

# Session 1B: Getting Started Losing Weight.

To help you lose weight,  
our goal is to help you to **eat healthy**.



Healthy eating involves **eating less fat**.

Eating too much fat is fattening (makes us fat) and is related to heart disease and diabetes.

The first step to eating less fat is to  
figure out how much fat you are eating *now*.

**Write down everything you eat and drink every day.**

It's the MOST IMPORTANT part of changing your behavior.

Spelling IS NOT important. What IS important is to:

- ❖ Be honest (**write down what you really eat**).
- ❖ Be accurate (**measure portions, read labels**).
- ❖ Be complete (**include everything**).



Being aware of what you eat is the first step toward change.



**To do next week:**

**I will:**

**Write down everything I eat and drink every day.**

Include:

- ❖ Time.
- ❖ Amount and the name of the food and a description.

Skip the other columns.

Use one line for each food.

Skip activity.

**Circle some of the foods or drinks I think are highest in fat.**

**Bring my Keeping Track book and notebook to the next session.**

