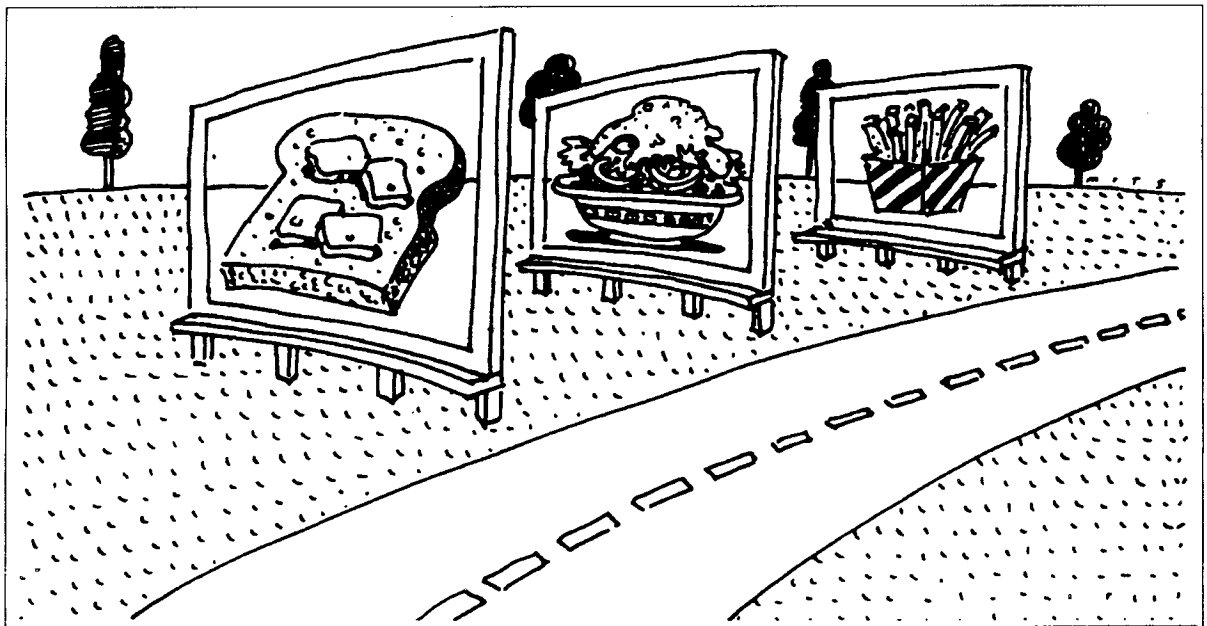


Session Two

The Starting Line

During this session you will:

- ◆ *Discuss ways to reduce the added fats you eat*
- ◆ *Find out how much fat you should eat*
- ◆ *Learn how to keep track of the fat you eat*



Review of Home Activity

- ◆ How was your awareness of your food different this week?
- ◆ Who did you discuss the program with?
- ◆ What were their reactions?
- ◆ What kind of help are your family or friends willing to give you?

Added Fats

As you saw last week in "The Fats of Life" demonstration, many foods contain fat. Some fat we can see and some is invisible. Some fat occurs naturally in food. Other fat is in food because it has been added during cooking or preparation. We are going to begin work on changing the fat that is added to foods. We call this "added fat." Last week you started keeping track of the foods you ate. You probably discovered that fat is added to many different foods. Here are a few tips that will help

you control the amount of fat you add to foods.

Margarine and Butter

Pay attention to how thick you spread your butter or margarine. Learn to be stingy, scrape it on as thinly as possible. When adding it to toast, biscuits, pancakes or cereal, add a small amount or leave it off. Use honey, jams or jellies as substitutes.

When you use it to make a

What are they?

sandwich, spread it on one slice only and try mustard on the other. Better yet, use mustard on both slices of bread. Think of other replacements you can use for butter or margarine.

Cooking Fat

Fat is often used to cook and flavor vegetables. Try cooking vegetables in broth, instead of using fat. Experiment with different seasonings such as lean ham, flavored vinegars, lemon juice, herbs and spices.

