserts count as grain servings (e.g., cookies, cakes, etc.). This is because they contain small amounts of flour, oatmeal or other grains. However, they can also contain a lot of fat and sugar and very few vitamins, minerals and dietary fiber.
- Think of your food like the gasoline you put in your car. Just like your car, your body runs best with 'premium grade' fuel. Foods, such as cookies, cakes and candy would be considered lower-grade "empty calorie" foods. They provide extra calories for energy, but not many nutrients.
- However, fruits, vegetables and whole grains are considered "premium" foods. They provide energy and also vitamins, minerals, dietary fiber and phytochemicals that may help reduce your risk of cancer.
- Work at balancing your food choices to meet your body's needs. This doesn't mean that every food you eat needs to be a "premium" food. Or, that every meal needs to meet all your body's vitamin and mineral needs. But it does mean that you need to learn how to budget your use of sweets and desserts the same way you budget your fat. Remember, moderation and variety are very important for healthier meals.



*Group Nutritionist Note:* Have a quick practice to review the group's understanding of serving sizes. Ask group members to define serving sizes. Use a variety of fruit, vegetable and grain foods (pictures, real foods, food models, etc.). Consider using some of the following food examples for practice:

- Banana
- Piece of fruit (such as apple, peach, nectarine)
- 1 cup of fruit or vegetable
- 1 cup of tossed green salad
- Potato (baked)
- Crackers (graham or soda)
- Cookie (large 4" diam)
- English muffin
- Popcorn, pretzels (cup)

- Now let's do a quick review of serving sizes. I'll show you some different fruits, vegetable and grain foods. Look at the food and decide how you would define the serving size.

Encourage discussion with the following questions:



Q/A:

- What size would you consider this piece of fruit? (small, medium or large)?
- How many servings of fruits/vegetables or grains is the food?
- Okay, now let's look at a new way to track your servings of fruits, vegetables and grains, the Fat Scan.

**Lecture/  
Large Group  
Discussion  
(10 minutes)**

**Keeping Track--the Fat Scan**

**PURPOSE:** Learn how to locate foods in the Fat Scan.

- ◆ **Pass out Fat Scans and review organization.**
  - **Identify foods in food groups (involve participants).**
  - **Review General Guidelines for Mixed Dishes.**
- ◆ **Key point—participants learn location of foods in Fat Scan.**

- For the past two months you have been using Food Diaries to keep track of the fat that you ate. This session introduces you to a new tool called the Fat Scan. It will help you track your servings of fruit, vegetables and grains, as well as your fat grams.
- The Fat Scan color-codes fruits, vegetables and grains to help you identify them. Fruits and vegetables are printed in green ink and grains are printed in red ink.

**Fat Scan Organization**

- The Fat Scan can be a quicker way to keep track of how much fat you eat. However, because it is a shorter tool, it will not contain all the foods listed in your Fat Counter.
- The Fat Scan divides foods into seven groups, arranged in alphabetical order. These groups are:
  - Breads
  - Dairy
  - Fats
  - Fruits/Vegetables
  - Meats
  - Mixed Dishes
  - Sweets
- Some foods that don't contain fat, such as coffee and soda, are not listed in the Fat Scan.





*Group Nutritionist Note:* Ask participants to open their Fat Scans to the tab labeled “Breads.” Point out the four columns: Amount (Amt), Fat Grams, F/V and G.

Review each of the seven food groups in the Fat Scan. Use a few examples from participants to help them identify how to find commonly used foods.

- Open up your Fat Scan and let’s become more familiar with its organization and the foods found in each food group.
- Turn to the tab marked “Breads.” Notice that each food item lists an amount and then provides fat gram, F/V and G columns for 3 days.
- Blank lines are available at the end of each page, under “Other.” You can use these lines when you need to write in a food or dish not listed in the Fat Scan. Use your Fat Counter or the food label to help you identify the amount of fat in any of the foods you write in.

### **Breads Group**

- Look at the foods in the Breads group. It contains breads, muffins and rolls, cereals (cold and cooked), crackers, breakfast foods (such as pancakes), grain-type snacks (such as popcorn), and plain pasta, noodles and rice, without sauce.
- Notice all the foods on this page are printed in red ink. The amount listed in the Fat Scan counts as one serving of Grains, unless otherwise noted.



