

Lifestyle Coach Facilitation Guide: Core

Session 2: Be a Fat and Calorie Detective

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Background and Preparation

Preparation Checklist

Materials

These are the materials that you will need during Session 2.

- Session 2 handouts:
 - Session 2 Overview
 - Be a Fat and Calorie Detective
 - What High Fat Foods Do You Eat?
 - Sample Lunch Menu
 - Tracking Fat and Calories
 - Fat Gram Goal
 - Fat and Calorie Counter Guidelines
 - Adding Up Fat Grams
 - Eating Packaged Foods
 - To Do Next Week

- Copies of ground rules generated during Session 1

- Food and Activity Trackers for Session 2. Label the tracker with the session name and number. Provide extra copies for those who need them.

- “How Am I Doing?” weight charts. Have one for each participant with his or her starting and goal weight already written in. Participants will keep and use these charts for the remainder of the program.

- Lifestyle Coach’s Log

- Fat and Calorie Counter

- Name tags or tents from the previous week, if still needed

- Flip chart or chalk board supplies

- Optional:* food samples for activity in Part 3: Self-Monitoring Fat Intake

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Materials (continued)

- Measuring cups, spoons, ruler, and food scale
- Balance scale. Use the same one each week to weigh participants.

Before you begin

- Choose a private place to weigh participants.
- If still needed, prepare name tags or set up the classroom with name tents from the previous week.
- Have your Lifestyle Coach Log's ready for weigh-ins.

Learning objectives

At the close of this session, the participants will be able to –

- Self-monitor their weight during the weeks following Session 2.
- Document their weight at home and at the beginning of each session.
- Describe the relationship between fat and calories.
- Explain the reason for, and basic principles of, self-monitoring fat grams and calories.
- Identify their personal fat gram goals.
- Use the “Fat and Calorie Counter” to calculate the calories and fat grams of a given selection of foods.
- Keep a running total of the fat grams they eat each day.
- Calculate fat, calories, and serving sizes from nutrition labels.

Session 2: Be a Fat and Calorie Detective

Session 2 overview

Session 2 focuses on self-monitoring our weight and calculating the amount of fat and the number of calories we eat— crucial elements of the National Diabetes Prevention Program. The Lifestyle Coach and participants begin to use the “How Am I Doing?” weight chart for tracking individual progress on weight loss (and later physical activity) throughout the program.

Participants will calculate their individual fat gram goals and see how reducing calories results in weight loss. Being a “fat and calorie detective” involves recognizing high-fat and high-calorie foods and then reducing the fat and calories in our diet in order to lose weight and prevent disease.

Session 2 is divided into four parts.

Part 1: Weekly Progress and Review (10 minutes)

This section will be the same for each session. Participants will be weighed privately and then asked to take their seats in the classroom. You will review briefly the information covered during the previous session, then lead a discussion about group members’ successes, challenges, and questions since they last met.

Part 2: Tracking Your Weight (10 minutes)

You will explain how participants should track their weight at home. They will also learn how to track their in-class weights on the “How Am I Doing?” weight chart so they can see their progress over time. You filled in the first week’s weight for each participant. From now on, you will continue to weigh each participant every week, but they will record in-class weights on their own. You will use an example “How Am I Doing?” chart to show participants how to enter their weight on the charts. Participants will keep their own chart and bring them to class each week for the remainder of the program.

Part 3: Self-Monitoring Fat Intake (30 minutes)

This section explains the importance of participants’ monitoring their fat and calorie intake. They will also learn the health effects of eating fat and how to determine what kinds of foods are high in fat and calories. Self-monitoring fat intake begins this week. Participants will be asked to write down all the foods they eat and to use the “Fat and Calorie Counter” to

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track their daily intake. They will also be assigned an individual fat gram goal, which is a budget that they should try to stay below. Calories and their relationship to fat are discussed, and participants are also asked to track calories in addition to fat intake, although no calorie goal is assigned.

Optional activity: If time allows, you may do an exercise that allows participants to practice recognizing high-fat and high-calorie foods. Bring foods (just the packages or models are fine) to the class and ask participants to name the foods they should limit. Or have participants estimate the fat grams in a given food. Discuss the fat and calorie content of each.