High-fat Gravy

Gravies made with meat drippings and whole milk are high in fat. Skimming

Fat is added to many different foods and small amounts of fat can add up fast.

the fat off the meat drippings allows you to make low-fat gravy that tastes good. Packaged gravy mixes are quick and low-fat. Tomato sauces and barbecue sauces can be made without fat and are good on meats.

Mayonnaise

Watch out for mayonnaise in salads. Regular mayonnaise is almost pure fat. Healthy salad foods become fatty when they are mixed with mayonnaise. "Lite" Miracle Whip® or "light" mayonnaise have half as much fat as regular mayonnaise, but you still need to be careful about how much you use. Fat-free mayonnaise is best.

Salad Dressings

Most salad dressings, whether they are creamy or oily, are very high in fat. Oil-free and low-calorie salad dressings are much better choices. You can also make your own salad dressings using less oil, light or fat-free mayonnaise, or non-fat yogurt.

Another low cost way to get lower-fat salad dressings is to dilute the fat in your dressing by adding vinegar and water. If you have a half empty bottle of oily dressing, try adding 2 tablespoons of water and 2 tablespoons of vinegar. Shake it up and serve it to your family. Gradually add a little more water and vinegar until you've replaced half of the original salad dressing. You can also dilute the fat in creamy dressings. Use non-fat yogurt or fat-free mayonnaise to dilute blue cheese or ranch dressings. Your salad dressing will last twice as long.

Fried Foods

When foods are fried they soak up fat. This is especially true when they are breaded and deep-fat fried. Your best choice is to broil or bake your foods instead of frying. A serving of baked fish has only 1 gram of fat. However, a serving of deep-fried fish has 20 grams of

fat. Blotting fried foods on paper towels reduces some of the grease, but most of the fat is soaked into the food. You can get rid of more fat if you peel off the breading. Try "oven-fried" foods. Coat the food with corn meal or other coating. Then bake it in the oven. You can also stir-fry your foods using a small amount of oil, broth, flavored vinegar or wine. A non-stick or teflon pan can help you use less fat.

Last week you kept track of the foods you ate. What kinds of fat were added to your foods? Think about ways you could eat less of these fats.

Read Worksheet 2-1 (pgs. 11-12) for a quick review of ways to reduce added fats.

Fat Gram Goal

How much fat should you be eating? Today you will be given a fat gram goal. This represents the amount of fat you should eat on a daily basis. You have your own goal based on your height. In the sessions you will

learn how to gradually change your eating habits to reach this goal.

Learning to Count Fat

The first step in learning how to eat less fat is becoming aware of how much fat you currently eat. You began this last week by keeping track of what you ate. Keeping a record helps you identify the foods that add fat to your meals and snacks. Many people keep food records and count calories. In this study, you will learn to keep food records and count fat grams. Keeping records and counting fat helps you:

Find out about your own sources of fat.

Keep track of how much fat you are eating.

◆ **Plan ways to change.**

What is the Fat Counter?

The Fat Counter is a reference book to help you keep track of the amount of fat you eat. It lists the grams of fat for standard servings of 1,000 foods. Foods are listed first by food group, then alphabetically, and also in the index. The Fat Counter is designed for you to use as a reference.

It will help you:

- ◆ **Learn what foods contain fat.**
- ◆ **Learn how many grams of fat each food contains.**
- ◆ **Select low-fat foods.**
- ◆ **Measure your progress toward reaching your fat gram goal.**

How to Use the Fat Counter

Take a few minutes to get familiar with the Fat Counter. Turn to the table of contents. The Introduction section contains information to help you use the Fat Counter. There is information on how to read labels, guidelines for estimating added fats and measurement conversions.

The list of foods begins with Beverages, then goes on to list the following foods:

- ◆ Beans, Grains and Pasta
- ◆ Breads, Cereals, Crackers and Snacks
- ◆ Dairy Products
- ◆ Fast Foods
- ◆ Fats, Oils and Nuts
- ◆ Fruits, Salads and Vegetables
- ◆ Meats
- ◆ Mixed Dishes and Soups
- ◆ Sweets and Desserts

The types of food in each food group are listed under the major category. Look over the food group lists. Notice that fish and chicken are listed under

Meats. You will find an alphabetical listing of foods on the colored pages after the food group lists. In the back of the book there is an index.