Q/A:

- What breads, cereals or other grain foods do usually eat?
- How do your serving sizes compare to the amounts listed in the Fat Scan?

### **Dairy Group**

- The Dairy group contains dairy foods (such as milk, cheese, cottage cheese, sour cream), as well as frozen desserts (such as ice cream, ice milk and sherbet). You’ll also find evaporated canned milk and yogurt listed in this group.

**Fats Group**

Look at the list of foods in the Fats group. This group contains spreads (such as margarine or butter), salad dressings, mayonnaise, cooking fat (oils, lard, etc.), gravies and sauces (such as barbecue or cheese sauce). This group also contains nuts and peanut butter.

- Many of us tend to underestimate the number of foods we eat in the Fats group. It's easy to forget about the fat added at the table or during the cooking process. For example, butter or margarine may be added to vegetables, rice or potatoes, oil added to pasta water, and mayonnaise on sandwiches.



*Group Nutritionist Note:* Ask participants for a few examples of hidden fats. Help them identify some ways they could remember to record fats, oils and sauces (e.g., butter on bread or vegetables, mayo on sandwiches, sauces on vegetables, etc.)



Q/A:

- What fats, oils, sauces and nuts do you usually eat?
- What could you do to remember to record the fat used in cooking or added at the table?

**Fruits and Vegetables Group**

- The Fruits and Vegetables group include all fruits and vegetables--raw, cooked with and without fat and in salads. This group also includes avocado, coconut, and olives.
- Notice that most of the foods in this group are printed in green ink. The amount listed in the Fat Scan counts as one serving of Fruit/Vegetables. Coconut and olives are not printed in green because they do not count as fruit/vegetable servings.
- Although most fruits and vegetables contain very little fat, you should record them. This will help you keep track of your daily fruit and vegetable servings.



Q/A:

- What fruits and vegetable combinations do you commonly eat?
- How would you record vegetables in a cheese sauce in your Fat Scan? (Fats group--sauces and Fruit/Vegs group--vegetables)

### **Meats Group**

- The Meat group covers two pages. This group contains bacon/sausage, beef/pork, chicken/turkey, eggs, fish, hot dogs, and lunch meats.
- **Red meat** (such as beef, pork or lamb) is divided by cut of meat (e.g., chuck, round, ground beef, etc.) and the amount of fat (e.g., trimmed, untrimmed, regular, diet lean, etc.). For example:  
Chuck, stew meat, (3 oz.)  
    untrimmed  
    trimmed
- Remember, when a meat is listed as trimmed it means that you've taken off all the visible fat.
- **Chicken and turkey** are divided by type of meat (light or dark) and whether or not you ate the skin. **Fish** is divided by fat content (low, medium and high-fat) and cooking method (baked or fried). Look over the list of meats, poultry and fish and see if you can identify the choices you usually eat.



Q/A:

- What red meats/poultry/fish or lunch meats do you typically eat?
- How would you record the following foods in your Fat Scan?  
    3 oz. chuck roast, partially trimmed?  
    3 oz. sliced chicken, combination of light and dark meat?

### **Mixed Dish Group**

- The Mixed Dish group also has two pages. This group includes beans/legumes and dishes that contain a mixture of ingredients, such as beef stew, chili, lasagna, macaroni & cheese, fritters, and pizza. It also contains soups and other mixtures, such as rice mixes and spaghetti sauce.

- Homemade or mixed dish recipes eaten away from home may vary in fat content. For this reason, many of the mixed dish recipes include both high- and reduced-fat versions.



*Group Nutritionist Note:* Refer participants to the **General Guidelines for Mixed Dishes** on the second page of their Fat Scan. Explain the various methods they can use to record a mixed dish that may have a lower-fat content than the version listed in the Fat Scan.