Part 4: Wrap-Up and To-Do List (10 minutes)

This final part will be the same for most sessions: a summary of what was covered and a discussion of the tasks participants will do during the next week.

Lifestyle Coach Brief

Key messages ---

Here are the key messages for this session. They should be reinforced from time to time throughout the program.

- Consistent self-monitoring of weight and food intake are keys to maintaining a long-term focus on weight loss goals.
- Many tools and guides will help establish healthy eating habits. Participants should become familiar with how they work and use them regularly.
- Participants should learn to estimate quickly the amount of fat and calories in various foods and to understand the language of labels and ingredients. Having these skills will enable them to choose foods that fall within their fat gram budget.
- Because fats are so high in calories, reducing fat is a relatively easy way of reducing the number of calories we eat.
- Reducing fat has secondary health benefits for people at high risk for type 2 diabetes: reducing fat lowers cholesterol and reduces risk for heart attack.

Classroom Presentation

Part 1: Weekly Progress and Review

Estimated time: 10 minutes

Weigh In	Notes
<p>As each participant arrives —</p> <ul style="list-style-type: none">• Weigh him or her privately.• Record each participant’s weight on the Lifestyle Coach’s Log.• Give each participant the Session 2 handouts.• Inform participants that you will show them later how to record their weight on their “How Am I Doing?” weight chart. At that time, they will practice recording this week’s weight.	
Week in Review	Notes
<p>Distribute the list of ground rules generated by the class during Session 1.</p> <p>Review ground rules, and ask the group whether they want to change or add any rule to ensure sessions run smoothly.</p> <p>Present: Last week, we reviewed the purpose and goals of this program and introduced you to the key concepts we will focus on during the coming weeks.</p> <ul style="list-style-type: none">• You were given a Participant Notebook, a set of handouts, and a to-do list to work on during the week.• You were also introduced to the “Food and Activity Tracker,” which will help you track your weight and food.	

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Ask: How are you feeling this week about your goals and what we are here to do?

Open responses.

Present: As we progress in this program, monitoring your weight and how much you eat will become a more natural part of your lifestyle. We will work together to overcome challenges you meet along the way.

Keeping Track

Notes

Ask: How did keeping track of what you ate and drank go last week? Were you able to write down everything that you ate and drank?

Open Responses.



Note to Lifestyle Coach

It is important to prevent this discussion from turning into a gripe session. Address challenges, but keep the tone positive. Ask about successes and accomplishments.

Ask: What did you learn by this process? About your habits? What difficulties did you have?

Open Responses.

Present: At the end of this session I will collect your Food and Activity Trackers from Session 1. I will review your tracking notes and make comments. Your trackers will be returned to you next session. They will *not* be graded! The purpose is to allow me to give personal feedback that will help you reach your goals.

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Present: Sometimes it's difficult to monitor what you eat closely enough to know where you need to make changes. For those of you who had trouble, tell me what happened.

Open responses.

Ask group to suggest options for those who struggled.

Present: In this program, we will help you overcome difficulties in tracking your progress. I know most of you are trying and are making strides toward self-monitoring.

This Week

Notes

Present: This week we will learn how to be fat and calorie detectives. We will become aware of the amount of fat and the number of calories we eat. We will learn how knowing the amount we eat will help us lose weight. We will –

- Discuss how to monitor your weight at home.
- Identify your personal fat gram goals.
- Learn about the relationship between fat and calories.
- Use the “Fat and Calorie Counter” to find the number of fat grams and calories in food.
- Learn to keep a running fat gram total throughout the day.
- Learn to read the information about fat, calories, and serving sizes on nutrition labels.

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Part 2: Tracking Your Weight

Estimated time: 10 Minutes

Tracking Your Progress

Notes

Present: Let's take another look at keeping track of your weight and how we will watch your progress as you work toward your weight loss goal.

Last week we discussed the program's weight loss goal for each of you: 7% of your body weight. We also talked about the two main ways you will document your progress toward that goal: weekly at the sessions on the "How Am I Doing?" weight chart, and daily at home on the "Food and Activity Tracker."

