

Session Eight: Support for Change



In this session, the participant will:

1. Discuss reasons for eating sweets and desserts.
2. Identify low-fat sweet and dessert alternatives.
3. Identify strategies to handle high-fat sweets and desserts.
4. Learn how to say “no” to high-fat foods.

Checklist of Materials Needed																	
Supporting Materials	<input type="checkbox"/> Fat Scans <input type="checkbox"/> Fruit poster, optional																
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic spoons or forks <input type="checkbox"/> <u>Food Tasting</u> : Low-fat fruit dessert (see recipes provided in this session of participant materials) <i>Note: If you choose different foods for the Food Tasting emphasize lower-fat fruit desserts (4 grams or less of fat per serving).</i>																
Potluck Session # 9	<input type="checkbox"/> Potluck reminder (sample, page 21) <input type="checkbox"/> Sign-up sheet (sample, page 22)																
Participant Manual																	
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Resource Section	Additional materials available in Participant Manual	
	Resource	Page(s) #
	Asking for Help and Support	3-4
	“Fun” Non-Food Activities	39
	How People Can Help You	40

Session 8 Outline—Key Activities

Activity Type (Time)	Activity
<p>Pair or Small Group Discussion (20 minutes)</p> <p> Notes</p>	<p style="text-align: center;">Review of Home Activity</p> <p>◆ Discuss experiences of past two weeks using the Fat Scan and recording fruit/vegetable and grain servings.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What steps did you take to eat more fruits and vegetables? - What did you like about using the Fat Scan? - What were some of your concerns about the Fat Scan?
<p>Large Group Discussion (10 minutes)</p> <p> Notes</p>	<p>◆ Participants discuss reasons for eating sweets/desserts.</p> <ul style="list-style-type: none"> • Examples: to say “thank you,” make yourself or someone else feel better, to show love, etc. <p>◆ Key point—participants identify reasons they use sweets and desserts.</p>

Large Group
Discussion
(20 minutes)



Notes

- ◆ Use Fat Scan—Sweets and Desserts section.
 - Participants identify sweets and desserts currently used.
- ◆ Use **Worksheet 8-1** and **8-2** to discuss strategies to reduce fat.
 - Use lower-fat choices
 - Modify recipes
 - Limit amount eaten
 - Don't eat high-fat dessert
 - Do something else
 - Use communication skills
- ◆ Key point—participants identify strategies they can use to limit use of high-fat sweets and desserts.


Group
Discussion and
Pair Activity
Practice
(25 minutes)



- ◆ Practice assertiveness. Use situations on **Worksheet 8-3** and ideas on **Worksheet 8-4**.
 - Form pairs and have participants practice saying “no.”
 - Have partners give each other feedback on practice.
- ◆ Key-point—participants practice using assertiveness to reduce use of higher-fat foods.

Large Group Discussion (10 minutes)	<p style="text-align: center;">Summary</p> <p>Discuss issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on strategies to reduce fat contributed by sweets and desserts. <p>Q/A:</p> <ul style="list-style-type: none"> - What low-fat desserts do you think would be acceptable choices for yourself and others? - What strategies would work the best for you to handle high-fat desserts? - What is the best way for you to say “no” to high-fat foods?
Lecture (8 minutes)	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign Fat Scan. ◆ Ask them to complete Worksheet 8-5 at home. Answer questions.
Large Group Discussion (15 minutes)	<p style="text-align: center;">Food Tasting</p> <ul style="list-style-type: none"> ◆ Emphasize ways to lower-fat fruit sweets/desserts (4 grams or less). ◆ Encourage discussion of food/recipe acceptability.
Total Time: 108 minutes	<p style="text-align: center;">Participant Reminder for Next Session</p> <ul style="list-style-type: none"> ◆ Bring a low-fat dish and recipe (calculate fat grams on Worksheet 8-6). ◆ Ask a guest to come to the potluck, if possible.

Session Eight: Support for Change

Activity Type (Time)	Activity
Pair/Small Group Discussion (20 minutes) 	REVIEW OF HOME ACTIVITY
	<p>♦ Discuss experiences of past two weeks using the Fat Scan and recording fruit/vegetable and grain servings.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What steps did you take to eat more fruits and vegetables? - What did you like about using the Fat Scan? - What were some of your concerns about the Fat Scan?
	<p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • Today we will begin by talking about some of the reasons people eat sweets and other desserts. You'll have a chance to look at some of the desserts you currently eat and identify strategies that you could use to reduce the fat from these foods. Finally, you'll have an opportunity to practice assertiveness skills that can help you maintain your low-fat lifestyle by learning how to refuse (or say 'no' to) high-fat foods.

