



## Summer 2000: Keeping It Low While on the Go

### Nutritionist Note:

This session gives participants the opportunity to think about how meals prepared away from home might be influencing the amount of fat grams, and F/V and G servings they eat. It then gives them the chance to practice estimating fat grams, and F/V and G servings in meals prepared away from home using a quick 3-step process.

## Nutritionist Guidelines

**Time:** 100-120 minutes

**WHILMA:** Enter session in WHILMA as: **6SU**

**Objectives:** In this session, the participant will:

(Key Points)

- Assess personal habits regarding meals prepared away from home.
- Review skills for managing meals prepared away from home: selecting low-fat choices, limiting portions, and estimating portions.
- Practice estimating fat grams, fruit/vegetable and grain servings in mixed dish foods prepared away from home.

**Materials:**

- Serving size props: deck of cards, tennis ball, dice, play dough model of thumb and fist, bowl of popcorn kernels, etc. [See pg. 8.]
- Prepared (actual food) mixed dishes for skill building activity. [See pgs. 9-10.]
  - Number of dishes: approximately four (have a different mixed dish for each small group).
  - Amount of each dish: one portion (use a portion that would typically be served away from home).
- Estimates of the fat grams and F/V and G servings in the portions of the prepared mixed dishes used in skill building activity. Calculate estimates using the Worksheet 2 - *Restaurant Survival Guide: What's in this Dish?*
- Measuring cups and spoons for participants to measure prepared mixed dish portions.
- Self-monitoring tools – *Mini Fat Counter*, *Mini Food Diary*, *Mini Keeping Track*. [See pg. 11.]

**Other WHI Resources Related to Session:**

- Participant Session Materials:
  - Fall Year 4 – Unmixing the Mixed Dish
  - Summer Year 3 – Healthy Fare with an International Flair
  - Fall Year 2 – Sizing Up Your Progress
  - Session 6 – Social Eating
- Participant Manual-Resource Section:
  - Resource Fall 4-3 (Recipes: Figuring Fruit/Vegetable and Grain Servings)
  - Resource Fall 4-4 (Other Helpful Information for Calculating Recipes)
  - Resource Summer 3-1 (Glossary and Answers to Summer Worksheet 3-2)
  - Resource Session 6 (Eating Out - Dining Out the Low-Fat Way)
  - Resource Session 6 (Ethnic Restaurants – Eating Out in Ethnic Restaurants)
  - Resource Session 6 (Fast Food Strategies – Fast Food Restaurant Strategies)
  - Resource Session 6 (Fast Foods – Low-Fat Eating on the Run)
- Other:
  - Summer Year 3 – Quick Tips for Ethnic Restaurants

**Optional – Nutritionist-Background Reading:**

- The takeout food trend: Who carries out their meals and why. JADA, 1998; 98:820.
- Eck Clemens, LH, Slawson, DL, and Klesges, RC. The effect of eating out on quality of diet in premenopausal women. JADA, 1999; 99:442-444.
- Sloan, ME and Bell, LN. Fat content of restaurant meals: Comparison between menu and experimental values. JADA, 1999; 99:731-733.
- Healthier Restaurant Fare. Nutrition Action Health Letter. November 1999.
- Lichten, J. Dining Lean: How to Eat Healthy in Your Favorite Restaurants. Nutrifit Publishing, Houston, TX, 1998.
- Natow, A. and Heslin, J. Eating Out Food Counter. Pocket Books, 1998.
- Warshaw, H. The Restaurant Companion, 2<sup>nd</sup> Edition. Surrey Books, Chicago, 1995.
- Warshaw, H. The American Diabetes Association Guide to Healthy Restaurant Eating. American Diabetes Association, Virginia, 1998.

**Optional – Internet Resources:**

- [www.cyberdiet.com](http://www.cyberdiet.com)
  - ◆ Fast Food Quest (comparing foods at different restaurants)
  - ◆ Dining Out (menus by cuisine)
- [www.phys.com](http://www.phys.com) Select “Nutrition” and then “Eating Right”
  - ◆ The Dining-Out Decoder (options for eating out)
  - ◆ Size Matters (a visual guide to portion size)
- [www.efit.com](http://www.efit.com) Select “Healthy Restaurants”
  - ◆ Healthy Restaurant Locator (restaurants by zip code)
- [www.eatright.org](http://www.eatright.org) Select “Nutrition Resources”
  - ◆ Rate Your Plate Quiz

**Peer Group Ideas:**

- Participants can compile a list of low-fat options at local restaurants.
- Participants can meet at a restaurant to practice skills learned at the Summer 2000 session.
- Participants can form an internet interest group and identify the best sites with information on restaurant eating.