1. Your first step in using the Fat Counter is to find the food. As we just saw, there is a food group listing, an alphabetical listing, and an index to help you find the food you ate.

For example: Find the amount of fat in 1 teaspoon of butter.

	Serving	Fat Grams
<i>Butter</i>	<i>1 tsp</i>	<i>4</i>

2. Next, look at the first two columns after the food item (serving size and fat grams). Decide how your serving compares to the one listed in the Fat Counter.

Larger Serving: For example, if you ate 2 teaspoons of butter, you would multiply the fat gram value by 2. Since you ate two servings, the fat gram value of 2 tsps of butter is 8 (2 times 4).

Smaller Serving: If you only used 1/2 teaspoon of butter, you would divide the fat gram value by 2. Since you ate half a serving, the fat gram value for 1/2 tsp of butter is 2 (4 divided by 2).

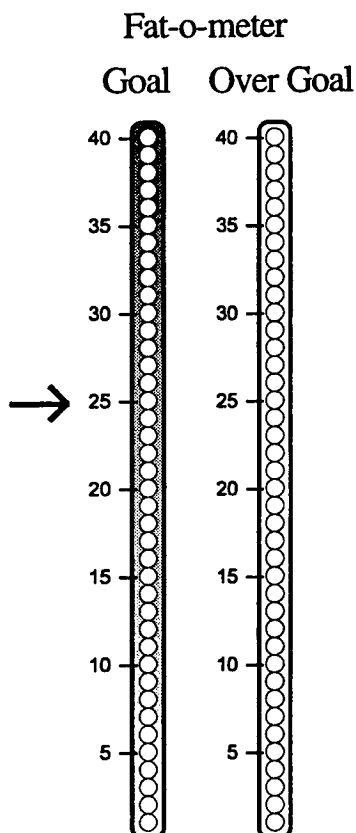
Take a few moments to complete Worksheet 2-2 (pgs. 13-14). This worksheet will help you to become more familiar with the Fat Counter and practice calculating the grams of fat in foods. After you finish Worksheet 2-2, compare your answers with the answers found on Worksheet 2-3 (pg. 15).

Counting Grams of Fat

Use the dots on the "Fat-o-meter" to keep track of the fat you eat.

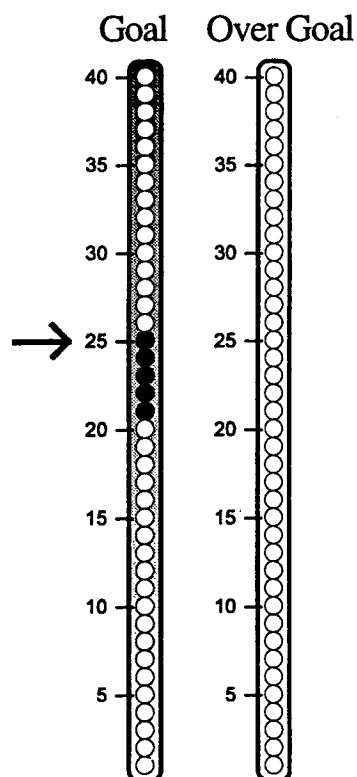
1. First draw an arrow beside your fat gram goal on the left column (labeled Goal).

For example, if your goal is 25 you would draw an arrow beside the number 25 as shown.



2. Next, fill in one dot for every gram of fat you eat, starting at your fat gram goal and going down the scale.

For example, if you ate 1 small biscuit which has 5 grams of fat you would darken 5 circles beginning at 25 and going down to 21.