NEW MATERIAL

Reasons for Eating Sweets and Desserts

PURPOSE: Discuss reasons for eating sweets and desserts.

**Large Group
Discussion
(10 minutes)**

- ◆ **Participants discuss reasons for eating sweets/desserts.**
 - **Examples:** to say “thank you,” make yourself or someone else feel better, to show love, etc.
- ◆ **Key point—participants identify reasons they use sweets and desserts.**

- People eat desserts and sweets for a number of reasons. Many of these reasons have nothing to do with being hungry. For example, sweets and desserts are used to say ‘thank you,’ show love or appreciation (i.e., Mother’s Day), a way to celebrate, or make ourselves or other people feel better.
- It is normal to have special occasions when higher-fat sweets are available, or times when you get a craving for a particular sweet. To identify where sweets and desserts present ongoing challenges for you, let’s begin by looking at how (and when) you currently use sweets or desserts.
- I’d like to have volunteers share their thoughts. Think about the occasions when you find yourself eating more sweets or desserts. It might be that sweets are more available because of holidays or celebrations, or that sweets or desserts help make you feel better when you’re depressed. Describe your example in a few sentences.



Q/A:

- When do you usually find yourself eating (or thinking about) sweets and desserts?



Group Nutritionist Note: Have volunteers share an example. Direct discussion so that each volunteer briefly describes her situation.

- Use **Worksheet 8-1** to check off some of the reasons you currently eat sweets and desserts.

- If you can understand some of the reasons why you eat sweets and desserts, it will be easier for you to identify the best strategies to handle your challenges. In past sessions, we have discussed many different strategies that you could use. Some of these include:
 - Have lower-fat choices available.
 - Modify recipes.
 - Budget your fat grams.
 - Find other non-food activities or rewards.

**Large Group
Discussion
(20 minutes)**

Strategies to Reduce Fat From Sweets and Desserts

PURPOSE: Identify strategies that can be used to reduce the fat in high-fat sweets and desserts.

- ◆ **Use Fat Scan—Sweets and Desserts section.**
 - Participants identify sweets and desserts currently used.
- ◆ **Use Worksheets 8-1 and 8-2 to discuss strategies to reduce fat.**
 - Use lower-fat choices
 - Don't eat high-fat dessert
 - Modify recipes
 - Do something else
 - Limit amount eaten
 - Use communication skills
- ◆ **Key point—participants identify strategies they can use to limit use of high-fat sweets and desserts.**

Use Lower-Fat Sweet and Dessert Choices

- Sweets and desserts can add a lot of enjoyment to your meals and celebrations, but they can also add a lot of fat. Use your Fat Scan from your last session and look at the foods you circled in the Sweets and Desserts section.

Ask the following questions and encourage discussion.



Q/A:

- What sweets and desserts did you identify from your Fat Scan?
- What sweets/desserts did you eat that you could not find in your Fat Scan or Fat Counter?
- What desserts did you eat that had 4 grams or less of fat per serving?
- What other low-fat desserts have you tried?
- Use the second column on **Worksheet 8-1**, labeled *Sweets or Desserts I Usually Eat* to list some of the sweets you currently use.



Group Nutritionist Note: Use examples of lower-fat choices that participants mentioned during the earlier discussion and have them add new suggestions.

- Desserts are considered lower in fat if they contain 4 grams of fat or less in one serving. Many desserts contain more than this 4 gram limit, but there are also a lot of lower-fat choices. Let's take a look at some of the lower-fat choices you are currently eating and add some new ideas.

Use More Fruit

- Fruit makes a great dessert! It is naturally sweet and there are many different forms you can use: fresh, frozen, canned and dried. Consider trying some of the new tropical fruits such as mangos or kiwis, if you haven't already used them. They can add a lot of color and variety to a fresh fruit cup. You can also make plain angel food cake more interesting with fresh fruit, or make a lower-fat version of a fruit buckle or fruit crisp.



Q/A:

- What are some of the fruit desserts you currently eat?
 - How could you make fruit more appealing?
 - If your desserts are not low in fat, how could they be changed?
-
- When you serve fruit as a dessert, dress it up! Add interest by using a variety of fruits. Mix fruits of different colors and textures, and present them in an appealing way. A plain apple on a plate may not be an exciting dessert, but what about a baked apple, filled with raisins and cinnamon, or sliced apples and berries served with a low-fat yogurt dip? Many people who would be disappointed with a plain piece of fruit for dessert will accept a fancy one.

