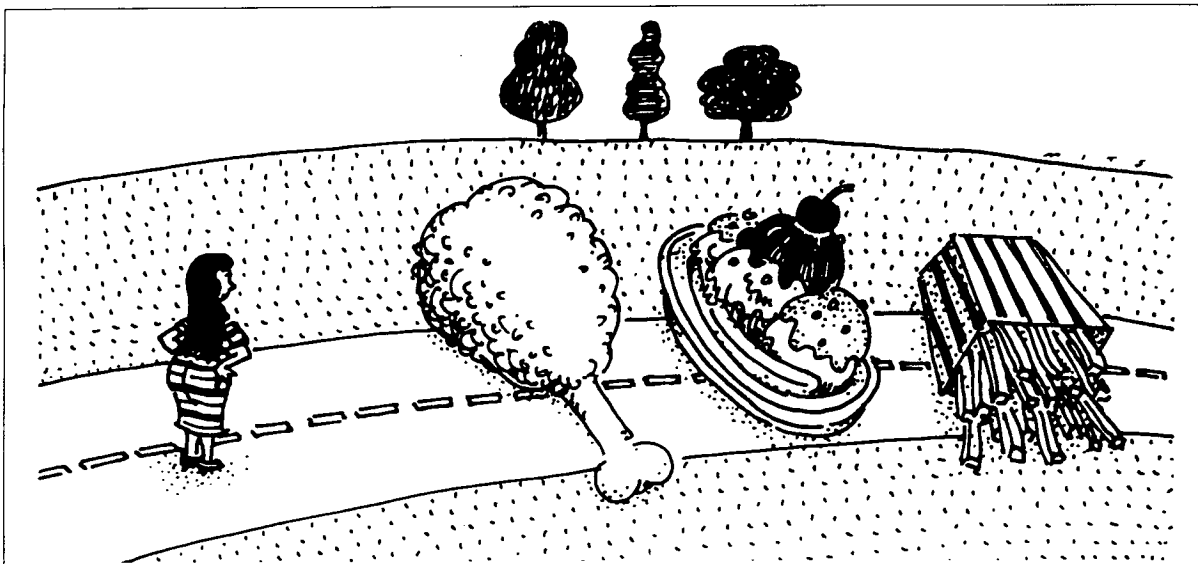


Session Ten

Roadblocks to Change

During this session you will:

- ♦ *Look at how much progress your group has made*
- ♦ *Identify challenges that get in the way of change*
- ♦ *Learn how to use the skill of Problem Solving*



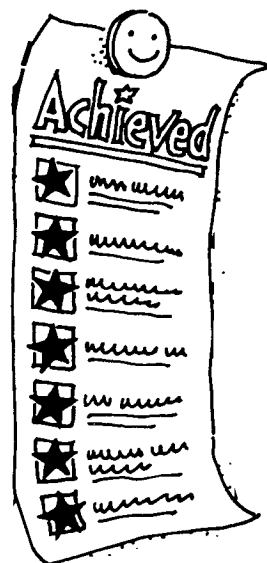
Review of Home Activity

- ◆ What did you do to reach the goal(s) you set at your Individual Visit?
- ◆ What new dishes did you prepare that you tasted at the potluck?
- ◆ What steps are you taking to maintain the changes you have made?

Looking at Your Group's Progress

During the past four months you have developed a low-fat eating plan to fit your lifestyle. You've used a variety of nutritional and behavioral skills to make changes. At your individual session, you got to see how much progress

you had made as an individual. But we haven't taken the time to see how much progress our whole group has made. Today, we are going to review the changes that everyone in the group has made to reduce the fat they eat.



Identifying Challenges

Let's face it, change is not always easy. Even when you want to improve your health, you may find it hard to stay motivated and maintain your new eating style.

Eating is a complex activity, and all of us respond to food in different ways. The first step in dealing with eating challenges is to identify the exact challenge or roadblock.

During your individual visit, each of you had a chance to take a closer look at the different things you do that get in the way of low-fat eating. Maybe it was a

specific situation, such as a weekend, birthday, holiday, etc. Maybe it was certain foods, such as chocolate, snacks or

desserts that were hard to refuse. On the other hand, you may have had a hard time eating more fruits, vegetables or grains as you reduced your fat intake.