Before each of these first two sessions we logged your weight on the "How Am I Doing?" weight chart.

This chart will allow us to track your weight changes during this program.

How Am I Doing? Weight Chart

Notes

Distribute the "How Am I Doing? Weight" charts that you filled in for the participants during this last week.

Explain how to use the chart:

- I've entered your starting weight and goal weight on this chart.
- Session weeks are listed across the top.
- At the beginning of each session, you will plot your weight on this chart on the vertical line at the appropriate intersection of date and pounds.
- You should reach your goal by Week 24 or _____ [insert month or date].

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Caution participants:

- The amount of weight loss varies from week to week.
- Many people lose weight faster at first, and then average a 1- to 2-pound weight loss per week.
- We want to see a pattern of weight loss over time, not just focus on week to week ups and downs.
- Maintaining your weight loss is important, which is why we will teach you not only how to lose weight, but also how to keep it off.

At future sessions, you will write in your weight on the “How Am I Doing?” weight chart after each weigh-in.



Have participants record this week’s weight on the “How Am I Doing?” weight chart.

Tracking Your Weight at Home



Refer participants to the “Food and Activity Tracker.”

Present: Last week you recorded your daily food intake on the “Food and Activity Tracker.” This week you also record your weight each day or at least twice a week.

- Weigh yourself every day or every few days at the same time of day, wearing similar clothing.
- Always use the same scale, because different scales may show slightly different weights.

Notes

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Part 3: Self-Monitoring Fat Intake

Estimated time: 30 minutes

Fat and Calorie Relationship

Notes

Present: This week we will learn how to be fat and calorie detectives. We will learn how much fat and how many calories we eat. And we will learn how knowing what we eat will help us lose weight.

Ask: To start, who knows what fat is?

Open responses.

Ask: Who knows what calories are?

Open responses.

Present: Fat is one of many important nutrients that our bodies need. The American Heart Association says fats are essential to give our bodies energy and to support cell growth. Fat cells help protect our organs and help keep our bodies warm. The fats we eat help our bodies absorb some nutrients and produce important hormones. Our body definitely needs fat – but not as much as most people eat. When we eat too much fat, our bodies store what it doesn't need as excess body tissue.

Fat is something we can often see, so it is easier to define than calories. Calories are more complex.

A **calorie** is a unit of energy supplied by food. When you eat food, you take in calories (or energy). Calories in food come from fat, carbohydrates (starches, sugar), protein, or alcohol. A calorie is a calorie regardless of its source. Carbohydrates, fats, sugars, and proteins all contain calories.

Fat is the most concentrated in calories: each gram of fat contains nine calories. That is more than twice the number of calories in a gram of carbohydrate or protein.

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Note to Lifestyle Coach

If time permits, ask participants to offer examples of foods that are high in fat and calories.

A useful rule of thumb for weight loss is that **1 pound of body fat equals 3,500 calories**.

This means that if you want to lose 1 pound per week, you should reduce your weekly calorie intake by 3,500 calories, or 500 fewer calories per day for seven days. In this lifestyle intervention we're aiming for 1 to 2 pounds per week, which means we need to try to reduce our calories by 500 to 1,000 calories per day.

Reducing fat is a great way to reduce calories, while also producing health benefits that reduce risk for type 2 diabetes. For the next few weeks we will focus primarily on fat: how to avoid eating too much of it and how to track and reduce how much fat we do eat. We will focus on *reducing* the number of calories we eat, and calculating how many calories we do eat. However, we will not have a specific calorie goal.

Eating Less Fat

Notes

Present: Our goal is to help you learn to make healthy food choices. Healthy eating involves eating less fat for several reasons:

- Fat contains more than twice as many calories as the same amount of carbohydrate (starch or sugar) or protein.
- Even a small amount of high-fat food is high in calories (e.g., a tablespoon of butter has 100 calories).
- You get less volume for the calories. Eating low-fat foods may help you to feel fuller.

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Refer participants to “Be a Fat and Calorie Detective” in the Participant Notebook.

This handout offers tips for building healthy eating habits and losing weight. Look at the comparison between peanuts and air-popped popcorn.