Lower-Fat Dairy Desserts

- Many of your favorite dairy desserts also have lower-fat substitutes that still taste great. Make your pudding, custard or flan with skim milk, and if you want a richer flavor use evaporated skim milk. You can also lower the fat in commercial foods such as pudding mixes or Jello® cheesecake or chocolate mousse by using skim milk to replace the whole milk. Instead of ice cream, use a fruit ice, non-fat or low-fat frozen yogurt, ice milk or sherbet. They provide a frozen treat without the extra fat.



Q/A:

- What desserts have you eaten that were made with lower-fat dairy foods?
- What low-fat frozen desserts, such as sorbets, popsicles or ice milk have you tried?

Use Lower-Fat Baked Goods

- Try some lower-fat cookie and cake choices (fig bars, gingersnaps, and angel food cake) available at your grocery store. In addition, your supermarket may have some of the new fat-free cakes and cookies available. Just remember that the fat-free baked goods are a nice substitute, but fruit provides greater health benefits because of its higher vitamin, mineral and dietary fiber content



Q/A:

- What kinds of fat-free or lower-fat baked goods have you found and tried at your local supermarket?
- How often do you use fat-free or low-fat baked goods (i.e., Health Valley®, Snackwell's®, Entemann's®, cookies, pastries, etc.)?
- Identify some of the lower-fat dessert choices you would be willing to use. Write your ideas down in the third column on **Worksheet 8-1**. Look at **Worksheet 8-2**, if you need some additional ideas for lower-fat dessert choices.

Modify Recipes

- Often you can use low-fat substitutions to reduce the fat in a recipe without really changing how the food looks or tastes. These are hidden changes. By using lower-fat ingredients in recipes and not telling your other people (husband, friends, etc.), you may be able to get them to try a new low-fat dessert.



Q/A:

- What low-fat substitutes have you successfully used in your recipes (focus on desserts and sweets)?

Chocolate Lovers

- For chocolate lovers, cocoa powder is a lower-fat choice. For every ounce of unsweetened chocolate you want to replace, substitute 2 tablespoons of cocoa powder plus 1 tablespoon of fat. This will lower the total amount of fat in your recipe. However, keep your serving small because your chocolate desserts still contain a lot of fat.
- In addition, many chocolate syrups, such as Hershey's®, can be used to add flavor to a non-fat frozen yogurt or ice milk. Most chocolate syrups contain little or no fat because they are made from cocoa powder.

- Baked goods can also be modified to lower the fat content by using lower-fat substitutes such as egg whites and pureed fruit. For example, some commercial cake mixes can be made with **less ??? and** egg whites instead of whole eggs. Check the back of the box for mixes you can modify.
- Muffins and coffeecakes can be modified by adding fruit such as mashed banana or applesauce to replace some of the oil. In addition, fat can be reduced by using less of the fat-containing ingredients such as oil, nuts, chocolate or margarine. The lower-fat cakes and muffins will be a little more dense than the original high-fat version but they can be just as delicious.



Q/A:

- What changes could you make in your dessert recipes to lower the fat?
 - What commercial dessert mixes have you modified to lower the fat? (i.e., cake mixes, etc.)
- In future sessions, we will talk more about the ways you can modify home-baked foods such as cookies, cakes and muffins.

Limit the Amount of Dessert You Eat

- Another strategy is to change the amount of high-fat sweets or desserts you eat. You can reduce your serving size by eating a smaller piece or eating the dessert less frequently (e.g., only on special occasions).
- There are a number of ways you could reduce your serving size. For example, you could:
 - Eat a smaller serving
 - Share some dessert with a friend or family member
 - Give part of your dessert away



Q/A:

- What eating behaviors could you change to reduce the amount of high-fat dessert you eat?

Choose Not to Eat the High-Fat Sweet or Dessert

- Consider not eating the high-fat sweet or dessert. Go ahead and prepare the higher-fat dessert for a special occasion or for another person. However, instead of eating it, eat something else or don't eat the dessert. This strategy will be easier to use, if you prepare a sweet/dessert that isn't your favorite, or if you have a lower-fat dessert available for an alternate choice.



Q/A:

- What are some examples of desserts you could make for other people without tempting yourself?