Worksheet 10-1 (pg. 9) lists some examples of different challenges you may face. Read the list and check one or two you would like to work on.

- ◆ **What are some examples of how other people interfere with your ability to follow a low-fat eating pattern?**
- ◆ **What specific situations or locations make it more difficult to follow a low-fat eating pattern? (weekends, holidays, vacations, restaurants, etc.)**
- ◆ **How do your thoughts and feelings tempt you to eat high-fat foods?**



Strategies to Handle Challenges

There are a variety of roadblocks that get in the way of low-fat eating. Over the next few months, you will have a chance to learn specific things you can do to handle many of these roadblocks. Today we are going to start by reviewing the skills you have already learned.

Skills You Already Know

During the past four months you have learned many new skills.

- ◆ **Communication and assertiveness skills**
You have learned how to ask for low-fat foods and how to say no to high-fat foods.

- ◆ **Self-management skills** You have learned how to manage your food choices by: keeping Food Diaries, modifying recipes, making low-fat foods available, reading labels, selecting restaurants with lower-fat choices, and budgeting your fat grams.

Skills You Will Learn in Future Sessions

- ◆ **Using positive self-talk** Learn to develop a positive attitude by thinking you *can* do it.
- ◆ **Time management skills** Learn how to organize yourself to get things done more quickly. Learn food preparation skills to get your dinner on the table in minutes.

- ◆ **Stress management skills** Learn skills to help you cope with stress. Learn relaxation methods.

- ◆ **Planning ahead**
Anticipate problems and make a plan to deal with them.

The Skill You Will Learn in This Session

- ◆ **Problem solving**
Identify the problem and find a solution.

Problem Solving

Problem solving is a step-by-step approach to defining and solving challenges. It's a good way to think through a situation and remind yourself of your choices.

The first step in working on a challenge is defining what is challenging you. This can be hard to do. For example, look at the following situation:

Sample Situation

Ann's family gets together once a month to celebrate a birthday, holiday or other special occasion. There are always several delicious desserts, such as double devil's food cake, pecan pie, peach pie and chocolate chip cookies. Most of the other foods shared are also high-fat, such as fried chicken, potato salad, and ribs. Everyone in her family prides themselves on being good cooks.

This situation is challenging. But what part of it is more challenging to Ann? It could be any of the following:

- ◆ **She can't resist her Aunt Betty's pie and always eats too much of it.**
- ◆ **There are no low-fat choices available.**
- ◆ **She doesn't want to insult her relatives by turning down their food.**
- ◆ **She can't stand to see good food wasted.**

For practice, use Ann's problem to think through the Problem Solving Process.

Step 1. What is the challenge? Ann decides that she has a problem saying no. She has a hard time refusing the foods her relatives offer.

Step 2. What does she want to do? Ann doesn't want to insult her relatives. She wants to find a tactful way to say no.

Step 3. What can she do? Ann needs to find ways that she can enjoy her family gatherings and not eat too much fat.

- ◆ **What ideas can you think of to help her do this?**

Some possible solutions are:

- ◆ **Bring her own low-fat foods.**
- ◆ **Take small servings of high-fat foods.**
- ◆ **Keep busy, away from the food.**
- ◆ **Praise the cook, but be too full to eat.**
- ◆ **Share her food with her children.**
- ◆ **Spend more time talking than eating.**
- ◆ **Budget her fat.**

Step 4. What might happen if she tries her solutions? Ann needs to think about what could happen to get in the way of any of the solutions she lists.

◆ **What can go wrong or get in the way of her plans?**

Some things that could go wrong are:

- ◆ **Her family might not let her bring food.**
- ◆ **Her family might push her to take large servings.**
- ◆ **Her family might insist that everyone sits around the dining room table to eat.**
- ◆ **Her family might pressure her to taste some of everything.**

Step 5. What is her decision? After evaluating the pros and cons of each solution, Ann needs to decide which is the best solution. Then she needs to try it out.

Step 6. How did it work? Finally, after Ann has tried her solution, she needs to think about how well it worked. If her solution didn't work, she may need to find other solutions to use. Or, maybe she needs to look at how she defined her challenge—was it the real one?