- Use the following **General Guidelines for Mixed Dishes**, if you have a mixed dish that is lower in fat, or are unsure about the exact amounts of food in a mixed dish. These guidelines are found on the second page of your Fat Scan (bottom half of page).
  1. Count 1/2 of the dish as meat/poultry, etc. and 1/2 as vegetables or grains.  
Example: 1 cup chili with meat = 1/2 cup meat and 1/2 cup beans
  2. Look at your recipe and circle the major ingredients and amounts of the foods you ate.  
Example: Taco made with chicken and fat-free cheese: Circle corn taco shell, type and amount of chicken eaten, amount of fat-free cheese eaten.
  3. Use your Fat Counter to look up fat grams, fruit/vegetable and grain servings.  
Record the numbers in your Fat Scan (Mixed Dish group). Use a blank line at the bottom of the page (marked “Other”).  
Example: Chicken Fajita (1): 14 grams fat, 1/2 F/V and 1-1/2 G servings.



*Group Nutritionist Note:* Use the questions below and 1 or 2 participant examples to help participants understand how to record modified mixed dishes.



Q/A:

- What mixed dishes do you commonly eat?
- How would you record mixed dishes not listed (or with different fat gram values) in your Fat Scan?

**Sweets Group**

- The final food group is the Sweets and Desserts group. This group includes sweets and desserts such as cakes, cookies, pastries, pies, puddings, candy, and chocolate.



Q/A:

- What are your favorite sweets and desserts? Can you find them in the Fat Scan?

**Lecture/  
Large Group  
Discussion  
(15 minutes)**

### **How to Use the Fat Scan**

**PURPOSE:** Learn how to use a new self-monitoring tool.

◆ **Use Overheads 7-1 to 7-4 to explain how to use the Fat Scan.**

- **Step 1: Find the food in the Fat Scan.**
- **Step 2: Decide on serving size (Overheads 7-1 to 7-3).**
- **Step 3: Look for special notes (Overhead 7-4).**
- **Step 4: Add daily totals.**

◆ **Key point—participants learn how to record foods in the Fat Scan.**

- Try to complete your Fat Scan as soon as possible after finishing a meal or snack. This will help you remember to record everything you ate. To use the Fat Scan, use the following steps:

#### **Step 1. Find the food in the Fat Scan**

- Decide which food group contains the food you ate. Remember, foods are listed in alphabetical order within each food group. If you cannot find a specific food, look for a similar food. For example, the cereal Bran Flakes isn't listed in the Fat Scan, but there is a food item called "Cereal, breakfast." You can use this food item for most cold cereals.



*Group Nutritionist Note:* Use Overheads 7-1 to 7-3 and Fat Scan (second page). Review how to determine fat grams, fruit/vegetable and grain servings when the amount eaten is different than the amount listed in the Fat Scan.

#### **Step 2. Decide how much you ate.**

- Compare your serving to the one listed in the Fat Scan. Are the amounts the same, larger or smaller? The size of your serving will influence how you record your fat grams and servings of fruits/vegetables and grains. Let's look at the examples shown on the second page of the Fat Scan.

#### **Same Amount (Overhead 7-1)**

- The first example shows how you would record when the amount you ate is the same as the amount listed in the Fat Scan. For example, if you ate 1 cup of beef stew, you circle one of the 10's listed under the column labeled "Fat Grams."

- You also make one tally mark in the column labeled “F/V” because this food is color-coded green. Remember this shows that it counts as one serving of fruits/vegetables.

#### Larger Amount (Overhead 7-2)

- The second example shows how you would record a larger serving. First, decide how much larger your serving is compared to the one listed in the Fat Scan. Then increase the fat grams, fruit/vegetable and/or grain servings by the fraction you ate. For example, if you ate 2 cups of beef stew, instead of the listed serving (1 cup), circle two 10’s in the Fat Grams column.
- Then you would also make two tally marks under the “F/V” column because this food is color-coded green. This shows that the amount you ate was equal to two servings of fruits/vegetables.

#### Smaller Amount (Overhead 7-3)

- The third example shows you how to record a smaller serving. First, decide how much smaller your serving is compared to the one listed in the Fat Scan. Then reduce the fat grams, fruit/vegetable or grain servings by the fraction you ate.
- For example, if you ate 1/2 cup of beef stew, it represents half of the serving listed in the Fat Scan. So, cross out the 10 and write in a 5 that represents half the amount of fat. In addition, write “1/2” in the F/V column.