-----  
Below is a list of the maintenance session planned for 2000/2001. This information will help Nutritionists plan ahead when responding to participant requests for ‘additional information’.

**Upcoming Maintenance Session Topics:**

- Fall 2000                      Progress in WHI and Wholesome Grains
- Winter 2000                 Weight Management in WHI
- Spring 2001                Women and Heart Disease
- Summer 2001              Nutrient Density

## Summer 2000: Keeping It Low While on the Go (Facilitation Outline)

	<b>GROUP SHARING/NEXT STEPS FOLLOW-UP (20-30 minutes)</b>
(20 minutes)	<p><b>Objective:</b> Participants share thoughts and feelings with other group members about their current interest and/or motivation to increase their vegetable and fruit intake.</p> <p><b>Purpose:</b> Build group cohesion and self-efficacy.</p> <p><b>A. Group Sharing/Next Steps Follow-up:</b></p> <p><u>Sharing Ideas:</u></p> <ul style="list-style-type: none"> <li>▪ Have participants discuss their current interest and/or motivation to increase their vegetable and fruit intake.</li> </ul> <p><u>Q/A</u> (Potential questions):</p> <ul style="list-style-type: none"> <li>☛ At the last session, you were asked to imagine adding another serving of vegetables or fruits to your meals or snacks:             <ul style="list-style-type: none"> <li>• What did you think it would be like?</li> <li>• If you added another serving, what was your actual experience?</li> </ul> </li> <li>☛ If you did not add another serving of vegetables and/or fruits to your meals or snacks, what would need to be different in your life for you to consider taking this step?</li> <li>☛ If you increased your servings of vegetables and/or fruits, what ideas did you find the most appealing and useful?</li> </ul> <p>-----</p> <p><b>Peer Group Sharing</b> (If peer groups):</p> <p>Purpose: Provide support and recognition of peer group activities and to promote interest:</p> <ul style="list-style-type: none"> <li>☛ During the past 3 months what types of activities have you done with other members of WHI?</li> <li>☛ In what way have these activities helped you maintain your interest and commitment to WHI?</li> </ul>

	<b>NEW MATERIAL (50-60 minutes)</b>
(5 minutes)	<p><b>1. Overview/Introduction</b></p> <p>A. Americans eat meals prepared away from home more and more all the time.</p> <ul style="list-style-type: none"> <li>• Prepared away from home doesn't mean only the meals we eat at restaurants. Rather, it means all the meals we eat that are prepared by someone other than ourselves.</li> <li>• Much of what we eat today falls into the 'prepared away from home' category: prepared grocery or deli foods that we just heat at home; take-out or fast food restaurant meals that we eat at home; social or potluck meals prepared by someone other than ourselves; etc.</li> <li>• One way to easily see this 'eating out' trend is to look at how we have changed where we spend our food dollars. For example, Americans currently spend about 40% of the food budget eating out. In the mid-1970s, eating out accounted for about 25% of the food budget. [see JADA, 1999; 99: 442-444 in Optional Background Reading list.]</li> </ul> <p>B. Today's session provides participants with the opportunity to:</p> <ul style="list-style-type: none"> <li>• Assess personal habits regarding meals prepared away from home.</li> <li>• Review skills for managing meals prepared away from home: selecting low-fat choices, limiting portions, and estimating portions.</li> <li>• Practice estimating fat grams, F/V, and G servings in mixed dish foods prepared away from home.</li> </ul>

(10 minutes)

**2. Self-Assessment – Meals Prepared Away From Home**

Objective: Participants assess personal habits regarding meals prepared away from home.

Purpose: Help participants raise their awareness of their personal habits regarding meals prepared away from home.

A. Have participants complete Worksheet 1 - *My Meals Prepared Away From Home* (or develop your own tool). Help participants identify how their behavior surrounding meals prepared away from home influences the amount of fat, fruit/vegetables, and grains they eat.

