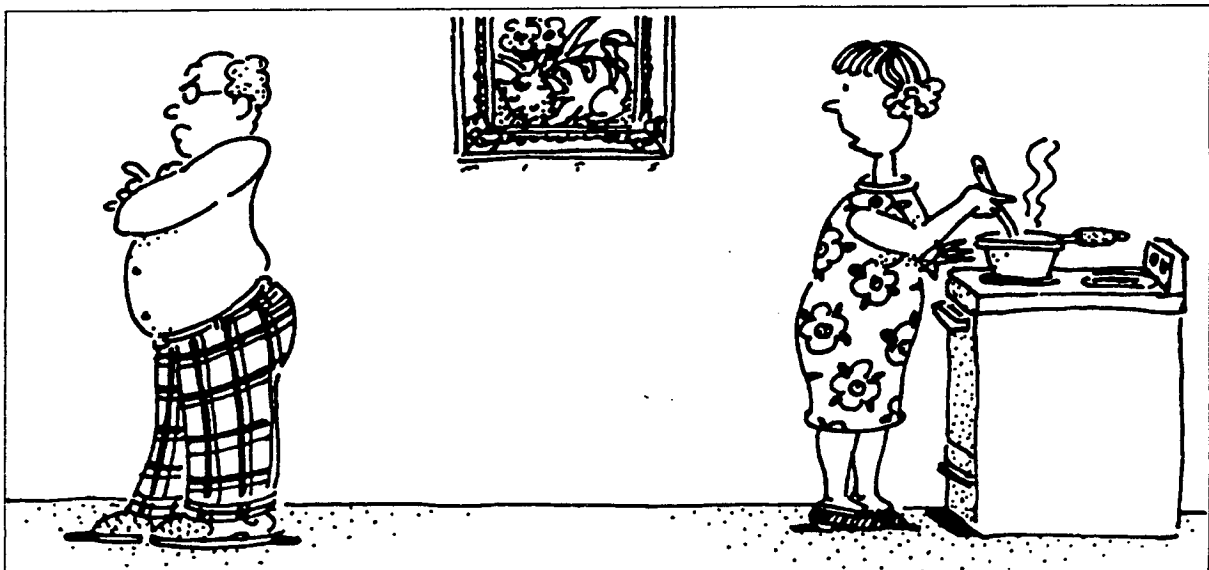


Session Eight

Support for Change

During this session you will:

- ♦ *Discover the reasons you eat desserts and sweets*
- ♦ *Learn about lower-fat sweet and dessert choices*
- ♦ *Learn ways to maintain low-fat eating when high-fat sweets and desserts are present*
- ♦ *Learn ways to say "no" to high-fat foods*



Review of Home Activity

- ◆ What did you do to eat more fruits and vegetables in your meals/snacks?
- ◆ What did you like about using the Fat Scan?
- ◆ What were some of your concerns about the Fat Scan?

Sweets and Desserts

Sweets and desserts can add a lot of enjoyment to your meals and special celebrations, but they can also add a lot of fat. To identify the changes you need to make, start by looking at the sweets and desserts you currently eat. Use your Fat Scan from the last session. Add up the grams of fat you ate in the Sweets and Desserts food group.

- ◆ What sweets or desserts did you eat? (Fat Scan)
- ◆ What other sweets or desserts do you usually eat?

Desserts are considered lower in fat if they contain 4 grams of fat or less per serving. Most desserts contain a lot more than the 4 grams of fat, but there are a number of lower-fat choices.

- ◆ What desserts did you eat that had 4 grams or less of fat in one serving?
- ◆ What other low-fat desserts have you tried?

Examples of Lower-fat Sweets and Desserts

Fruit cup
Baked Apple (Session 8)
Angel food cake
Reduced-fat bread pudding (Session 3)
Sherbet and ice milk
Jello

Reduced-fat fruit cobbler (Session 6)
Reduced-fat fruit crisp (Session 8)
Fudgesicles and popsicles
Frozen yogurt, non-fat or low-fat
Sorbet
Pudding made with 2% milk*

*Use evaporated skim milk for richer flavor and texture.

Reasons for Eating Sweets and Desserts

People eat sweets and desserts for a number of reasons. Many of these reasons have nothing to do with hunger.