Do Something Else

- Another choice is to do a non-food related activity instead of eating. For example, take a walk instead of eating a candy bar, or give your friend flowers as a “thank you” instead of baking cookies.



Group Nutritionist Note: Spend more time on the questions below. Write suggestions on the board for alternative non-eating activities.



Q/A:

- What other activities (non-food related) could you use to make yourself feel better?
- What are some ways you could say “thank you” without offering food?
- What are some ways you could celebrate without using food as the focus of your celebration?
- For more ideas, look at the handout “*Fun*” *Non-Food Activities* in the Resource section of your Participant Manual.

Use Communication Skills

- Many people find it more difficult to use this last strategy because it takes more time and patience. Good communication skills may involve negotiating acceptable low-fat choices with other people, making requests for low-fat choices, or saying “no” to high-fat choices.

- You need to talk to people (spouse, friends, etc.) in order to negotiate acceptable low-fat choices. Start by making a list of low-fat desserts you could substitute for your traditional high-fat desserts. Then, ask the other people around you about their likes and preferences. Have them look at your list and choose a few lower-fat choices that they would be willing to try. In addition, ask them for feedback after you have served the lower-fat dessert. Find out if there is anything you could do to make the dessert more acceptable the next time it is served.



Q/A:

- What low-fat desserts would you pick?

**Group
Discussion
and Pair
Activity
(25 minutes)**

Learning How to Say “No”

PURPOSE: Practice skills to resist eating high-fat foods.

- ◆ **Practice assertiveness. Use situations on Worksheet 8-3 and ideas on Worksheet 8-4.**
 - **Form pairs and have participants practice saying “no.”**
 - **Have partners give each other feedback on practice.**
- ◆ **Key-point—participants practice using assertiveness to reduce use of higher-fat foods.**

- Assertiveness (making and refusing requests) is an important skill for maintaining a healthy eating pattern. During Session 6 you learned how to make requests when you eat away from home. Today, you will learn the other part of being assertive, refusing requests or saying “no.”
- Some people find it more difficult to say “no” than other people. Women, in particular, have been taught that it is not nice to refuse other people's requests. In addition, women usually believe that the needs of others are more important than their own—especially when the need or request comes from someone in their own family.
- Being assertive does not mean you are being selfish. You can be assertive and still be sensitive to other people's feelings.



Q/A:

- When do you find it easy to say “no” or refuse a request?
- What situations make it more difficult for you to say “no?” (Identify what makes the situation difficult.)
- There will be many situations where you may have no problem saying “no.” You don't even have to think about it. For example, you say “no” on the job, or when you are pushed to buy something you don't want such as clothing. However, it may be more difficult to say “no” when it involves people you know, such as family members or friends.
- Asserting yourself can be a very important way for you to maintain your new low-fat lifestyle. Here are a few hints for expressing your thoughts in an assertive way without hurting anyone's feelings.

- Use a relaxed, pleasant tone of voice. Be firm but not pushy.
 - Look the person in the eye. It tells them you are being direct.
 - Make a firm, clear statement—"No thank you" instead of "Oh, I don't think I want any, thanks."
 - Be positive. Compliment the person and let them know how much you are enjoying yourself. For example, "It looks delicious but I couldn't eat another bite."
 - Suggest an alternative. Give the person the satisfaction of getting something else for you. For example, if you turn down the dessert, ask for a cup of coffee or tea.
- You could also make use of the "I-Message" idea to say "no." First explain your concern or want to the person making the request and then say "no."

For example:

"I know you like my company when you are watching TV at night, but I'm just too tempted by the high-fat snacks you have around." Follow this by making a request.

- Follow this refusal by making a request or suggestion.

For example:

"It would really help if you could tell me which fruits, vegetables and lower-fat snacks you enjoy, then we could use those when we watch TV."



Group Nutritionist Note: Write the feedback questions listed below on a blackboard or flip chart to help the participants provide good feedback to their partner. Keep participants focused on the exercise. This is not meant to be a problem-solving discussion. The participants should actually practice with at least one situation.

Questions for women to use when providing feedback to their partner:


- Was your tone of voice relaxed and pleasant?
- Did you look the person in the eye?
- Was your statement clear and firm (not wishy-washy)?
- Were you positive without hurting the other person's feelings?