*Group Nutritionist Note:* Use Overhead 7-4. Explain the special notations next to some of the foods:

- Different F/V or G Servings  
Amount column--note below the amount: “1/2 G,” “2 F/V” or “1-1/2 G.”  
This indicates that the amount of the food listed in the Fat Scan is less than or more than one serving. Examples: *Pancake, 4” diameter*, 1 = 1/2 G; and *Spaghetti Sauce, without meat*, 1 cup = 2 F/V.
- Additional F/V or G Serving  
Food Item column--note after food “(also counts as 1 G).”  
This indicates that the food may also count as a serving of F/V or G. Example: *Green pepper, stuffed* = 1 F/V (food is shaded green), but there is a note in parentheses stating “also counts as 1 G.”

**Step 3. Read special food notes**

- Different 'F/V' or 'G' Servings. Turn to the tab labeled "Breads." Look at the food Pancake (bottom half of page). Notice that below the "1" in the amount column there is a special note in the amount column saying "1/2 G." This indicates that one 4" diameter pancake will count as 1/2 serving of grains, not one.
- Now, turn to the tab labeled "Mixed 2." Notice that the food item, *Spaghetti Sauce, without meat* also has a special note saying "2 F/V." This means that when you eat 1 cup of spaghetti sauce without meat, it will count as 2 servings of fruits/vegetables, not one. However, *Spaghetti Sauce, with meat* doesn't have this special note. So, it will only count as 1 fruit/vegetable serving.
- Additional 'F/V' or 'G' Serving. There is one other special note that you need to understand. This one indicates that a food may count as both a fruit/vegetable serving and a grain serving. Turn to the tab labeled "Mixed 1" and look at the food item--*Green Pepper, stuffed*.
- Notice that there is a note in parentheses just after the *Green Pepper* that states: "*also counts as 1 G.*" You would count this food as one fruit/vegetable serving (food shaded green) and as one grain serving (because of the special note).
- Be sure to watch for these special notes when you use your Fat Scan.



**Large Group  
Discussion/  
Pair Activity  
(20 minutes)**

**Practice**

**PURPOSE:** Practice using the Fat Scan.

◆ **Practice using Fat Scan.**

- **Demonstrate how to record breakfast meal using the menu on Worksheet 7-2 and Overhead 7-4.**
- **Form pairs. Have participants complete other meals on Worksheet 7-2.**

◆ **Key point—participants practice using Fat Scan.**



*Group Nutritionist Note:* Take about 8 minutes to review the breakfast (**Worksheet 7-2**). Ask participants to identify food's location in the Fat Scan and how they would record the amount eaten (fat grams, F/V and G servings).

Be sure participants are able to find foods and identify fruit/vegetable and grain servings before breaking into pairs to complete **Worksheet 7-2**.

The Group Nutritionist may decide to review the whole menu in a large group, if group members are having problems.



- Now, let's practice using the Fat Scan. Use the practice menu on **Worksheet 7-2** and a Fat Scan. We'll go through the breakfast meal as a group and then I'll have you work in pairs on the rest of the menu. As we talk about breakfast, find the foods in your Fat Scan. Circle the appropriate fat grams and tally the servings of fruits/vegetables and grains.

**Q/A:**

- Where would you look for cold cereal, such as Bran flakes? (Breads-- under 'Cereal, breakfast, hot and cold)
- How does the serving compare to the one in the Fat Scan? (same)
- How would you record the fat grams and fruit/vegetable and/or grain servings?
- Since the amount eaten in the example is the same as the one listed in the Fat Scan, circle "1" under the column labeled "Day 1 Fat Grams." In addition, make on tally mark in the column labeled "G" because the food is color-coded red indicating that 1 cup of cereal is equal to one grain serving.

- Use the same process to find and record the raisins, milk, English muffin, margarine, coffee with half & half. Then we'll see what questions you have about the process.



*Group Nutritionist Note:* Give participants a chance to find the other breakfast food items on their own: raisins, 1% milk, English muffin, coffee and half & half.

- Larger and smaller serving size: margarine, half & half.
- Foods not listed in Fat Scan: coffee
- Fruit/vegetable and grain servings: raisins, English muffin.

Use the questions below to make sure participants know how to record fat, fruit/vegetable and grain servings.