- Mention that for participants who answered **No** to every question, meals prepared away from home are probably not having much of an influence on the amount of fat, F/V and G they eat.
- Mention that for participants who answered **Yes** to any question, chances are that meals prepared away from home are making a difference in the amount of fat, F/V and G they eat. In fact, the more **Yes** responses a person has, the greater the likelihood that she may be finding it challenging to meet WHI goals on a regular basis.

B. Have participants share what they found when completing Worksheet 1.

QA: (Potential questions):

☛ Was anyone surprised by your response tally?

- If yes, what surprised you?
- If no, why not?

C. Have participants briefly summarize how (or why) an increase in **Yes** responses could make it more challenging to meet WHI goals. Key points to have participants cover:

- Foods prepared away from home are likely higher in fat than the same foods prepared at home.
- The portion size of foods prepared away from home is likely larger than those prepared at home.
- Relative to a WHI fat gram goal, the lowest-fat 'away from home' option may still be too high in fat.
- Estimating and recording fat grams and F/V and G servings in meals prepared away from home can be challenging - - this may reduce accuracy and frequency of self-monitoring.

- D. Have participants consider their responses to Worksheet 1. Then ask them to share how confident they are that they are meeting their WHI fat gram and F/V and G goals on a regular basis.

**QA:** (Potential questions):

Given what you know about your habits regarding meals prepared away from home:

- How confident are you that you're meeting your WHI fat, F/V and G goals on a regular basis (on a scale from 1 to 12)?
- Where does this leave you now?
- How interested are you in talking about managing meals prepared away from home as a way to increase your chances of meeting your WHI goals regularly?



*Notes*

(15 minutes)

**3. Review Skills to Manage Meals Prepared Away From Home**

**Objective:** Review/identify skills for selecting low-fat choices, limiting portions, and estimating portions.

**Purpose:** Promote self-management and self-efficacy.

- A. Acknowledge that WHI participants in Maintenance have many skills to help them eat nutritious low-fat meals prepared away from home.
- B. Have participants share some of the ways they currently manage meals prepared away from home. Focus on: selecting low-fat choices and limiting portion size.

**Q/A:** (Potential questions):

☛ What are some of the ways you select low-fat choices and limit portion size when eating meals prepared away from home?

1. What food choices and menu descriptions have you identified as ‘likely to be low-fat’?
2. What special requests do you frequently make?

- C. Ask participants to share some of the ways they currently estimate portion size when eating meals prepared away from home.

*Group Nutritionist Note:* Have portion size props on-hand to illustrate what participants offer. Examples: deck of cards; tennis ball; dice; play dough model of thumb and fist - - see *Fall Year 2 – Sizing Up Your Progress*; bowl of popcorn kernels for measuring a ‘handful’, etc.

**Q/A:** (Potential questions):

☛ What are the best ways you’ve found to estimate your portion size when eating meals prepared away from home?

- D. After participants have shared their own ideas, introduce them to the following resources for additional ideas:

- Resource 1 - *Restaurant Survival Guide: Lower-Fat Options*.
- Resource 2 - *Restaurant Survival Guide: Estimating Portions*.

*Group Nutritionist Note:* Resource 1 - *Restaurant Survival Guide: Lower-Fat Options* was designed to be a 1-page ‘survival tool’. It can be kept in a purse or pocket and used as a short, but fail-safe, list of options when the participant doesn’t know (or doesn’t want to think about) what to order. Each CC received an **electronic copy** of this worksheet so that it can be modified, if necessary, to reflect the type of restaurants most popular in your area.



(30-45  
minutes)

#### 4. Skills Practice – What’s in this Dish?

**Objective:** Practice estimating fat grams and F/V and G servings in mixed dish foods prepared away from home.

**Purpose:** Provide hands-on experience to promote participant self-efficacy and self-management.

The following is a suggested skill building activity. Modify this activity (or develop your own), as necessary, to help your participants meet the objective and purpose stated above.

**A. Part I:** Introduce participants to Worksheet 2 - *Restaurant Survival Guide: What’s in this Dish?*

- Describe the 3-step process for estimating the fat grams and F/V and G servings in an unknown mixed dish.
- Walk through one or two examples (samples provided) to demonstrate how to use this worksheet.