For example sweets and desserts are used to:

- Say "thank you."
- Show love or appreciation (e.g., Mother's Day, etc.).
- Celebrate special events (birthdays, holidays, etc.).
- Make yourself 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 challenges for you, begin by looking at when and how you currently use sweets in your own life.

Think about the times when you find yourself eating more sweets or desserts. It might be that sweets are more available because of holidays or celebrations. Or, it might be that the dessert helps to make yourself or a friend feel better.

◆ When do you usually find yourself eating more sweets and desserts?

Understanding some of your own thoughts and expectations about sweets will help you see how your food choices may be influenced.

Once you recognize some of the reasons why you eat sweets, it will be easier for you to select the best strategies to handle your challenge. In past sessions, we have discussed many different strategies that you could use. Some of these include:

- Have lower-fat choices available.
- Modify favorite recipes.
- Budget your fat grams.
- Find other non-food activities or rewards.

Let's take another look at how these strategies and others could be used to reduce the fat grams contributed from sweets and desserts.

Take a look at Worksheet 8-1 (pgs. 11-12). Identify some of the reasons you currently eat sweets and desserts. In addition, write down one or two of the high-fat sweets you usually eat. Then, as you read about the different strategies, write down the ideas that you think would work for you.

Strategies to Reduce Fat from Sweets and Desserts

Use Lower-fat Sweet and Dessert Choices

- ◆ Use more fruit.
- ◆ Use non-fat or low-fat dairy foods.
- ◆ Use fat-free or low-fat baked goods.

Fruit makes a great low-fat 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 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.

- ◆ What are some of the fruit desserts you currently eat?
- ◆ How could you make fruit more appealing as a dessert?

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 might be disappointed with a plain piece of fruit for dessert, but will accept a fancy one.

Many of your favorite dairy desserts also have lower-fat substitutes that taste great. Make your pudding, custard or flan with skim milk. If you want a richer flavor, use evaporated skim milk. You can also use skim milk to lower the fat in commercial foods, such as pudding mixes, Jell-O® cheesecake or chocolate mousse.

Use sorbets, fruit ices, non-fat or low-fat frozen yogurt, sherbet and ice milk instead of ice cream.

They provide a frozen treat with the extra fat.

- ◆ 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?

Try the lower-fat cookie and cake choices (fig bars, angel food cake, etc.) available at your grocery store. Your store may also have some of the new fat-free cakes and cookies available. Just remember, these foods may be a nice substitute, but fruit provides greater health benefits because of its higher vitamin, mineral and dietary fiber content.

Identify some lower-fat dessert choices you would be willing to use. Write your ideas down on Worksheet 8-1. Look at Worksheet 8-2 (pg. 13), if you need some additional ideas for lower-fat choices.

Modify Your Recipes

Sometimes you can use low-fat substitutes 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 family or friends, you may be able to get them to try a new low-fat dessert.

◆ What low-fat substitutes have you successfully used in your recipes?

For chocolate lovers, cocoa powder is a lower-fat choice. For every ounce of unsweetened chocolate you want to replace, use 2 Tb of cocoa powder plus 1 Tb of margarine (or other fat).

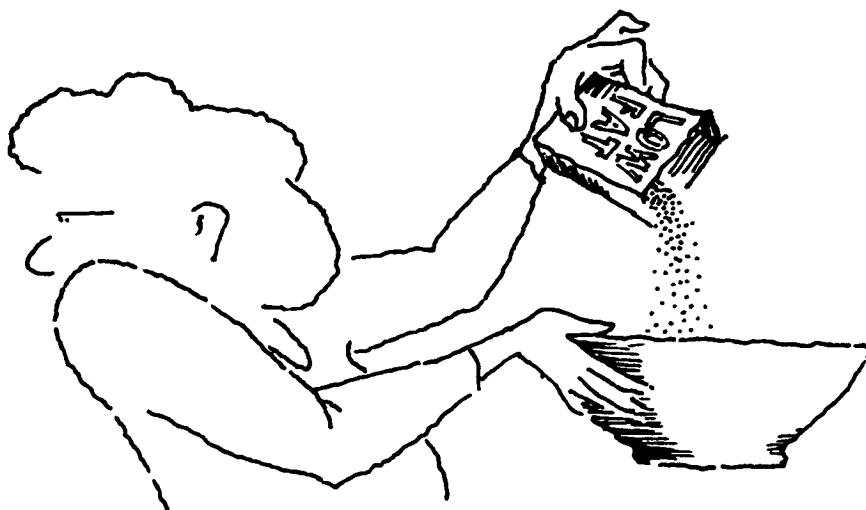
This will lower the total amount of fat in your recipe. However, keep your serving small because chocolate desserts still contain a lot of fat.