Q/A:

- What foods did you have trouble finding in the Fat Scan?
- How did you record the raisins, milk, and English muffin?
- How did you record the coffee and half & half?
- Did you notice when you circled the raisins that they were printed in green ink and the cereal and English muffin were printed in red ink? The raisins count as 1 fruit/vegetable and the cereal and English muffin each count as 1 grain serving. So the breakfast meal would provide 1 F/V serving and 2 G servings.
- If you didn't find coffee, that's okay because beverages that don't contain fat are not listed in the Fat Scan. However, it is important to remember the fat-containing foods you might add. For example, you may add milk, cream or half & half in your coffee. Remember to record your additions.



Q/A:

- What questions do you have before you work on lunch and dinner with your partner?
- Now I'd like you to work with your neighbor to look up the foods in the lunch and dinner meals. Use the steps we just discussed.
  - decide where to look for the specific food
  - decide on serving sizes, and
  - look for any special notes.



- Circle or adjust the number of fat grams and fruit/vegetable and grain servings to match the fraction of the amounts eaten.

*Group Nutritionist Note:* Refer participants to the **General Guideline for Mixed Dishes** (second page of Fat Scan) to help them record the spaghetti sauce at dinner that is made with diet lean ground beef. You may also want to have 1-2 Fat Counters available for participants to use, if they need them.

- Remember to look at the **General Guidelines for Mixed Dishes**, to help you make decisions on mixed dishes. These guidelines are found on the front inside page of the Fat Scan.

#### **Step 4. Add up your daily totals**

- When you have finished, add up the circled fat gram numbers on each page and the tally marks for fruit/vegetables (F/V) and grains (G). Write the totals at the bottom of each food group page in the box labeled “Totals.”

**Large Group  
Discussion/  
Pair Activity  
(10 minutes)**

**Adding Everything Up**

**PURPOSE:** Participants learn how to calculate fat, fruit/vegetable and grain scores using the Fat Scan.

- ◆ **Review the menu answers (Worksheet 7-3).**
- ◆ **Explain how to calculate scores. (Overhead 7-6 and Fat Scan)**
- ◆ **Key point—participants learn how to use the Fat Scan to track fat, fruit/vegetable and grain intakes.**



*Group Nutritionist Note:* Discuss the answers with the group and evaluate their understanding and ability to use the Fat Scan. Make sure the women correctly recorded the fat, fruit/vegetable and grain totals.



**Q/A:**

- What foods did you have trouble finding?
- How do your answers compare to the ones listed on **Worksheet 7-3**?
- What method did you decide to use to record the spaghetti and meat sauce?
- How did you record the spaghetti noodles?



*Group Nutritionist Note:* Use Overhead 7-6 and the chart on the last page in the Fat Scan. Explain how to use the chart to calculate fat, fruit/vegetable and grain scores.

**Calculate Fat, Fruit/Vegetable and Grain Scores**

- The last step is to calculate your fat, fruit/vegetable and grain scores. Use the chart on the last page of the Fat Scan. Write down the daily totals for each food group.

**Fat Score**

- You calculate your fat score the same way as you did with your Food Diary. Add together your daily totals to get a “Grand Total.” Then divide by the number of days you recorded.
- Look at the example given on the last page. It shows that the Grand Total of fat grams was 75. To calculate the fat score, divide 75 by 3 because the Fat Scan was kept for 3 days. This gives the number 25 for a fat score.


**Fruit/Vegetable and Grain Scores**

- Your fruit/vegetable and grain scores (or servings) are calculated the same way as your fat score. Add together the daily totals in the columns labeled “F/V” and “G” to get “Grand Totals.” Then divide these totals by the number of days you kept your Fat Scan.
- Look at the example on the last page. It shows that the Grand Total for F/V (fruits/vegetables) is 14 and G (grains) is 19.5. These Grand Totals are divided by 3 to give a F/V score of 5 and a Grain score of 6.5.