*Group Nutritionist Note:* See the Nutritionist Reference Sheet for Worksheet 2 for more information about this tool. [See pg. 14.]

**B. Part II:** Have participants practice using Worksheet 2 with prepared (actual food) mixed dishes they might eat away from home.

- Have participants work in small groups (e.g., 3-4 participants per group). Give each group a different mixed dish. Give each group one portion of the dish. Use a portion similar to one typically served away from home. See *Group Nutritionist Note* on next page.

**First:**

- Have each group calculate the fat grams and F/V and G servings in a 1-CUP serving of the dish.

**Second:**

- Have each group estimate the portion of the dish.
- Then calculate the fat grams and F/V and G servings in the estimated portion (by multiplying the 1-CUP serving calculation by the estimated portion).

**Third:**

- Have each group measure the portion of the dish.
- If the measurement is different than what was estimated (in the previous step), then have the group re-calculate the fat grams and F/V and G servings in the measured portion.

*Group Nutritionist Note:*

Choose mixed dishes your participants might eat away from home. Some ideas: get take-out from a local restaurant or deli; simulate meals prepared away from using frozen or prepared dishes from the grocery store (e.g., frozen lasagna; frozen stir-fry; pasta with sauce from a jar); simulate meals prepared away from using mixed dishes you prepare at your CC (e.g., homemade lasagna; homemade stir-fry). Do what works best for your participants, staff, and food budget.

A survey of “medium-priced” restaurants (e.g., steakhouses, Denny’s, Shoney’s, Boston Market, Marie Callender’s, etc.) was done by CSPI (Center for Science in the Public Interest) and published in the Jan/Feb ’97 and May ’97 *Nutrition Action Health Letters*. Here are some typical serving size examples from these restaurants:

<u>Food</u>	<u>Serving</u>	<u>Food</u>	<u>Serving</u>
Meat loaf	9 oz.	Steak	12 oz.
Chicken stir-fry w/rice	3 ½ cups	Pasta with sauce	2-3 cups
Caesar salad (side)	2 cups	Chicken fajitas	2 cups
Mashed potatoes	¾ cup	Bread dressing	1 cup
Salad dressing	2 Tb	French fries	2 cups

**C. Part III:** Have participants share their experience/results of the activity.

Delivery Idea:

When all groups have finished Parts I-II, have each group share the fat grams and F/V and G servings in their mixed dish: 1-CUP serving, estimate of portion; measure of portion.

Q/A (Potential questions):

- ☛ What questions do you have about using this worksheet to estimate the amount of fat, F/V and G in a 1 CUP serving?
- ☛ Are there any questions about multiplying the 1 CUP calculation by the amount eaten?
- ☛ What differences were there in the amount of fat, F/V and G when you estimated the portion compared to when you measured the portion?
- ☛ What did you learn from this activity?


D. **Part IV:** Introduce participants to the *Mini Fat Counter*. Mention that this tool was developed based on participant feedback to nutritionists. It can be used anytime, but may be especially useful when tracking meals prepared away from home.


Key points to illustrate:

- Organized by food group.
- Includes an Index.
- Room to customize - - *My Commonly Eaten Foods and Beverages* section.
- *Restaurant Survival Guide* - - *What's in this Dish?* section.
- Ruler and other guides for estimating portions.
- Two options for self-monitoring tools - - *Mini Food Diary* or *Mini Keeping Track*.



Notes

	NEXT STEPS (15 minutes)
(15 minutes)	<p><u>Objective:</u> Participants reflect on information and skills that may help them reduce fat grams and increase F/V and G servings in their meals prepared away from home.</p> <p><u>Purpose:</u> Increase likelihood that participants will consider making a change to reduce fat grams and increase F/V and G servings in their meals prepared away from home.</p> <p>A. Have each participant share how she might consider using information from today's session to increase her chances of meeting her WHI goals on a regular basis.</p> <p><u>Q/A</u> (Potential questions):</p> <ul style="list-style-type: none"> <li>☛ How much would you say meals prepared away from home influence your ability to meet your WHI goals on a regular basis?</li> <li>☛ If meals prepared away from home aren't having much of a influence on your WHI goals, what might help you keep things this way?</li> <li>☛ If meals prepared away from home are making it difficult to achieve your WHI goals, what might need to be different to increase your chances of meeting your WHI goals?</li> </ul>
 Notes	