3. Continue to fill in the dots for each food you eat all day.

For example,

1 small biscuit _____
 1 tsp jam _____
 coffee _____
 1 tsp cream _____
 tuna sandwich:
 2 slices bread _____
 1/4 cup tuna salad
 (light mayo) _____
 1 apple _____

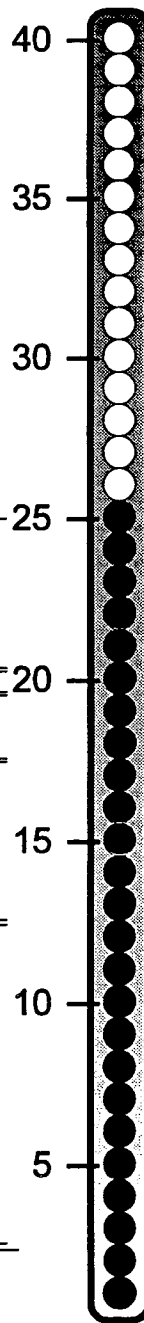
 beef stew, 1 cup _____
 tossed salad, 1 cup _____

 salad dressing, clear, 1 TB _____
 iced tea _____

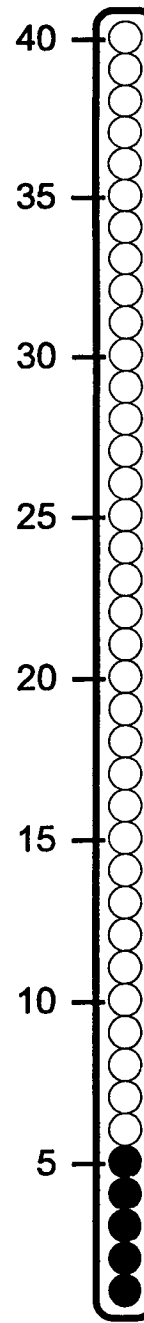


5
0
0
1
2
5
0
10
0
7
0

Goal



Over Goal



4. After you have filled up the first column below your goal line, fill in the dots in the right column. Start at zero and go up. Continue to fill in the column until you have recorded all the foods you ate in one day. In the example, the salad dressing is recorded from 2 down to zero on the Goal column and from 0 to 5 on the Over Goal column.

5. At the end of the day you can see if you met your fat gram goal. If you only filled in dots on the Goal column, you met your goal or did better than your goal. The number of dots you filled in on

the Over Goal column tells you how much you went over your goal. Some people may occasionally go off the Over Goal scale. If this happens to you, keep track of your fat grams by adding them up.

In the example below, the person ate 5 grams more than her fat gram goal.

6. To find out how many total grams of fat you ate in a day, add the grams of fat in the Goal column to the grams of fat in the Over Goal column. Record this number on the last page of your Food Diary.

7. Use an average of more than one day to look at your progress. Most people don't eat the same food each day so three or more days will give you a better idea of how you are doing. The average of your daily fat grams is called your fat score. To figure your fat score, add your fat gram totals for each day together and then divide the total by the number of days you recorded your fat grams. There is an example on the last page of your Food Diary.

For example:

If you eat more than your goal, add the number of dots in the Over Goal column to your goal:

$$\begin{array}{r} \text{Goal} = 25 \\ \text{Over Goal} = +5 \\ \hline 30 \end{array}$$

If you eat less than your goal, subtract the number of blank dots below your goal from your goal:

$$\begin{array}{r} \text{Goal} = 25 \\ \text{Blank dots} = -3 \\ \hline 22 \end{array}$$

Day Fat Grams	
1	30
2	
3	

Day Fat Grams	
1	30
2	22
3	

Practice filling in dots on Worksheet 2-2.

For information on how to use a calculator, look in the Resource section of your Participant's Manual.

Remember, dietary change is a gradual process and it will take time. We don't expect you to be

perfect. During the next few months, you will learn different strategies you can use to help you reach your fat gram goal.

Summary

The Fat Counter will allow you to determine your current fat intake, identify high-fat foods, and plan for tomorrow. Reducing the amount of added fats you use is the first step in following a low-fat eating plan.

Here are some questions for further thought:

- ◆ How will you begin to reduce the amount of added fats you use?
- ◆ What concerns or questions do you have about using the Fat Counter to look up fat grams and calculate your fat score?

Home Activity

Areas to work on next week:

- ◆ Record everything you eat or drink for three days using your Food Diary. Be sure one day is on the weekend.
- ◆ Use your Fat Counter to look up fat grams for the foods you eat and calculate your fat score.
- ◆ Reduce the added fats you are using (spreads, salad dressings, gravies, cooking fats, etc.)

Use Worksheet 2-4 (pg. 16) to outline a plan and evaluate how well it worked.

Tips for Reducing Added Fats

Margarine and Butter

- ◆ Spread it *thin*.
- ◆ Use honey or jam instead of butter on toast, waffles or pancakes.
- ◆ Try low-fat ranch dressing, cottage cheese, plain yogurt, fat-free sour cream or salsa on your potatoes.
- ◆ Use a *small* amount of margarine on bread, potatoes, or rice.
- ◆ Don't put the butter or margarine on the table.

Vinegar, Oil, Spices to Season Vegetables

- ◆ Spice up vegetables with these:
 - Lemon juice
 - Onions and garlic
 - Very lean ham
 - Vinegar
 - Herbs and spices
 - Bouillon cubes
- ◆ Refrigerate vegetables cooked with side meat and skim off the fat *before* eating.
- ◆ Try Molly McButter® or Butter Buds® on vegetables and potatoes.

High-Fat Gravy

- ◆ Use tomato sauces for meats.
- ◆ Make "light" gravy—pour off the fat and thicken the meat juices.
- ◆ Use a package mix to make gravy.
- ◆ Instead of gravy, baste meats with broth, lemon juice, or wine.
- ◆ Whenever possible, refrigerate the meat drippings and broths. Remove the hardened fat before making gravy or sauce.

Regular Mayonnaise and Salad Dressings

- ◆ Spread mayonnaise *thin* or use mustard and catsup on sandwiches.
- ◆ Use just enough to moisten tuna, potato, or macaroni salad.
- ◆ Choose “light” mayonnaise—it tastes great and costs the same.
- ◆ At salad bars, use just a little dressing, or the low-fat kind, if available.
- ◆ Buy fat-free or low-calorie salad dressings.
- ◆ Make your own low-fat salad dressings.
- ◆ Dilute the fat in store-bought salad dressings with fat-free mayonnaise, non-fat yogurt, water, juice or vinegar.

Fried Food

- ◆ Eat baked or broiled food instead of fried.
- ◆ Drain off extra fat.
- ◆ Try “oven-frying” foods.
- ◆ Use a non-stick pan and cooking spray.
- ◆ Stir-fry in broth, flavored vinegar or wine.
- ◆ Get to know your microwave oven. This cooking method needs no additional fat.

Using the Fat Counter

Step 1

Use the Fat Counter to find out how many grams of fat are in these foods.

1. What is the fat content of the following foods:

1 biscuit, 2" diameter	= _____	fat grams
1 banana	= _____	fat grams
1 deluxe hamburger	= _____	fat grams
1 pot pie, beef, single crust	= _____	fat grams

2. What is the fat content of the following foods:

2 tablespoons peanut butter	= _____	fat grams
1 cup ice cream, regular	= _____	fat grams
2 pieces deep fried chicken drumsticks	= _____	fat grams
6 ounces lean ground beef	= _____	fat grams

3. What is the fat content of the following foods:

1/2 tablespoon mayonnaise	= _____	fat grams
1/2 piece (1/6 of 9") fruit pie with double crust	= _____	fat grams
1/4 cup tuna salad with regular mayonnaise	= _____	fat grams
1/2 cup coffee, decaf	= _____	fat grams

Worksheet 2-2 (continued)

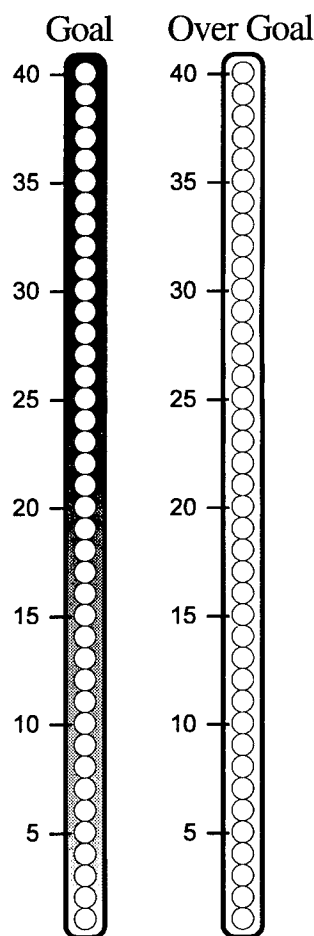
Step 2

For more practice, use your Food Diary you kept last week. Look up the fat grams for the foods you ate at your last meal.

Step 3

After you have looked up the fat gram values for the foods you ate, practice filling in the dots. First put an arrow beside your fat gram goal number in the column labeled Goal. Then fill in one dot for every gram of fat you ate. Start with your fat gram goal and go down. If you go into the Over Goal column, start at zero and go up the column.

My fat gram goal: _____



Answer Sheet for Worksheet 2-2

1. What is the fat content of the following foods:

1 biscuit, 2" diameter	=	<u>5</u>	fat grams
1 banana	=	<u>0</u>	fat grams
1 deluxe hamburger	=	<u>35</u>	fat grams
1 pot pie, beef, single crust	=	<u>28</u>	fat grams

2. What is the fat content of the following foods:

2 tablespoons peanut butter	=	<u>16</u>	fat grams
1 cup ice cream, regular	=	<u>14</u>	fat grams
2 pieces deep fried chicken drumsticks	=	<u>32</u>	fat grams
6 ounces lean ground beef	=	<u>34</u>	fat grams

3. What is the fat content of the following foods:

1/2 tablespoon mayonnaise	=	<u>6</u>	fat grams
1/2 piece (1/6 of 9") fruit pie with double crust	=	<u>15</u>	fat grams
1/4 cup tuna salad with regular mayonnaise	=	<u>8</u>	fat grams
1/2 cup coffee, decaf	=	<u>0</u>	fat grams

Name: _____

Worksheet 2-4

Home Activity Worksheet

Areas to work on next week:

- ◆ Use your Fat counter to look up fat grams for the foods you eat and calculate your fat score.

Evaluation:

1. My fat gram goal is: _____. My fat score was: _____.

2. Problems I had using the Fat Counter:

3. Problems I had calculating my fat score:

- ◆ Reduce the added fat you are using (spreads, salad dressings, gravies, cooking fats, etc.).

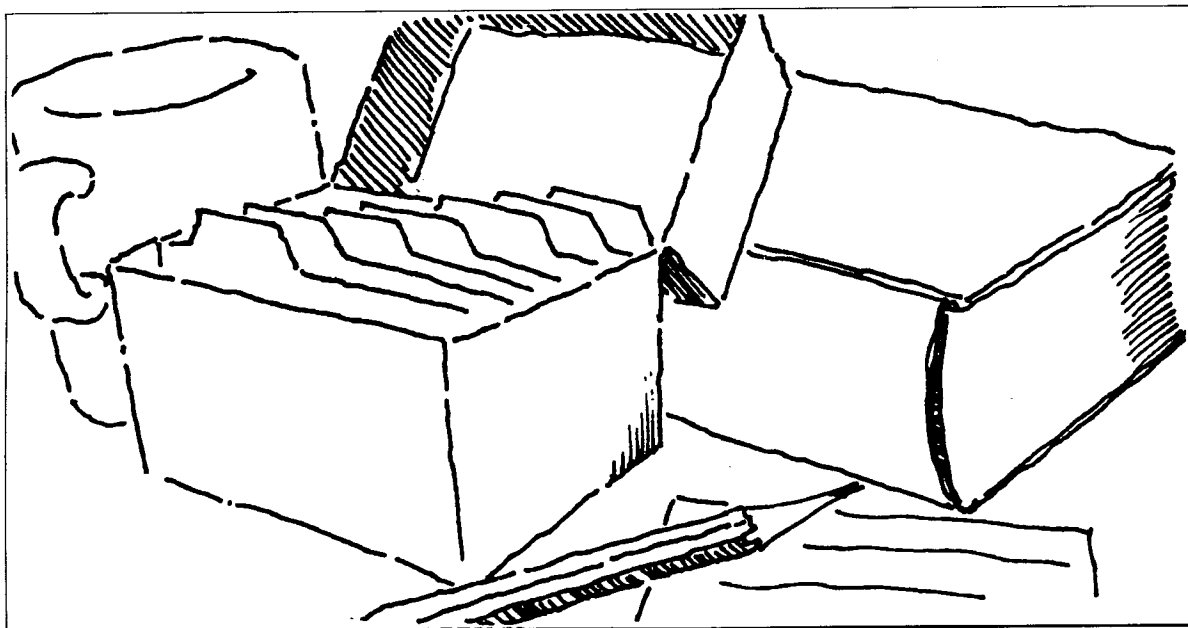
Evaluation:

Changes I made to eat less added fats:

Session Two

Recipes

- ♦ *Zippy Slaw*
- ♦ *Garden Shell Salad*
- ♦ *Mexican Fruit and Vegetable Salad*
- ♦ *Rice Vinegar and Lemon Pepper Dressing*



Zippy Slaw

1/4 cup fat-free, light or imitation mayonnaise
3 tablespoons plain low-fat yogurt
1 tablespoon red wine or apple cider vinegar
1 tablespoon fresh chopped chives or
1-1/2 teaspoon dried chives
1 tablespoon chopped parsley leaves
1/2 teaspoon sugar
1/8 teaspoon dried dillweed
1/8 teaspoon dried mustard
1/8 teaspoon black pepper, to taste
5-1/2 cups shredded or grated cabbage
1/2 cup shredded or grated carrots
1 tablespoon finely chopped celery

Stir mayonnaise and yogurt together in a small bowl. Add all the remaining seasonings and stir until well mixed. Combine the vegetables and dressing in a serving bowl, tossing to mix. Serve immediately or cover and refrigerate until needed.

Makes 6 servings

Fat: 3 grams per serving, if made with imitation or light mayonnaise

0 grams per serving, if made with fat-free mayonnaise

Fruit/Vegetable Servings: 2 per serving

Recipe from Don't Tell 'Em It's Good For 'Em Cookbook

Garden Shell Salad

2 cups small sea shell pasta, uncooked
1 cup oil-free Italian salad dressing
1 teaspoon salt
1 teaspoon dill weed
1/8 teaspoon pepper
1 cup sliced celery
1 cup thinly sliced zucchini
1 cup sliced cucumber
1 cup sliced carrots
1 sliced red onion
1/2 cup shredded Parmesan cheese
1 tomato, cut in wedges

Cook sea shells according to package directions; drain and rinse in cold water. Mix salad dressing, salt, dill weed and pepper; toss with sea shells, vegetables and cheese. Garnish with tomato wedges. Chill at least 6 hours before serving.

Makes 13 cups

Fat: 1 gram per cup

Fruit/Vegetable Servings: 1 per cup

Grain Servings: 1/2 per cup

Recipe from Women's Health Trial, Seattle

Mexican Fruit & Vegetable Salad

1 whole pineapple, peeled
1 small jicama, peeled and rinsed
2 large carrots, peeled
1 medium-size cucumber, peeled
1 large firm-ripe papaya or mango
chile Lime Juice (recipe follows)
fresh mint sprigs (optional)
salt

Cut pineapple crosswise into 1/4-inch-thick slices. Cut jicama into 1/4-inch slices. Cut carrots diagonally into 1/8-inch slices.

Cut cucumber diagonally into 3 pieces. With a slender knife, cut out seeds, if desired. Then cut each cucumber diagonally into 1/4-inch slices. Peel papaya and cut in half lengthwise; then seed and cut crosswise into 1/4-inch slices.

Group each food separately on a large platter. (At this point, you may cover and refrigerate for up to 4 hours.)

Prepare Chile Lime Juice and pour over salad. Garnish with mint. Season to taste with salt.

Chile Lime Juice. Stem and seed a small serrano or jalapeno chile. In a blender, combine chile with 1/3 cup lime juice and 1/4 cup orange juice; whirl until pureed.

Makes 9 servings

Fat: 1 gram per serving

Fruit/Vegetable Servings:
3 per serving

Recipe from Sunset
Mexican Cookbook, 1989

Rice Vinegar & Lemon Pepper Dressing

1/2 cup rice wine vinegar
1/4 cup water
2 tablespoons oil
1 tablespoon lemon pepper

Mix all ingredients together and shake well.

Makes 14 tablespoons

Fat: 2 grams per tablespoon

Recipe from Women's Health Trial, Seattle