Q/A:

- What questions do you have about calculating your fat, fruit/vegetable or grain scores?

|   |  |
|---|--|
|   | <p style="text-align: center;"><b>SUMMARY</b></p> <ul style="list-style-type: none"> <li>Fruits and vegetables are very important in maintaining a low-fat eating pattern. The Fat Scan helps you track your progress toward meeting your WHI fat, fruit/vegetable and grain goals. It also provides information about your eating patterns by showing you the food groups that are contributing fat and servings of fruits, vegetables and grains to your meals and snacks. This information can guide your food choices and help you maintain a healthy low-fat eating pattern. (Use the questions in the box below to encourage discussion.)</li> </ul>   |
| <p><b>Large Group Discussion (10 minutes)</b></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 methods to eat more fruits and vegetables and understanding how to monitor them using the Fat Scan.</b></li> </ul> <p><b>Q/A:</b></p> <ul style="list-style-type: none"> <li>- <b>What questions do you have about using the Fat Scan to monitor your intake of fats, fruits/vegetables and grains?</b></li> <li>- <b>What strategies are you planning to use to increase your use of fruits and vegetables?</b></li> </ul>  |
| <p><b>Lecture (8 minutes)</b></p>   | <p style="text-align: center;"><b>HOME ACTIVITY</b></p> <ul style="list-style-type: none"> <li>◆ <b>Assign a Fat Scan.</b></li> <li>◆ <b>Ask them to complete Worksheet 7-4 at home. Answer questions.</b></li> </ul> <ul style="list-style-type: none"> <li>During the next two weeks, one of your activities will be to keep track of what you eat using the Fat Scan for at least three days. Be sure one of your days is on the weekend. Add up your fat grams and servings of fruits/vegetables and grains. Calculate your fat score and your average daily servings of fruits/vegetables and grains.</li> <li>In addition, use one or two of the ideas you identified today on <b>Worksheet 7-1</b> to increase your intake of fruits and/or vegetables. Evaluate how well your ideas work on <b>Worksheet 7-4</b> (Home Activity Worksheet).</li> </ul> |

| FOOD TASTING                           |   |
|--|---|
| Large Group Discussion<br>(10 minutes) | <ul style="list-style-type: none"><li>◆ <b>Emphasize ways to use more low-fat fruits and vegetables in meals and snacks.</b></li><li>◆ <b>Encourage discussion of food/recipe acceptability.</b></li></ul>  |
|  | <ul style="list-style-type: none"><li>• Now let's taste some fruits and vegetables. For additional information and ideas on fruits and vegetables, look at the handouts <i>Fruits and Vegetables Chart</i> and <i>Low-Fat Snack Ideas</i> in the Resource section of your Participant Manual.</li></ul> |

**Overhead 7-1****Recording in Your Fat Scan****Same Amount:****Example:** 1 cup Beef Stew

| Food Item              | Amt   | Fat Grams |    |    | F/V | G |
|------------------------|-------|-----------|----|----|-----|---|
| Beef stew, mutton stew | 1 cup | 10        | 10 | 10 | I   |   |

- Circle one of the fat gram number 10's in the column labeled Fat Grams.
- Food is shaded green. Make one tally mark in the column labeled 'F/V.'



**Overhead 7-2****Recording in Your Fat Scan****Larger Amount:****Example:** 2 cups Beef Stew

| Food Item              | Amt   | Fat Grams |    |    |    | F/V | G |
|------------------------|-------|-----------|----|----|----|-----|---|
| Beef stew, mutton stew | 1 cup | 10        | 10 | 10 | 10 |     |   |

- Circle two 10's in the column labeled Fat Grams.
- Make two tally marks in the column labeled 'F/V.'

**Overhead 7-3****Recording in Your Fat Scan****Smaller Amount:****Example:** 1/2 cups Beef Stew

| Food Item              | Amt   | Fat Grams          |    |    |    | F/V | G |
|------------------------|-------|--------------------|----|----|----|-----|---|
| Beef stew, mutton stew | 1 cup | <del>10</del><br>5 | 10 | 10 | 10 | 1/2 |   |

- Cross out the 10 and write in 5 fat grams to match your serving.
- Mark “1/2” in the F/V column.