	<b>FOOD TASTING (10 minutes)</b>
(10 minutes)	<p><u>Objective:</u> Participants taste new foods and recipes that support WHI goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will use recipes and foods that support WHI goals.</p> <p><u>Suggestion:</u></p> <ul style="list-style-type: none"><li>• Mixed dishes for Summer (see session recipes).</li></ul>
 Notes	

## Nutritionist Reference Sheet

### Worksheet 2 – Restaurant Survival Guide: What’s in this Dish?

#### Purpose of Tool

Worksheet 2 provides participants with a tool for estimating fat grams and F/V and G servings in unknown mixed dishes.

- This worksheet was designed for use particularly when the participant doesn’t have a value (from a food label or Fat Counter, etc. ) to assign to a dish.
- This worksheet (like all dietary self-monitoring tools) is not precise. Therefore, the values calculated using this worksheet may not exactly match values from other sources (e.g., the Fat Counter). The values should, however, adequately approximate values from other sources.  
Example: A participant might use this tool to estimate that a 2-CUP portion of restaurant/deli macaroni and cheese contains 37 grams of fat and then notice that the Fat Counter gives a value of 40 fat grams for the same portion. Although not exactly the same, these values are adequately similar for self-monitoring purposes.

#### Key Points & Hints

The following chart outlines the 3-step process used in Worksheet 2. For each step, you will find key points & hints and examples.

**Example 1:** restaurant/deli macaroni and cheese.

**Example 2:** chicken and vegetable stir fry; not including rice.

Step	Task	Key Points & Hints	Example 1	Example 2
1	<b>Estimate amount eaten</b>	Estimate serving size in CUPS. <u>Hint:</u> the average “fist” is about 1-CUP. <u>Hint:</u> be as careful as possible.	2-CUPS	1½-CUPS
2	<b>Estimate F/V &amp; G servings</b>	Identify the <b>type of mixed dish</b> . This depends on whether the dish contains fruits/vegetables, grains or protein. Or, is a combination of these.	G only	Protein + F/V
		<b><i>Find the number of F/V and G servings in a 1-CUP serving.</i></b>	2G per 1-CUP svg.	1F/V per 1-CUP svg.
		Multiply these numbers by the amount eaten.	4G per 2-CUP svg.	1.5 F/V per 1½-CUP svg.
3	<b>Estimate fat grams</b>	Identify whether the dish contains <b>major sources of fat</b> . <u>Hint:</u> If the dish contains more than one major source of fat (e.g., cheese – 9g and poultry – 5g), use the fat grams for the higher fat item (e.g., cheese – 9g).	Cheese = 9g	Chicken = 5g
		Add more fat grams for the <b>cooking method</b> used: <u>Hint:</u> If not sure if fat was added during cooking, assume it was seasoned with fat. To be on the safe-side, assume dishes prepared away from home are seasoned with fat.	Seasoned with fat = 4g	Stir-Fried = 7g
		Add more fat grams for any <b>gravies, sauces, or toppings</b> . <u>Hint:</u> Look for gravies and sauces <u>within</u> the dish, not just those on top of the dish.	Sauce = 4g	No sauce
		Add up the fat grams in a 1-CUP serving.	17g per 1- CUP svg.	12g per 1-CUP svg.
		Multiply the number by the amount eaten.	34g per 2-CUP svg.	18g per 1½-CUP svg.

Summer, 2000 Reminder  
(electronic copy available)



## Keeping It Low While on the Go

In the year 2000, all of us are in the middle of high-tech advances and busy lifestyles. Our changing world is making a difference in our meals: what, where and when we eat. Today, Americans spend about 40% of the food budget on eating out. This is up from only about 25% of the food budget in the mid-1970s. We eat out a lot!

Please join us for the WHI Summer 2000 session. You will have the opportunity to look at your own use of meals prepared away from home. And, you will enhance your skills in portion control and estimating fat, fruit/vegetable and grain servings. Come and share your eating out challenges as well as your favorite low-fat restaurant discoveries. We look forward to seeing you!