Practice

Now try using this skill on one of your own challenges. Review Worksheet 10-1 and decide which challenge you would like to handle. Then write it down on Worksheet 10-2 (pgs. 10-11). Answer the questions on Worksheet 10-2 and develop a plan to handle your challenge.

See if you can get a friend or family member to look at your challenge and solution. Ask them to answer the question listed below. If you cannot find someone, pretend that a friend came to you with a similar challenge and solution. Would you give them the same solution that you picked?

◆ **How would you handle this situation? Can you think of any other solutions you would use?**

Let your friend or family member share their solution with you. If their solution is different from yours, talk about why each of you decided to handle the challenge in a different way.

Remember, there are many different solutions that you can use. We have discussed a number of things that you can use to handle challenges. For a quick review, look at the list of things you can do on Worksheet 10-3 (pgs. 12-13).

Summary

There are many things that can get in the way of change: people, places, events, time of day, and our own thoughts. Trying to identify the real challenge can be hard. The Problem Solving Process

is an effective way to gather your thoughts and ideas about a challenge. Most important, this process reminds you that you have a lot of choice about how you can handle a challenge.

Here are some questions for further thought:

- ◆ What is the first step for overcoming road-blocks to change?
- ◆ When you are trying to solve a problem, what information do you need to know?

Home Activity

Areas to work on next month:

- ◆ Use two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.
- ◆ Use the solution you chose on Worksheet 10-2 to handle your challenging situation.

Use Worksheet 10-4 (pg. 14) to outline a plan and evaluate how well it worked.

Identifying Challenges

Check off one or two challenges that you would like to handle.

Influence of Other People (family, friends, etc.)

- ☐ Family or friends refuse to try new foods.
- ☐ They want favorite high-fat foods around the house.
- ☐ They want to go to high-fat restaurants or fast food places.
- ☐ They want to bring high-fat foods to work.
- ☐ They have expectations for certain high-fat foods at parties or celebrations.
- ☐ Other _____

Specific Situations or Locations

- ☐ Eating out in restaurants.
- ☐ Eating at friends' homes.
- ☐ Vacations, parties, holidays, where lots of high-fat foods are available.
- ☐ High-fat foods (snacks and bakery products) are in the house.
- ☐ No time to prepare and cook lower-fat choices.
- ☐ Limited budget to purchase lower-fat choices.
- ☐ Other _____

Your Own Thoughts, Expectations or Moods

- ☐ I prefer my old familiar cooking methods.
- ☐ I don't like to cook.
- ☐ I use food as a way to reduce my stress.
- ☐ I use sweets to reward myself.
- ☐ I think high-fat foods taste better.
- ☐ I think that guests deserve high-fat foods.
- ☐ Other _____

My Challenging Situation

Select a challenge from Worksheet 10-1. Use the steps from the problem solving process to develop a plan to handle your challenge.

1. What is my challenge?
Challenge: _____

2. What do I want to do? What part of the challenge do I want to work on first?

3. What can I do? List the solutions I am willing to use to handle the problem.

4. What can go wrong or get in the way of my solutions or plans?

5. What is my decision? Pick a solution and try it out.
Solution: _____

My Solution and Advice For This Challenge

Look at the information about the challenge. Decide what advice you would give a friend to handle this challenge. If you need ideas, use Worksheet 10-3 for suggestions.

What would I tell a friend who had this challenge?

Share your ideas with your partner in class. If your solution is different, talk about the differences and why you picked your solution.

Things I Could Do to Handle My Challenges

Check off anything you could do to handle challenging situations.

Eat low-fat foods even if others are eating high-fat foods.

- ☐ Choose to limit the number of high-fat foods you eat.
- ☐ Have low-fat foods easily available.
- ☐ Choose larger servings of low-fat foods like fruits/vegetables and grains.
- ☐ Choose a smaller serving of high-fat foods.
- ☐ Choose to limit high-fat extras.
- ☐ Avoid tempting foods.
- ☐ Others _____

Use low-fat eating behaviors.

- ☐ Eat a little before you go, so you're not hungry.
- ☐ Share high-fat food with someone.
- ☐ Leave food on the plate.
- ☐ Eat only the high-fat foods that are special (important) to you.
- ☐ Refuse high-fat foods (learn how to say "no thank you").
- ☐ Plan activities which don't involve food.
- ☐ Spend more time socializing than eating.
- ☐ Others _____

Think before you eat.

- ☐ Budget your fat intake.
- ☐ Plan ahead.
- ☐ Problem solve.
- ☐ Others _____

Things I Could Do to Handle My Challenges

Ask your family or friends for help and support.

- _____ Find a “buddy” at a party.
- _____ Ask family member to remind you in a nice way.
- _____ Others _____

Make foods lower in fat by using hidden substitutions.

- _____ Modify favorite family recipes with hidden low-fat ingredients.
- _____ Select lower-fat substitutes (e.g., lean meats, low-fat dairy foods, light mayonnaise).
- _____ Reduce fat by blending low-fat ingredients into higher-fat foods (e.g., thin dressings with yogurt, mix 1% milk with 2% milk and serve in 2% container).
- _____ Others _____

Bargain with your family and friends for low-fat food choices.

- _____ Get family or friends to agree to try a low-fat food.
- _____ Get family or friends to agree to use a low-fat food instead of a high-fat food they usually eat.
- _____ Offer to bring low-fat foods.
- _____ Others _____

Name: _____

Worksheet 10-4

Home Activity Worksheet

Areas to work on next month:

- ◆ Use the solution you chose on Worksheet 10-2 to handle your challenging situation.

Evaluation:

1. Challenge I worked on: _____

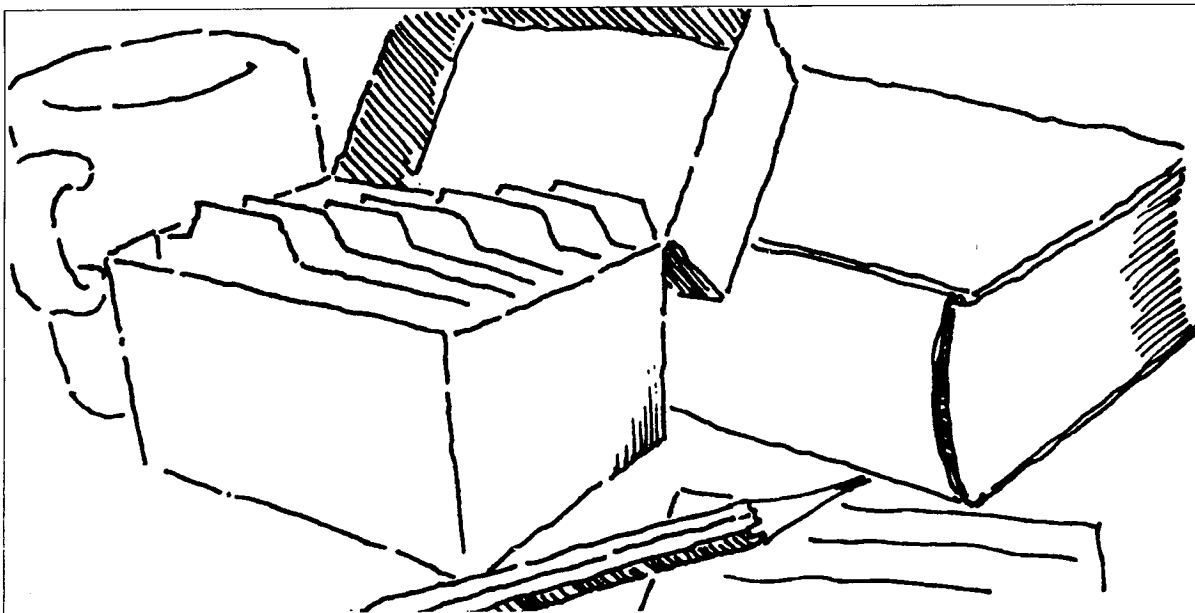
2. Solution I used: _____

3. How did my solution work? ☐ It worked
☐ It didn't work
4. What made my solution work (or not work)? _____

Session Ten

Recipes

- ◆ *Green Bean and Pasta Salad*
- ◆ *Tropical Fruit Compote with Rum*
- ◆ *Medallion of Cod*
- ◆ *Lemony Lamb Chops*
- ◆ *Hearty Cornbread*



Green Bean and Pasta Salad

1 package (9-ounces) frozen Italian green beans, or cut green beans
1/2 cup corkscrew macaroni, uncooked
1/2 cup reduced-calorie Italian dressing
1/4 cup carrot, shredded
4 lettuce leaves

Cook beans according to package directions. Drain. Cook macaroni according to package directions. Drain. Rinse with cold water. Drain. In a medium bowl, combine beans, macaroni, salad dressing and carrots. Cover and chill overnight. Serve on lettuce lined plates.

Makes 4 servings

Fat: 3 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 1/2 per serving

Recipe from Better Homes & Gardens Eating Health Cookbook

Tropical Fruit Compote with Rum

1/2 cup sugar
2 tablespoons fresh lime juice
1 strip of lime zest
1 pineapple, peeled, sliced into 8 rounds and cored
2 mangoes, each cut into 8 wedges and peeled
3 bananas, peeled, each cut diagonally into 8 pieces
1/3 cup white rum
1 fresh mint sprig (optional)

In a small saucepan, combine 3/4 cup of water with the sugar, lime juice and lime zest. Bring the liquid to a boil, then reduce the heat, and simmer the mixture for 5 minutes. Pour the syrup into a bowl; remove the lime zest and chill the syrup for about two hours.

To serve the compote, arrange the fruit on a serving plate. Stir the rum into the chilled syrup, then pour just enough of the liquid over the fruit to moisten it. If you like, garnish the fruit with a sprig of mint. Serve the remaining syrup in a sauce boat.

Makes 8 servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1-1/2 per serving

Recipe from Fresh Ways with Desserts, Time/Life

Medallion of Cod

2 pounds cod, uncooked
1 cup low-fat cottage cheese
2 tablespoons buttermilk (low-fat)
1/2 teaspoon dill weed
1/4 teaspoon dry mustard

Mix cottage cheese and buttermilk in blender until smooth. Stir in dill weed and dry mustard. Cut fish into serving sizes. Place on broiling pan and broil 4-5 minutes on each side. Spread sauce over fish and broil only to heat through and brown slightly. The sauce will curdle if heated too long. Serve immediately.

Makes 4 servings

Fat: 4 grams per serving

Recipe from The New American Diet

Lemony Lamb Chops

8 ounces loin lamb chops, 3/4-inch thick, fat removed
3 tablespoons water
1/8 teaspoon grated lemon peel
2 tablespoons lemon juice
2 teaspoons Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon dried oregano
1/8 teaspoon dried rosemary, crushed
pepper to taste

Broil chops on a rack under the broiler until brown on both sides. Place the browned chops into a medium nonstick skillet. Combine the remaining ingredients and pour over the lamb. Cover and cook on medium-low heat until the chops are tender, about 30 minutes.

Makes 2 servings

Fat: 7 grams per serving

Recipe from Lean and Luscious

To: VCC Lead Nutritionists @ WHI,NCC Lead Nutritionists @ WHI
From: Sona Mulye
Subject: Session 10 Recipe Correction
Date: 4/15/97 Time: 8:33AM

Please note the following correction to the Session 10 - Hearty Cornbread recipe:

The ingredient list should include: 1 TEASPOON BAKING POWDER

Rest of the ingredients and directions are correct.

This correction will be made in future printings of the session material. Sorry for any confusion this may have caused.

Sona Mulye
206-667-2943 (phone)
206-667-4142 (fax)

Hearty Cornbread

2 cups cornmeal
1/2 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 tablespoon brown sugar
1 egg white
1 tablespoon oil
2 cups buttermilk (low-fat)
non-stick cooking spray

1 tsp Baking Powder

Preheat oven to 425°F. In a large mixing bowl, combine the cornmeal, flour, salt, baking soda, baking powder and brown sugar. Stir together. Make a well in the center of the dry mixture and add the egg white, oil and buttermilk. Mix together thoroughly, but do not overmix. Pour the batter into a muffin pan or a 9-inch baking pan prepared with a non-stick cooking spray.

Bake approximately 20 minutes, until cornbread is light golden and separates slightly from the sides of the pan. Place the pan on a wire rack to cool slightly. Serve the bread warm.

Makes 12 servings

Fat: 2 grams per serving

Grain Servings: 1 per muffin or 1 piece of cornbread (3" square)

Recipe adapted from: A Taste of Cuba