**Overhead 7-4****Examples of Special Notes****Food Item****BREADS**

Pancake 4" diameter

| Day 1      |           |   |   |   |       |
|------------|-----------|---|---|---|-------|
| Amt        | Fat Grams |   |   |   | F/V G |
| 1<br>1/2 G | 2         | 2 | 2 | 2 |       |

**Food Item****MIXED DISHES**Green Pepper, stuffed  
(also counts as 1 G)

regular

reduced fat

Spaghetti Sauce (no noodles)

with meat, homemade

commercial, without meat

without meat

| Day 1 |           |    |    |    |       |
|-------|-----------|----|----|----|-------|
| Amt   | Fat Grams |    |    |    | F/V G |
| 1     |           |    |    |    |       |
|       | 10        | 10 | 10 | 10 |       |
|       | 2         | 2  | 2  | 2  |       |
| 1 cup |           |    |    |    |       |
|       | 19        | 19 | 19 | 19 |       |
| 2 FV  | 10        | 10 | 10 | 10 |       |
| 2 FV  | 1         | 1  | 1  | 1  |       |

**Overhead 7-5****Fat Scan Practice--Sample Menu****Breakfast**

Bran flakes, 1 cup  
Raisins, 4 TB  
1% milk, 1 cup  
English muffin, 1 whole  
Margarine (diet), 2 tsp.  
Coffee, half & half, 1/2 TB

**Lunch**

Rye bread, 2 slices  
Sliced turkey, white, 2 oz., (no skin)  
Tossed salad, 1 cup  
Italian salad dressing, fat-free, 1 TB  
Chocolate-chip cookie, 1 medium  
Soda, 12 oz.

**Dinner**

Spaghetti with meat sauce made with diet lean ground beef  
    Spaghetti, cooked, 1 cup  
    meat sauce made with diet lean beef, 1/2 cup  
Steamed broccoli with lemon, 1/2 cup  
Ice milk, 1/2 cup  
Hershey's chocolate syrup, 2 TB  
Banana, 1/2 medium

**Snack**

Orange, fresh 1 medium

**Overhead 7-6****Calculating Your Scores**

| <b>Food Group</b> | <b>FAT GRAMS</b> |              |              | <b>F/V SERVINGS</b> |              |              | <b>G SERVINGS</b> |              |              |
|-------------------|------------------|--------------|--------------|---------------------|--------------|--------------|-------------------|--------------|--------------|
|                   | <b>DAY 1</b>     | <b>DAY 2</b> | <b>DAY 3</b> | <b>DAY 1</b>        | <b>DAY 2</b> | <b>DAY 3</b> | <b>DAY 1</b>      | <b>DAY 2</b> | <b>DAY 3</b> |
| Breads            | 6                | 4            | 4            |                     |              |              | 6                 | 4            | 6            |
| Dairy             | 6                | 3            | 5            |                     |              |              |                   |              |              |
| Fats              | 4                | 6            | 0            |                     |              |              |                   |              |              |
| Fruits/Vegs       | 0                | 1            | 4            | 4.5                 | 3            | 3            |                   |              |              |
| Meats 1           | 6                | 0            | 0            |                     |              |              |                   |              |              |
| Meats 2           | 0                | 4            | 0            |                     |              |              |                   |              |              |
| Mixed 1           | 0                | 0            | 8            |                     | 1            | 2            |                   |              |              |
| Mixed 2           | 0                | 0            | 0            | 0.5                 |              |              |                   | 1            |              |
| Sweets            | 6                | 4            | 4            |                     |              |              | 0.5               | 1            | 1            |
| Daily Totals      | 28               | 22           | 25           | 5                   | 4            | 5            | 6.5               | 6            | 7            |
| Grand Total       |                  |              | 75           |                     |              | 14           |                   |              | 19.5         |

Fat Score

25

F/V Score

5

Grain Score

6.5

Fat gram goal

25

F/V goal

5+

Grain goal

6+

## Group Nutritionist Reference Sheet

### Responses to Potential Questions

**Question:** How can I keep track of the meals I have already recorded?

**Response:** Try some of the following ideas:

- Use a different color pen or pencil to record your different meals (e.g., breakfast--red; lunch--green; dinner--blue, etc.)
- Write a letter at the top of the page to denote the meals you have already recorded (e.g., breakfast--‘B’; lunch--‘L’; dinner--‘D,’ etc.)

**Question:** What do I do when my food label has different fat grams listed for the same serving size?

**Response:** Use the fat grams from the label. For example, if your cold cereal label states that 1 cup contains “0” grams of fat, cross out the 1 gram listed in the Fat Scan and write “0.”

However, be sure the serving size you are eating is the same as the one listed on the food label.