In addition, many of the 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 fat 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 apple-sauce to replace some of the oil. In addition, the fat can be lowered by reducing the amount of high-fat ingredients, such as oil, nuts, chocolate, or margarine.

The lower-fat cakes will be a little more dense than the original version, but they can be just as delicious. In future sessions we will talk more about the ways you can modify home baked goods.



Limit the Amount of Dessert You Eat

Another strategy is to change the amount of high-fat sweets or desserts you eat. Reduce your serving size and/or reduce how often you eat the food.

For example, there are many different ways to reduce your serving size:

- Eat a smaller serving.
- Share dessert with a friend or family member.
- Give part of the dessert away.

- ◆ **What could you change to reduce the amount of high-fat dessert you eat?**

Choose Not to Eat the High-fat Dessert

You could also choose to not eat the high-fat dessert. Some people can prepare a special dessert for another person and not eat any themselves. This is easier if you prepare a dessert that is not your favorite, or if you have other low-fat dessert choices available.

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

Do Something Else

Another choice is to do an activity that doesn't involve eating food. For example, instead of baking cookies as a favor for someone, wash their windows. For more ideas look at the handout *Fun Non-Food Activities* in the Resource section of your Participant Manual.

- ◆ **What are some ways you could thank someone without offering them food?**
- ◆ **What are some ways you could celebrate without eating?**

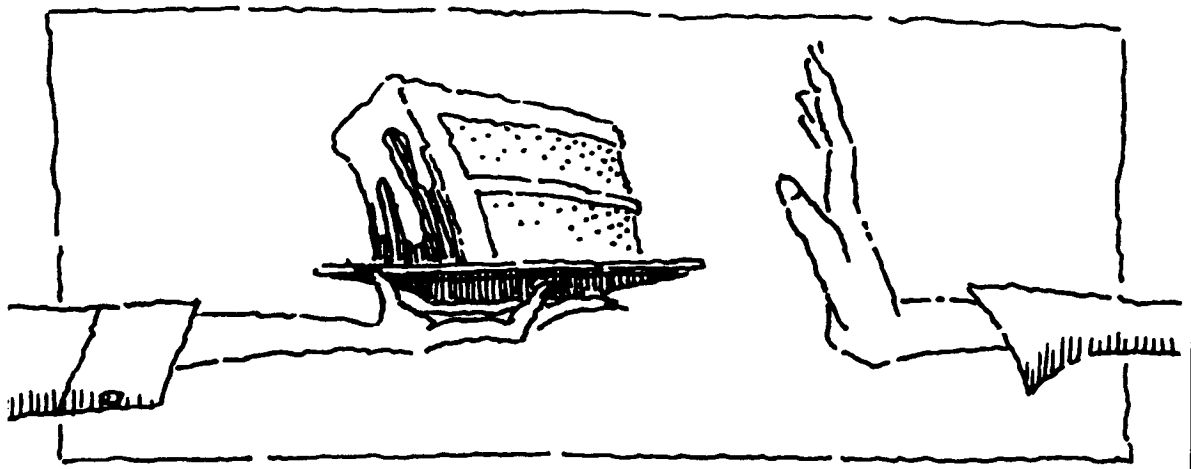
Use Good Communication Skills

Many people find it more difficult to use this last strategy because it takes more time and patience. Good communication 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 dessert choices. Start by making a list of low-fat desserts you could substitute for your traditional high-fat desserts. Then, talk to the other people around you about their likes and preferences. Ask them to select the lower-fat choices they would be willing to try. In addition ask them if there is anything you could do to make the lower-fat desserts more acceptable in future meals.

- ◆ **What low-fat desserts would you pick?**

Take another look at Worksheet 8-1 and check off any additional strategies you would be willing to use to reduce your use of high-fat sweets and desserts.



Learning How to Refuse Requests

Saying "No"

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 ate away from home. In today's session, you will learn the other part of being assertive, refusing requests or saying "no."

Some people may have a harder time saying "no" than others. Women in particular have been taught that it's not nice to refuse other people's requests.

In addition, women usually believe that the needs of others are more important than their own needs. This is particularly true when the request comes from a family member.

Being assertive does not mean being selfish. You can be assertive and still be sensitive to other people's feelings.

- ◆ **When do you find it easy to say "no" or refuse a request?**
- ◆ **What situations make it more difficult for you to say "no" to high-fat desserts?**

Try to identify what makes the situation difficult to say "no." There will be many situations where you may have no problem saying "no." For example, on the job, or when you are pushed to buy something you don't want. However, it may be more difficult to say "no" when it involves someone close, such as a family member or a friend.

Asserting yourself can be a very important way for you to maintain your new eating patterns. Try the tips listed below to be assertive 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. For example, say "No thank you," instead of "Oh, I don't think I want any, thanks."**
- ◆ **Be positive. Compliment the person. Let them know how much you are enjoying yourself. For example, say "It looks delicious, but I couldn't eat another bite."**

- ◆ **Suggest alternatives. Give the person the satisfaction of getting you something else. For example, if you turn down a dessert, ask for a cup of coffee or tea.**

You can also say "no" by making use of the "I message" idea you learned in Session 6. First explain your concern or want to the person making the request and then say "no."

For example, say: "It would really help me if you could tell me which fruits and low-fat desserts you enjoy. Then we could use those in our meals, but I don't want any chocolate cake. Thank you."

Practice

Look at the situations listed on Worksheet 8-3 (pg. 14). These are examples of situations where you might feel pressured to eat high-fat sweets or desserts. Take a few minutes to read through the situations and select one or two that are more likely to happen to you.

Use the ideas you just read and practice ways you could refuse the high-fat foods or make a low-fat request without hurting the other person's feelings. Use Worksheet 8-4 (pg. 15) if you need additional ideas of ways to say "no."

- ◆ **What are some of the assertive responses you would be willing to use to avoid eating high-fat foods?**

Summary

During this session you identified some lower-fat dessert choices you could use and looked at ways you could increase their acceptance by yourself and others. In addition, you had a chance to

review some of the skills you could use to maintain your new eating patterns when other people are around.

Learning how to be more assertive helps balance your needs with the needs of others. This is impor-

tant because high-fat foods are often used in celebrations and as rewards or to say "thank you."

Here are some questions for further thought:

- ◆ What low-fat desserts do you think would be acceptable choices for yourself and others?
- ◆ What methods will work the best for you to handle high-fat desserts?
- ◆ What is the best way for you to say "no" to high-fat foods?

Home Activity

Areas to work on during the two weeks:

- ◆ Use your Fat Scan to find the fats you are getting from sweets and desserts.
- ◆ Practice the assertiveness (saying “no”) skills you learned.
- ◆ Bring a low-fat potluck dish and a guest who shares meals with you to our next meeting. Use Worksheet 8-6 (pgs. 17-18) to write down the recipe you will bring, and add up the grams of fat in the recipe.

Use Worksheet 8-5 (pgs. 16) to outline a plan and evaluate how well it worked.

Ways to Reduce Your Use of High-Fat Sweets and Desserts

Check off at least two reasons why you usually eat high-fat sweets or desserts. List the desserts you usually eat and then decide on some lower-fat choices (fruits, etc.) that you could use as replacements. In addition, identify at least one other strategy that you could use to reduce your use of the higher-fat sweets or desserts.

Reasons I Usually Eat Sweets or Desserts	Sweets or Desserts I Usually Eat	Fruits and Lower-Fat Sweet/Dessert Choices I Would Eat	Other Strategies I Would Use
<input type="checkbox"/> To cheer myself up or make myself feel better	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Modify recipe <input type="checkbox"/> Limit amount I eat <input type="checkbox"/> Don't eat the high-fat sweet <input type="checkbox"/> Do something else <input type="checkbox"/> Other _____ _____
<input type="checkbox"/> To say "thank you" or make other people feel better	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Modify recipe <input type="checkbox"/> Limit amount I eat <input type="checkbox"/> Don't eat the dessert <input type="checkbox"/> Use a non-food "thank you" <input type="checkbox"/> Other _____ _____

Worksheet 8-1 (continued)

Ways to Reduce Your Use of High-Fat Sweets and Desserts

Reasons I Usually Eat Sweets or Desserts	Sweets or Desserts I Usually Eat	Fruits and Lower-Fat Sweet/Dessert Choices I Would Eat	Other Strategies I Would Use
<input type="checkbox"/> They are an important part of celebrations (birthdays, holidays, weddings, etc.)	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Modify recipe <input type="checkbox"/> Limit amount I eat <input type="checkbox"/> Do something else <input type="checkbox"/> Bargain with spouse/family for low-fat <input type="checkbox"/> Other _____ _____
<input type="checkbox"/> To relieve boredom or stress	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Use low-fat choice <input type="checkbox"/> Limit amount I eat <input type="checkbox"/> Do something else <input type="checkbox"/> Make less available by: _____ <input type="checkbox"/> Say "no" <input type="checkbox"/> Other _____ _____
<input type="checkbox"/> Other reasons I eat sweets:	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<input type="checkbox"/> Say "no" <input type="checkbox"/> Limit amount I eat <input type="checkbox"/> Do something else <input type="checkbox"/> Other _____ _____

Sweets and Dessert Guidelines

Choose Fruit as a Dessert Choice

- ◆ Liven up a plain dessert with fresh fruit.
- ◆ Top your frozen non-fat or low-fat yogurt with pineapple or berries.
- ◆ Add fruit to a gelatin dessert.
- ◆ Blend together fresh or canned fruit for a colorful fruit cup.

Use Lower-fat Dairy Foods

- ◆ Choose ice milk, sherbet, sorbets or fruit ices instead of ice cream.
- ◆ Try non-fat or low-fat frozen yogurt; it tastes great and is low in fat.
- ◆ Use fudgesicles, popsicles or frozen juice bars for a quick snack.
- ◆ Make your puddings, custards and flans with skim milk or evaporated skim milk.

Choose Lower-fat Baked Goods

- ◆ Choose lower-fat cakes and cookies such as: angel food cake, gingersnaps, fig bars, apple and strawberry bars, vanilla wafers, animal crackers.
- ◆ Try some of the new fat-free cakes and cookies available in the supermarket.
- ◆ Add chopped fruit or berries to muffins, cakes or cookies.
- ◆ Lower the fat in your higher-fat fruit desserts (e.g., use a single crust on your fruit pies, make a fruit dessert without a crust, such as a fruit crisp or fruit buckle).

Other Sweets

- ◆ Hard candy (lifesavers, sour balls, etc.), licorice, jelly beans, and gumdrops contain no fat.
- ◆ Many chocolate syrups such as Hershey's® can be used as toppings on frozen yogurt or ice milk.

Situations to Practice Saying "No"

Read the following situations. Check off one or two that sound like something that could happen to you. In your group discuss ways you could stop eating high-fat foods in these situations.

- ☐ Your family likes to snack on cookies or ice cream while watching TV. They pass the food to you and say: "Why don't you have some. We don't want to eat in front of you when you're not eating anything."
- ☐ Your husband is enjoying his favorite bowl of ice cream. He knows you really like ice cream so he fixes you a bowl and says: "Here, dear. I fixed it just for you."
- ☐ When your friends get together, there is usually a high-fat dessert served. Your friend pressures you to try her *special* dessert. She says: "Please try some, I really want to know what you think."
- ☐ Your office celebrates birthdays or other special events with high fat desserts or candy. Your co-worker brings you a large piece of cheesecake and when you say no thanks, she says: "Oh come on, one time won't hurt your diet."
- ☐ Your own situation: _____

Ways to Say "No"

- ◆ Refuse politely, but compliment the cook:
"It looks delicious, but I couldn't eat another bite."
 - ◆ Refuse the offer, but tell them you'll have some later:
"I'm too full now, but I'll have some later."
 - ◆ Sidestep the offer by taking the food but then:
Eat only what you want and leave the rest on the plate.
Don't eat the food. Explain that you'll eat it later.
 - ◆ Give your reasons for not eating high-fat foods. Use a real reason:
"I'm in this research project and I'm cutting fat out of my diet."
 - ◆ Make up an excuse:
"I can't eat _____ because I'm allergic to fat."
 - ◆ Be simple and direct:
Say "No" or "No thanks." Repeat as often as necessary.
 - ◆ Don't be afraid of hurting someone's feelings by refusing the food.
If you eat something you don't want, you're probably going to blame yourself for taking the food or dislike the person who offered the food.
- "I appreciate the effort you've made in preparing this food, but I am avoiding _____ because it has too much fat."

Name: _____

Worksheet 8-5

Home Activity Worksheet

Areas to work on the next two weeks:

- ◆ Reduce your fat from sweets and desserts.

Evaluation:

1. What strategies did I use to reduce my fat? Did they work? ____Yes ____No

2. If I was successful, what can I do to maintain my changes? If not, what could I change?

- ◆ Practice the assertiveness skills you learned.

Evaluation:

1. What did I say "no" to? _____

2. How did I say "no" without hurting the other person's feelings? _____

- ◆ Bring a low-fat dish for the potluck. Write the recipe down on Worksheet 8-6 and add up the grams of fat.

Evaluation:

1. My recipe: _____

2. Fat grams per serving: _____

Worksheet 8-6

Your Low-Fat Recipe

Find out how much fat is in your recipe. Use your Fat Counter to look up the amount of fat in each ingredient. Add up the total amount of fat in the recipe. Divide the total fat by the number of servings the recipe makes.

Low-Fat Recipe Guidelines

Main dishes = 10 grams of fat or less
Desserts = 4 grams of fat or less

If your recipe is too high in fat, look at the information in Session 5, Worksheet 5-2 for ideas to reduce the fat.

Recipe name: _____ Servings: _____

Ingredients	Amount	Fat (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Fat _____
Number of Servings _____
Fat per Serving (total fat divided by number of servings) _____

Worksheet 8-6 (continued)

Recipe directions:

[illegible]

Your name: _____

Recipe from: _____

Vote For a Recipe

After you have tasted each of the low-fat recipes at our Potluck Dinner, vote for your favorite recipes using the description listed under each category.

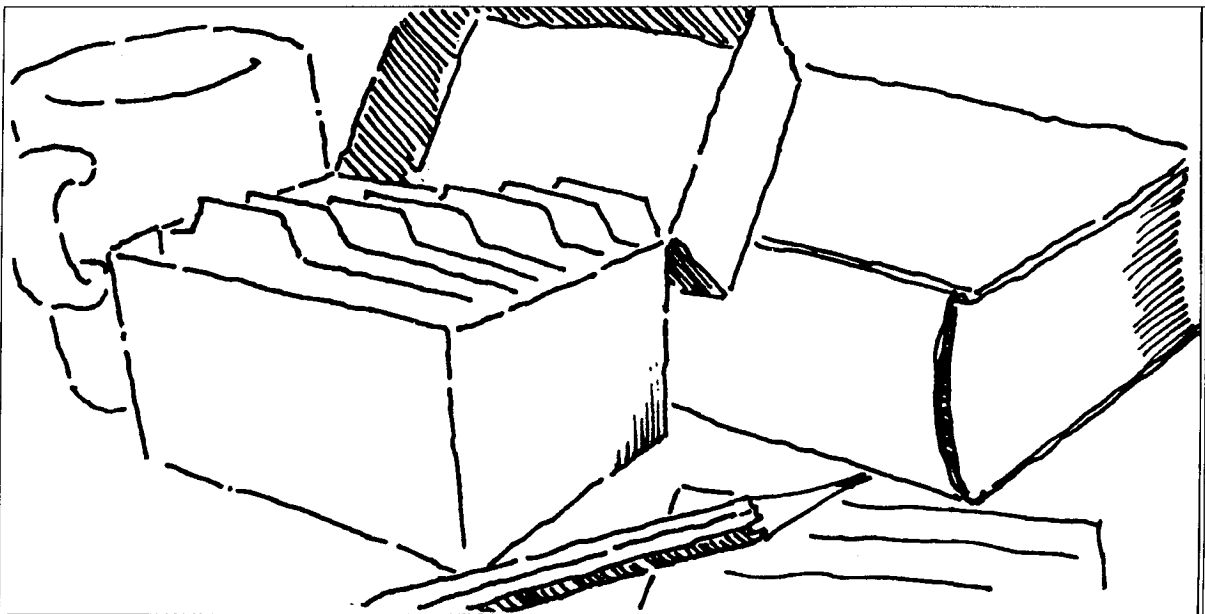
CATEGORY	NAME OF RECIPE
"BEST FLAVOR" Consider the flavor, as well as aroma (smell), temperature, texture, and general overall appeal.	_____
"MOST CREATIVE USE OF FAT GRAMS" The dish is low in fat but high in appeal due to: unusual ingredients, looks and tastes like a high-fat dish.	_____
"BEST APPEARANCE" The dish is colorful, looks great, etc.	_____

Vote for your favorites and hand your ballot to your Nutritionist. The votes will be tallied and prizes will be awarded.

Session Eight

Recipes

- ◆ *Baked Apples*
- ◆ *Peach-Ginger Crumble*
- ◆ *Papaya Parfaits*
- ◆ *Spanish Flan*



Baked Apples

4 apples
3 tablespoons brown sugar
4 teaspoons raisins
dash cinnamon or nutmeg
Yogurt Dessert Sauce (See Session 3)

Preheat oven to 350° F. Wash and core apples. Peel the skin off the upper 1/4 of the apple to prevent the skin from splitting. Place apple upright in baking dish filled about 1/4-inch deep with water. Combine brown sugar, raisins and cinnamon. Fill the center core of the apple with the mixture. Bake 30-45 minutes or until tender. Serve hot or cold with Yogurt Dessert Sauce, if desired.

Makes 4 servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from The New American Diet

Peach-Ginger Crumble

4 cups peeled, sliced fresh peaches
2 tablespoons sugar
1 tablespoon all-purpose flour
non-stick cooking spray
10 gingersnaps, crumbled
1/4 teaspoon ground nutmeg
2 teaspoons margarine, softened

Combine peaches, sugar, and flour in a large bowl and toss gently. Coat a shallow 1-quart baking dish with cooking spray. Spoon peach mixture into dish and let it stand for 15 minutes.

Combine gingersnaps, nutmeg, and margarine and blend well. Sprinkle evenly over the peach mixture. Bake at 375° F for 30 minutes or until peaches are tender. Serve warm.

Makes 6 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1/2 per serving

Recipe from Cooking Light '89

Papaya Parfaits

Pureed papaya with a touch of lime is the perfect low-fat sauce for this tropical treat. Line dessert bowls with fruit, add a scoop of frozen yogurt, and top it all with the naturally sweet papaya sauce.

- 1 large ripe papaya**
- 2 tablespoons lime juice**
- 1/2 teaspoon lime peel**
- 3 cups sliced bananas, fresh orange segments, drained canned mandarin orange segments, papaya slices, or fresh or drained canned pineapple chunks**
- 6 scoops (about 1/2 cup each) vanilla frozen yogurt (low-fat or non-fat) or orange sherbet**

Peel halve, and seed papaya. Cut fruit into chunks and place in a blender or food processor along with lime juice and lime peel. Whirl until smoothly pureed. Cover and refrigerate until cold.

Line each of 6 individual dessert bowls with 1/2 cup of the bananas or other fruit. Top each with 1 scoop of the yogurt or sherbet. Pour chilled papaya mixture equally over frozen yogurt or sherbet.

Makes 6 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe from Sunset Magazine

Spanish Flan

3/4 cup granulated sugar, divided
2 cups 2% milk
8 oz. fat-free egg substitute
(or 8 egg whites plus 4 drops yellow food coloring)
1/2 teaspoon vanilla extract

Place 1/2 cup sugar in heavy saucepan. Cook over low heat until sugar melts and turns golden brown. Pour immediately into 6 custard cups. Let cool.

In medium bowl, combine remaining 1/4 cup sugar, milk, egg substitute (or egg whites plus food coloring) and vanilla. Stir until sugar dissolves. Pour into custard cups.

Place cups into baking pan; fill pan with 1-inch of hot water. Bake in 325° F. oven for 50 minutes or until custard is soft set in the center. Chill in refrigerator.

To serve, run knife around edge of cups and unmold onto serving plate.

Makes 6 servings

Fat: 2 grams per serving

Recipe from California Culinary Academy