

Session 4 or 2: Be a Fat Detective.



We'll begin today to keep track of your weight.

Your starting weight was _____ pounds.

Your weight goal is _____ pounds.

To keep track of your weight:

- ❖ At every session, mark it on the How Am I Doing? graph.
- ❖ Weigh yourself at home every _____



on the same scale, and
at this time of day _____ .

Write your weight on the back of your
Keeping Track book.

To help you lose weight, we'll help you **eat healthy**.


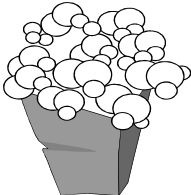
Healthy eating involves **eating less fat**.

- ❖ **Eating too much fat is “fattening” (makes us fat).
By eating less fat, you can lose weight.**

In fact, fat is the most fattening of all the things we eat.

Fat contains **more than twice the calories** as the same amount of sugar, starch, or protein.

Even small amounts of high fat foods are high in calories.
Compare:

		<i>Grams of fat</i>	<i>Calories</i>
	¼ cup peanuts	18	212
	3 cups plain, air-popped popcorn (12 times as much food!)	1	92

- ❖ **Fat is related to heart disease and diabetes.**

Research has shown that eating a lot of fat can increase your cholesterol level. Cholesterol is one type of fat in your blood. The higher your cholesterol, the greater your chance of having a heart attack. Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

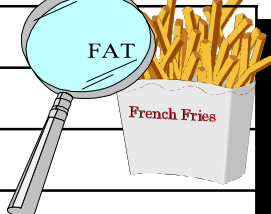
What kinds of foods do you eat that are high in fat?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Most of the fat we eat (70% of it) is hidden in foods.

Let's uncover it! Here's a lunch menu:

Fried fish sandwich	5 teaspoons of fat
Large French fries	6 teaspoons of fat
Apple turnover, fried	4 teaspoons of fat
Milkshake, with ice cream	5 teaspoons of fat
Total:	20 teaspoons of fat (That's about 1 entire stick of butter or margarine!)



Keep track of the fat you eat every day.

1. Write down everything you eat and drink.

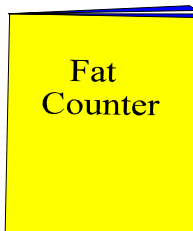
It's the **most important** part of changing your behavior.



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).

2. Figure out how much fat is in every food. Write it down.



- ❖ Figure out the amount of each food you ate.
- ❖ Look up each food in the Fat Counter.
- ❖ Compare the amount of food YOU ate with the amount in the Fat Counter to see how much fat you ate.

3. Add up the fat you eat during the day.

Your fat gram goal or "budget" is to

stay under _____ grams of fat each day.

A gram is the way fat in food is measured. A gram is a unit of weight.

A paper clip weighs about 1 gram.



It may be hard to reach your fat gram goal at first.
Just try to **get as close to your goal as you can.**

When you use the Fat Counter:

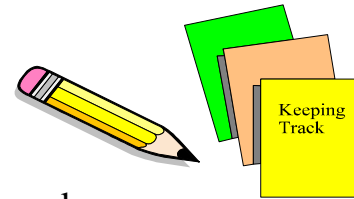
Can't find a food?

- ❖ Use the fat gram value for a food that's the most like it. (For example, use nut bread for zucchini bread.)
- ❖ Write the name of the food in the back of your Fat Counter. Ask your Lifestyle Coach about it next week.



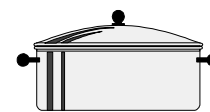
Have trouble figuring the grams of fat?

- ❖ Just write down the food and amount.
- ❖ Your Lifestyle Coach will help you next week.



Make a recipe?

- ❖ For many recipes, you can simply write down how much of each ingredient you ate. For example, in a stew, how much meat did you eat? Carrots? And so on.
- ❖ If you cook from recipes often, bring in some favorite recipes next week. Your Lifestyle Coach will help you count the grams of fat in them.



❖ *Eat a packaged food?* Look on the label for the fat grams.

Nutrition Facts
 Serving Size 1 oz. (28g/about 21 pieces)
 Servings Per Container 10

Amount Per Serving
Calories 150 **Calories from Fat** 80

		% Daily Value*	
Total Fat	9 g	14%	
Saturated Fat	2g	10%	
Cholesterol	0mg	0%	
Sodium	300mg	12%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	less than 1g	1%	
Sugars	less than 1 g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500	
Total Fat	Less than		65g	80g
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

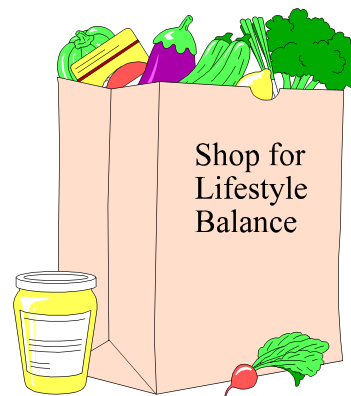
Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

❖ Look at the **Serving Size**.
 (Is this the amount you ate?)

❖ Look at the **Total Fat grams per serving**.

What if you eat a larger serving than is listed on the label?

You will be eating more fat grams than are listed on the label.





To do next week:

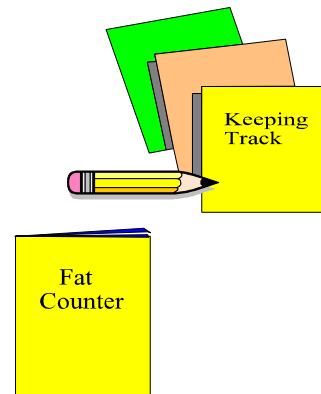
I will:

Keep track of my weight.

- ❖ Weigh myself at home every _____
at this time of day _____ .
- ❖ Record my weight on the back of the Keeping Track book.

Keep track of what I eat and drink.

- ❖ Write down everything I eat and drink in the Keeping Track book.
- ❖ Use the Fat Counter to figure out how much fat is in what I ate.
Write the fat grams down in the Keeping Track book.
- ❖ Keep a running fat gram total throughout the day.
Try using the Fat Bank, too.
- ❖ Come as close to my fat gram goal as I can.



Keep track of my physical activity.

- ❖ Be active for _____ .



To do next week:

I will:

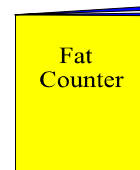
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Write the fat grams down in the Keeping Track book.

- ✦ Keep a running fat gram total throughout the day. Try using the Fat Bank, too.
- ✦ Come as close to my fat gram goal as I can.

Keep track of my physical activity.

- ✦ Be active for _____ .