Practice

- Okay, now it's your turn to practice. I want you to form pairs (2 people). Each person should select at least one of the situations described on **Worksheet 8-3** and practice saying “no.”
- Read through the situations and select a situation that you can relate to. Practice refusing the request (saying “no”) without hurting the other person's feelings. Use the ideas we just discussed, additional ideas found on **Worksheet 8-4**, and any other ways you have to say “no” gracefully.
- After you have practiced saying “no,” ask your partner to give you some feedback using the questions that I have listed on the board. Have them tell you how it felt when you said “no.”
 - Was your tone of voice relaxed and pleasant?
 - Did you look the person in the eye?
 - Was your statement clear and firm (not wishy-washy)?
 - Were you positive without hurting the other person's feelings?
- If you didn't feel comfortable saying “no,” try again. This is your opportunity to try out a new behavior in a relaxed, non-judgmental setting.
- Then change roles, have your partner practice saying “no” to you. They should use a situation of their own choice and then get feedback from you. You will have about 10 to 12 minutes to practice, then we'll talk about your experiences.

**Q/A:**

- What did you think were some of the best ways the people in your group used to say “no?”
- What were some of the other less direct or sneaky ways you said “no” in your groups?

<p>Large Group Discussion (10 minutes)</p> 	<p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> During this session, we discussed strategies that you could use to reduce your use of high-fat sweets and desserts or increase your use of lower-fat desserts. (Use the questions in the box below to encourage discussion.) <p>Discuss issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on strategies to reduce fat contributed by sweets and desserts. <p>Q/A:</p> <ul style="list-style-type: none"> - What low-fat desserts do you think would be acceptable choices for yourself and others? - What strategies would work the best for you to handle high-fat desserts? - What is the best way for you to say “no” to high-fat foods?
<p>Lecture (8 minutes)</p>	<p style="text-align: center;">HOME ACTIVITY</p> <ul style="list-style-type: none"> ◆ Assign Fat Scan. ◆ Ask them to complete Worksheet 8-5 at home. Answer questions. <ul style="list-style-type: none"> Hand out a Fat Scan to each participant and ask them to refer to Worksheets 8-5 in their materials. During the next two weeks, use a Fat Scan for three days. Be sure one day is on the weekend. Calculate your fat score and your average daily servings of fruits/vegetables and grains. Look at the sweets and desserts you use. If your desserts contain more than 4 grams of fat per serving, use Worksheet 8-1 and 8-2 to select a strategy or a lower-fat choice that would help you reduce the amount of fat. You also worked on improving your communication skills to help you refuse high-fat foods (or make requests for lower-fat choices). During the next two weeks, I'd like you to try using some of these assertiveness skills at home. Use the questions on Worksheet 8-5 to evaluate how well your refusal (saying ‘no’) skills worked.

	<ul style="list-style-type: none">• Our next meeting will be a potluck. This will be a special meeting because we will have a guest speaker and loads of delicious low-fat foods. Please bring a guest with you. Your guest should be someone who shares meals with you. The potluck is a great time for you to strengthen your social support by showing your family or friends how good low-fat foods can be. It also lets them take part in an educational activity.• We are asking everyone to bring a low-fat dish to share and a copy of the recipe used to make the dish. Use Worksheet 8-6 to write down your recipe and calculate the grams of fat in one serving. Be sure your recipe meets the guidelines shown on the worksheet for the amount of fat per serving. Bring the worksheet to the potluck.• The recipes you bring will be collected and become part of a recipe cookbook for our clinic. We will be voting on the best recipes and giving out prizes. There is a sample ballot (Worksheet 8-7) so you can see how the recipes will be judged.
Large Group Discussion (10 minutes)	<ul style="list-style-type: none">◆ Emphasize ways to lower-fat fruit sweets/desserts (4 grams or less).◆ Encourage discussion of food/recipe acceptability.

Potluck Reminder
(Sample Post Card Format)

The Women's Health Initiative Potluck is on _____ (date and time)
at _____ (location).

Don't miss this fun and educational event. Please bring a friend or family member as a guest and a low-fat dish to share. We will provide plates, silverware, napkins and beverages.

- ✓ Please bring a guest.
- ✓ Please bring a low-fat dish to share.
- ✓ Bring a copy of your recipe and how much fat it contains.

In addition to good food, there will be:

Guest speaker and educational activities.

Awards for best recipes and participation.

SIGN UP SHEET FOR THE POTLUCK
(Optional)

FOOD**NAME OF PERSON**

Snacks or appetizers:

Main dishes:

Salads or vegetables:

Breads:

Desserts:
