

Session Three

Goals For Tomorrow

During this session you will:

- ◆ *Learn ways to reduce fat from dairy foods*
- ◆ *Choose which foods you want to begin to change*
- ◆ *Learn how to set goals to help you change*



Review of Home Activity

- ◆ What foods were hard to find in your Fat Counter?
- ◆ Did you have problems adding up your fat score?
- ◆ What changes did you make to eat less added fat?

Dairy Products and Lower-Fat Eating

Dairy foods such as cheese, ice cream and whole milk can add large amounts of fat to your meals and snacks. You can begin to reduce this fat by replacing your higher-fat dairy foods with lower-fat substitutes.

Look at the Food Diary you kept last week. Circle any dairy food that has 5 or more grams of fat.

- ◆ What dairy foods did you circle?
- ◆ What lower-fat dairy foods could you use to replace them?

Maintaining Calcium Intake

Calcium is a mineral that helps keep your bones strong. You can reduce your fat from dairy foods and still maintain a good calcium intake. Instead of getting rid of these foods, replace them with lower-fat substitutes.

One of the most important substitutions you can make is to gradually move from whole milk to skim milk. If you currently use whole milk, maybe your first step should be to use 2% milk instead of whole milk.

In addition to getting calcium from lower-fat dairy foods, you can also find calcium in such foods as corn tortillas, black-eyed peas and tofu. For more information on lower-fat foods that contain calcium, look at the Resource section of your Participant's Manual.

Cheese and Ice Cream

Cheese is a challenge. It is one of the highest-fat foods around. Cheddar cheese, for example, is higher in fat and cholesterol than some of the higher-fat cuts of red meat. People use a wide variety of cheese for snacks and in mixed dishes. Look at how much cheese you use and see where you could cut

back. You can also try some of the lower-fat and fat-free cheeses currently available at the grocery store. For more information about lower-fat varieties of cheese and cooking tips, look at the Resource section of your Participant's Manual.

Ice cream is another dairy food that can add a lot of fat to your meals and snacks. Fortunately, many delicious low-fat frozen desserts are available. Ice milk, sherbet, sorbets, popsicles and low-fat or non-fat frozen yogurt are good substitutes. If you eat ice cream, cut your serving size in half and add fruit as a topping. This is a great way to reduce your fat and increase your servings of fruit. For more information about how to lower fat from dairy foods, look at Worksheet 3-1 (pgs. 9-10).

Goal Setting

One Step at a Time

Changing eating patterns takes some patience and time. Most of us already have a set of eating habits that require little thought or effort. Some of your new eating pattern

changes may be easy to make, while others may feel awkward at first. Setting goals allows you to plan your changes and work on them until they feel comfortable.

How Do You Start Setting Goals?

1. Identify the eating patterns you need to change

Many of us eat without thinking. We may have trouble identifying the foods or behaviors we need to change. Keeping a Food Diary helps you gather the information you need to look at your eating patterns. Use the Food Diary you filled out last week. Look for the foods that add most of the fat to your meals and snacks.

2. Select a specific food to change

Usually we want to change everything at once. For example, as you look at your Food Diary, you might be thinking: "I really want to change my eating. I'm going to cut out my ice cream, stop putting margarine on my bread, never fry my foods and eat more fruits and vegetables." Pick one food or behavior to work on this week. Write your food or behavior on Worksheet 3-2 (pg. 11).

3. Write a goal

Goals tell you what you want to change and how you are going to change. They should be realistic, measurable, and flexible.

Realistic

Set your goal close to your current eating behavior. Make a few changes now. After you are comfortable with your initial changes, try some more. Start with your easier changes first. These are probably the foods that you have the most control over. For example, cheese you eat at lunch or for snacks may be easier to change than the cheese in your family's favorite dishes.

Goal Setting (continued)

Measurable

Think about the change you are going to make. Write down what you will do. Include how much you are going to eat (serving size), and how often you plan to eat the food. For example, if a person ate ice cream five nights a week, they would write "I plan to use 1/2 cup of ice cream as my evening snack on two evenings, and a piece of fresh fruit for three evenings." This goal is more measurable than one that says: "I plan to eat less ice cream this week." What does the word "less" mean?

Flexible

Don't set a goal that asks you to be perfect, for example: "I plan never to eat cheese again," or "I plan to only snack on fresh fruit." This type of goal doesn't encourage permanent change. Instead, it makes people feel restricted or deprived. When you define a food as "not allowed," it becomes more tempting. The more you tell yourself you can't have it, the more you want it. Then, if you "give in" and eat the food, you are

more likely to feel guilty about it.

To get out of this "forbidden food" trap, tell yourself that you can eat any food you want, provided you use some common sense. Plan to eat some of your higher-fat foods less frequently, and in smaller amounts. You don't need to give them up completely.

4. Identify the things that might influence your success

Things Around You

The sights and smells around you can influence what and when you eat. People often respond to TV, other people eating, or even walking by vending machines with a desire to eat.

- ◆ **What are some of the sights and smells that make you think about eating?**

Be aware of the sights and smells that influence you to eat. Make them work for you instead of against you. For example, if you know you normally nibble on high-fat snacks in the late afternoon, have lower-fat snacks, such as fresh

fruit available. Put cartoons or signs, reminding you to eat lower-fat foods, and more fruits, vegetables and grains, on your refrigerator or other highly visible place (example: cupboard doors, or mirrors).

- ◆ **What signs or other things could you use to increase your chances of selecting lower-fat foods, or more fruits, vegetables and grains?**

People Around You

The people around you may also influence the food that you eat. Family and friends can help you achieve your goals, or make them more difficult. They may want to keep their higher-fat eating patterns, even when you are trying to change yours. People also celebrate birthdays, holidays and other social gatherings with high-fat foods. We will talk about ways you can handle social occasions and asking for help from family and friends in upcoming sessions.

- ◆ **How might your family and friends make it more difficult for you to meet your goal?**

Goal Setting (continued)

Your family and friends can also help you. Find someone to help support your changes. Encourage them to change their eating habits along with you. Ask for their advice in defining your eating challenges and developing a plan to meet your goals.

- ◆ **How can the people you eat with make it easier to change?**

Your Own Feelings

There are times we eat because we are bored, angry or upset. At other times we eat because we are happy and want to celebrate. Our thoughts and emotions may have a big influence on the foods we choose to eat and the situations where we eat.

- ◆ **What are some of the thoughts or emotions that make you want to eat?**

5. Steps To Reach Your Goal

Think about the steps you need to take to reach your goal. Be sure to consider any steps you

need to take to handle the things around you, the people around you, or your own feelings. For example, if your goal is to reduce the amount of cheese in your meals, and your family loves cheese: you may need to plan ways to ask your family for help.

Take a minute and look at your goal. Is your goal realistic? One way to think about your goal is to pretend your best friend has come to you for help. She is facing the same challenge and has the same goal that you have set. If your challenge were her challenge, would you set the same goal for her? If your answer is "no," then maybe your goal needs to be changed.

After you write your goal and action plan, review them. Make sure your goal contains enough information to let you know when you are successful.

You should know the specific food you are changing, how often you are going to eat this food, and how much you are going to eat (serving size).

6. Measuring Your Progress

Plan to look at your progress at the end of the week. If you reach your goal, decide what steps you need to take to maintain the changes you have made. If you don't succeed, use it as an opportunity to learn. Decide what you need to do to be successful.

Identify some non-food ways you can reward yourself for the positive changes you make. A reward could be something like: allowing yourself a little extra time to read a magazine and relax, take a relaxing bath after dinner, or going to a movie.

- ◆ **What are some ways, other than food, that you can use to reward yourself when you accomplish your goal?**

Now that you have read all the things you need to do to set a goal, complete Worksheet 3-2 (pgs. 11-12). Use Worksheet 3-3 (pg. 13) for examples of realistic and measurable goals.

Summary

Your Food Diary helps you look at your eating patterns and identify foods or behaviors you need to change. This session asked

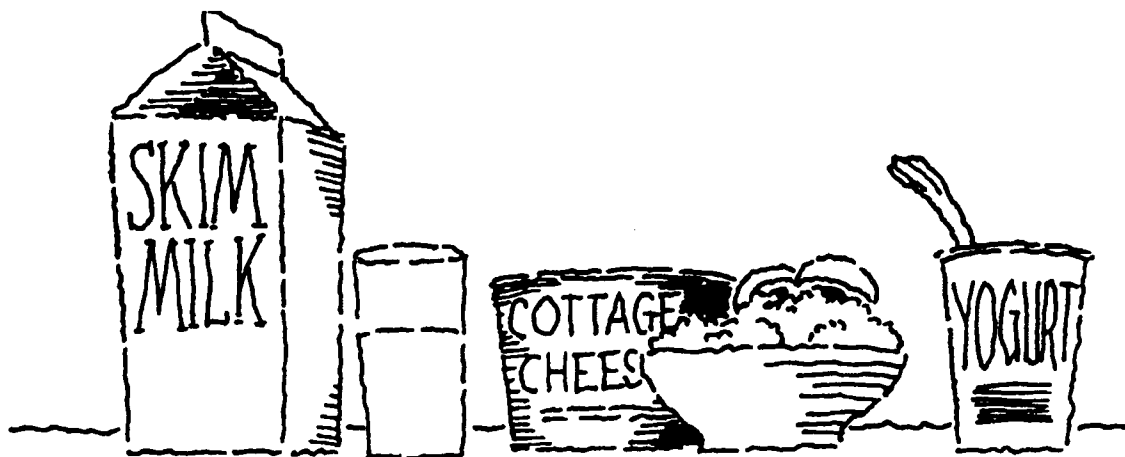
you to look at the ways you could reduce the fat added by dairy foods.

You also learned how to set realistic and measur-

able goals. You set a goal for next week and listed the steps you need to take to reach your goal.

Here are some questions for further thought:

- ◆ What are some dairy foods that you think will be easy for you to change?
- ◆ What are some steps you plan to use to accomplish your change?



Home Activity

Areas to work on next week:

- ◆ Record all that you eat and drink for three days using the Food Diary. Be sure one day is on the weekend.
- ◆ Use your Food Diary to find the fat you are getting from dairy foods.
- ◆ Post your goal where you can see it and work on it during the week.

Use Worksheet 3-4 (pg. 14) to outline a plan and evaluate how well it worked.

Optional:

- ◆ Collect 2 or 3 food labels and bring them to the next session.



Worksheet 3-1

How to Lower Fat From Dairy Foods

Milk

- ◆ Work your way down from whole milk to skim milk.
- ◆ Go as far as you can!
- ◆ Drink skim or low-fat milk well chilled or on ice—it tastes better!
- ◆ Mix powdered milk and chill for several hours before drinking.
- ◆ Try buttermilk made from 1% milk! It really has no butter in it, and it is a great lower-fat choice.
- ◆ Use canned evaporated skim milk for cooking and baking.

Cheese

- ◆ Try fat-free or 1% cottage cheese.
- ◆ Don't replace meat with regular cheese; it has just as much fat.
- ◆ Try sharp cheeses—you get more taste with smaller amounts.
- ◆ Don't add cheese to meat sandwiches—it *doubles* the fat!
- ◆ Try part-skim mozzarella (pizza cheese), cheese and other low-fat cheese or fat-free cheeses.

Ice Cream

- ◆ Eat smaller servings less often.
- ◆ Top with fruit instead of chocolate or butterscotch.
- ◆ Check the label—the most expensive kinds often have the most fat.
- ◆ Make homemade low-fat ice cream or sherbet for friends and family.
- ◆ Instead of ice cream, choose ice milk, sherbet or the new fat-free frozen desserts—they have much less fat.
- ◆ Try frozen low-fat or non-fat yogurts. They taste great, are low-fat, and you can buy them in the grocery store.
- ◆ Popsicles and fudgesicles are a great frozen treat! Buy them, or make your own. Freeze juice in small cups with popsicle sticks.

Milk in Coffee or Tea

- ◆ Try lite creamers. Don't use powdered creamers—they have just as much fat as regular cream.
- ◆ Use skim, 1% or 2% milk in coffee or tea (even whole milk is better than cream).

How to Lower Fat From Dairy Foods

Yogurt

- ◆ Use low-fat or non-fat yogurts.
- ◆ Mix yogurt with low-fat sour cream for a sour cream substitute.
- ◆ Drain yogurt overnight to make yogurt cheese, a cream cheese substitute.

Sour Cream

- ◆ Use fat-free or light sour cream.
- ◆ Dilute with non-fat or low-fat plain yogurt.

Cream Cheese

- ◆ Try the new fat-free varieties.
- ◆ Use yogurt cheese as a substitute. (See recipe pg. 16).

Whipped Cream

- ◆ Make your own lighter topping with 1/2 cup nonfat dry milk powder and 1/2 cup cold water whipped in a chilled bowl. Flavor with honey, orange juice or vanilla.
- ◆ Use one of the lower-fat frozen whipped toppings.

Goal Setting Worksheet

1. Look at your Food Diary from last week. List one or two higher-fat dairy foods you need to change, for example, cheese, ice cream, or whole milk. If you don't eat dairy foods, choose other high-fat foods to change, such as fried foods, meats or snacks.

Foods I need to change:

2. Pick one food to change and write a goal statement (what you want to do).

My goal:

3. Answer the following questions to see if your goal is measurable, realistic and flexible. Circle your answer. See Worksheet 3-3 for examples of goals.

Does my goal specify a <u>time period</u> ? (i.e., week, month, vacation, etc.)	Yes	No
Does my goal specify <u>how often</u> ? (once, five times a week, etc.)	Yes	No
Does my goal specify <u>how much</u> ? (i.e., 1/2 cup, 1 oz, etc.)	Yes	No
Is my goal measurable? (Can someone see that I did it?)	Yes	No
Is my goal realistic? (Do I think I can do this more than half the time?)	Yes	No
Is my goal flexible? (It doesn't expect me to do the behavior every day.)	Yes	No

Worksheet 3-2 (continued)

4. Identify some of the challenges that might influence your ability to reach your goal. (Check off anything that may be challenging.)

Things Around Me

- ☐ Watching TV or reading a book
- ☐ Sight of someone eating
- ☐ Smell of food
- ☐ Time of day (noon, etc.)
- ☐ Other _____
- _____
- _____

People Around Me

- ☐ Cooperation or support of family and friends
- ☐ Social gatherings
- ☐ Negative things other might say or think
- ☐ People who push food on you
- ☐ Other _____
- _____
- _____

My Own Feelings

- ☐ Eat when feeling tense or angry
- ☐ Eat when feeling bored or depressed
- ☐ Rewarding myself
- ☐ Eat when feeling happy, celebrating
- ☐ Other _____
- _____

5. Think about what you need to do to reach your goal.

Steps I need to take: _____

6. Use Home Activity Worksheet 3-4 to evaluate your success in reaching your goal.

Examples of Realistic and Unrealistic Goals

A goal is realistic when:

- ◆ It is specific.
- ◆ It is flexible.
- ◆ You can measure your progress.

- | | |
|--------------|---|
| Realistic: | <ul style="list-style-type: none"> ◆ This week, I plan to use 2% milk to replace the whole milk I currently drink with my evening meals. ◆ This week, I plan to ask my family to let me prepare my custard (or flan) with evaporated skim milk instead of whole milk. |
| Unrealistic: | <ul style="list-style-type: none"> ◆ I plan to <u>only</u> use non-fat dairy foods. ◆ This week, I plan to reduce the amount of higher-fat dairy foods I eat. |

- | | |
|--------------|---|
| Realistic: | <ul style="list-style-type: none"> ◆ This week, I plan to eat an apple or banana as a snack when I watch TV. ◆ This week, I plan to snack on raw carrots and celery sticks while I fix my evening meal. |
| Unrealistic: | <ul style="list-style-type: none"> ◆ I plan to <u>not</u> snack when I am watching TV. ◆ This week, I plan to eat more fruits and vegetables. |

- | | |
|--------------|--|
| Realistic: | <ul style="list-style-type: none"> ◆ This week, I plan to eat beef and pork no more than two times. ◆ This week, I plan to make my meat sauce with ground turkey breast. |
| Unrealistic: | <ul style="list-style-type: none"> ◆ This week, I plan to eat fish for at least one meal. ◆ I plan to reduce the amount of beef I eat. ◆ This week, I plan to <u>only</u> eat fish. ◆ From now on, I plan to make <u>all</u> my casseroles without meat. |

- | | |
|--------------|---|
| Realistic: | <ul style="list-style-type: none"> ◆ This week, I plan to use jam to replace the margarine on my toast at least 4 times. |
| Unrealistic: | <ul style="list-style-type: none"> ◆ I will stop using margarine on all my bread, rolls, vegetables, and potatoes. |

Name: _____

Worksheet 3-4

Home Activity Worksheet

Areas to work on next week:

- ◆ Use your Food Diary to identify high-fat dairy foods. Look for low-fat dairy substitutes (Worksheet 3-1 lists some ideas.)

Evaluation:

1. What did I do to eat less fat from dairy foods? _____

2. What new low-fat foods did I try? _____

- ◆ Work on the goal you set on Worksheet 3-2. Evaluate how well you did putting it to work.

My Goal: _____

Evaluation:

1. Did I meet my goal? ___ yes ___ no
2. If I was not successful, what were some of the possible problems? Check any areas below.

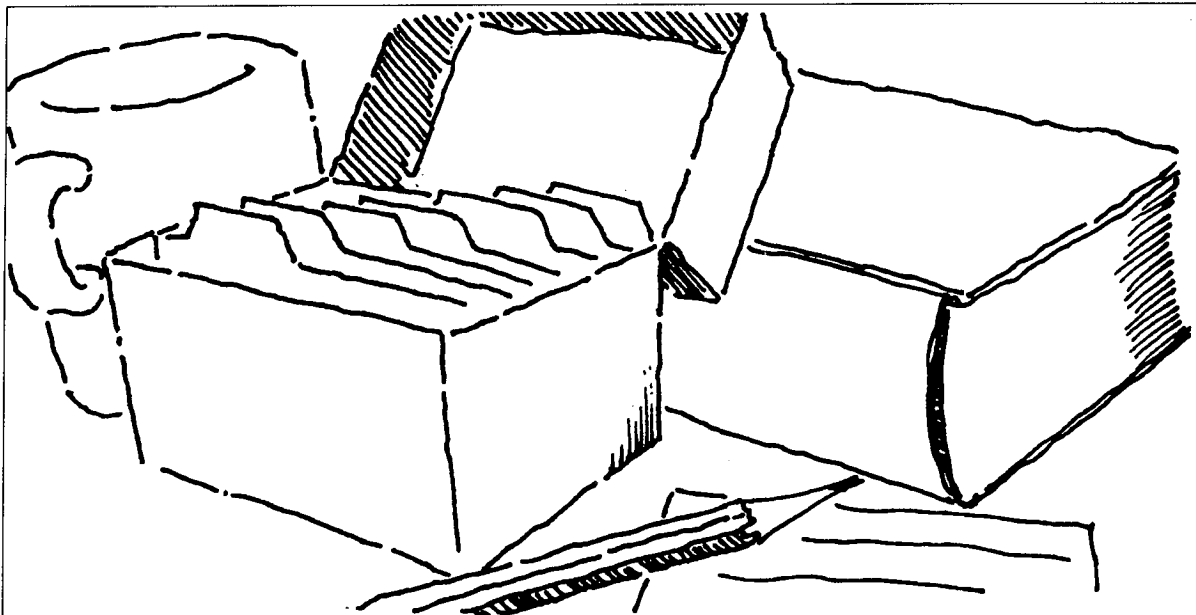
- ___ Goal was too big.
- ___ Did not get agreement from family.
- ___ Did not allow enough time.
- ___ Did not plan for challenges that influenced my success.
- ___ Other: _____

3. What are some possible solutions to these problems?

Session Three

Recipes

- ♦ *Yogurt Cheese*
- ♦ *Mocha Marble Cheesecake*
- ♦ *Yogurt Dessert Sauce*
- ♦ *Mexican Bread Pudding*
- ♦ *Licuado De Naranja*



Yogurt Cheese

1 carton (16 ounces) low-fat plain yogurt*
cheesecloth

Line colander or sieve with 2 layers of cheesecloth or paper towels. Pour yogurt into the colander and fold edges of cheesecloth over to cover the yogurt. Place colander in a large bowl to drain; refrigerate overnight. Remove yogurt from colander and discard liquid in bowl. Remove cheesecloth from yogurt.

Makes 1 cup

Fat: 0 grams per tablespoon
4 grams per cup

Recipe from Deliciously Low Cookbook

*Note: Not all yogurts separate well. Use one without stabilizers or gelatin such as Dannon® or Weight Watchers®. Plain or vanilla flavors make the most versatile substitutes for cream cheese.

Mocha Marble Cheesecake

- 1 carton (32 ounces) low-fat vanilla yogurt, drained to make yogurt cheese***
- 1 teaspoon vanilla**
- 1/4 cup cocoa**
- 3 tablespoons sugar, divided**
- 1 tablespoon cornstarch**
- 3 tablespoons coffee liqueur**
- 4 egg whites, lightly beaten**

Day before: Drain yogurt to make yogurt cheese.

Preheat oven to 325°F. Lightly grease a 7-inch spring form pan. In a small bowl, mix 1/4 cup yogurt cheese with vanilla, cocoa and 1 tablespoon of sugar. Set aside.

In a medium bowl, combine remaining yogurt cheese with cornstarch, coffee liqueur and remaining sugar, stirring gently with a fork or wire whisk until well blended. Stir in egg whites. Pour into pan. Pour chocolate mixture into center of cheesecake in the pan. With a knife, cut through the chocolate to form a swirl.

Bake until center is set, about 45 to 55 minutes. Cool slightly on a wire rack. Refrigerate until chilled.

Makes 8 servings

Fat: 2 grams per serving

Recipe from Not Just Cheesecake!

*Yogurt cheese recipe on page 16, Session 3.

Yogurt Dessert Sauce

2 cups plain low-fat yogurt
1 teaspoon vanilla extract
1/4 cup sugar

Combine all ingredients and stir until well mixed. Serve immediately or cover and refrigerate until needed.

Makes enough topping for 8 servings (about 2 cups)

Fat: 1 gram per serving

Recipe from The New American Diet

Note: This light sauce can be used on Pumpkin Bread Pudding, Baked Apples, Apple Crisp or any other fruit dessert. Wonderful over fresh strawberries!

Mexican Bread Pudding

1/2 pound whole wheat bread (8 slices)
2 large egg whites, beaten
1 can (6 ounces) evaporated skim milk
1/2 cup skim milk
1/2 cup sugar
1/2 teaspoon ground cinammon
1/2 teaspoon ground anise
1/2 cup hot water
1 teaspoon vanilla extract
1 ripe banana, medium
1/4 cup raisins
1 medium apple, grated
non-stick cooking spray

1. In a bowl, mix egg and milks.

2. In another bowl, mix sugar, cinnamon, anise, hot water, and vanilla. Stir into first mixture.

3. Spray 8" square pan with non-stick cooking spray. Place half of bread on the bottom of the pan that has been sprayed with non-stick cooking spray.

4. Place half each of the banana, raisins, and apple on top of bread layer.

5. Pour half the liquid over this layer.

6. Layer the rest of the bread and repeat steps 4 and 5 to make a second layer using remaining ingredients. Bake at 375° F for 45 minutes.

Makes 9 servings

Fat: 1 gram per serving

Fruit/Vegetable Servings:
1/2 per serving

Grain Servings:
1 per serving

Recipe from San Diego,
Project Lean

Licuado De Naranja (Blended Orange Juice)

2 cups skim milk
4 tablespoons frozen orange juice concentrate
1 banana, medium
2 ice cubes

Blend all ingredients until frothy and well blended. Serve immediately.

Variations: Instead of orange juice, use mangos, strawberries, blackberries or raspberries.

Makes 2 servings

Fat: 1 gram per cup

Fruit/Vegetable Servings: 1/2 per serving

Recipe adapted from El Sabor de Salsa: Cocinando Para La Salud, Project Salsa Community Nutrition Project