Note to Lifestyle Coach

Tell participants that although peanuts are high in fat, they are a healthy food when eaten in moderation.

Discuss handout briefly.

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Effects of Too Much Fat

Notes

Present: Excess fat is associated with heart disease and type 2 diabetes.

- Eating a lot of fat can increase your blood cholesterol.
- Cholesterol is one measure of the amount of fat in your blood.
- The higher your cholesterol, the greater your chances are of having a heart attack.
- Some evidence shows that eating a lot of fat can increase our chance of getting type 2 diabetes.
- People with prediabetes often have trouble metabolizing fat – another good reason for reducing our fat intake.

Switching from unhealthy to healthy eating is one of the most important steps you can take to improve your health.

High Fat Foods

Notes

Ask: What foods do you eat that are high in fat?

Open responses.



Refer participants to “What High Fat Foods Do You Eat?” in the Participant Notebook.



Present: Think about the kinds of food that *you* eat that are high in fat. Write them down on the handout.

Ask for volunteers to share what they wrote.

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Present: Now take a look at some of the high-fat foods you circled last week in your “Food and Activity Tracker.”



Note to Lifestyle Coach

Optional activity: If time allows, have participants pick the high-fat foods from a selection of pictures of food or empty food packages that you brought to the class. Ask participants to say which they should limit.

Showing the fat content of popular foods is also a useful activity. You can use shortening to represent fat. Measure out the amount of fat in grams for various foods (e.g., 1 oz peanuts, 4 oz popcorn). You can place the shortening in either test tubes or baggies.

Food groups and types of food that tend to be high in fat include [*Note: write these on a flip chart*] –

- Meats: they contain fat we can see and fat we cannot see.
- Dairy foods: whole milk, regular cheese, ice cream.
- Snacks foods such as potato chips.
- Butter, margarine.
- Gravy, mayonnaise, salad dressing.
- Baked goods: cookies, cakes, muffins.
- Fat added through cooking (especially deep-frying): oil, lard, shortening.

These are the kinds of foods we have to watch out for as we become “fat and calorie detectives.” It can be difficult to stop eating them because –

- Many are widely available.
- We like the taste.
- They may be traditional family or cultural foods.

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Hidden Fat

Notes

Present: Most of the fat we eat (70%) is hidden in food.

Ask: What do we mean by “fat being hidden”?

Open responses.

Present: It means that it isn't obvious to us that fat is there. Examples include –

- Marbling in meats
- Baked products
- Sauces and salad dressings
- Batter coatings on deep fried foods



Refer to the “Sample Lunch Menu” handout in the Participant Notebook.

Present: A lot of the fat in these items comes from how they are cooked – fried. The milkshake also has a lot of fat because it contains ice cream. That is a lot of fat – a total of 22 teaspoons, the equivalent of sitting down and eating almost an entire stick of butter!

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Cutting Down on Fat

Notes

Present: The best way to learn how much fat and calories are in foods is to keep track of the amount of fat and calories that you eat every day.



Refer to the “Tracking Fat and Calories” handout in the Participant Notebook. Go over it with participants.

Step 1: Write down everything you eat and drink in your “Food and Activity Tracker.” This is the most important step toward changing your behavior. It will help us see:

- What foods you eat.
- When and where you eat.
- How much you eat.
- How your eating habits change over time.

The records in your Food and Activity Tracker will be the basis for our work together.

What is *not* important?

- Spelling: you can make up abbreviations, or use shorthand (but make sure I can understand them).

What *is* important?

- Honesty: write down every little thing you eat.
- Accuracy: write down what you eat as soon as possible (or even *before* you eat it), because it is easy to forget.
- Completeness: include everything (butter on toast, cream in coffee, mayonnaise on sandwich).

Step 2: Figure out how many calories and fat grams are in every food, and write both numbers down. Doing so will require you to –

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- Figure out the amount of food you ate.
- Look up each food in the Fat and Calorie Counter.
- Find the number of fat grams and calories of each food item based on the serving size you ate.

Step 3: Add up all the fat grams and calories you eat during the day. I will show you how to do so in a minute.

Fat Gram Goal

Notes

Present: The reason I'm telling you all of this is because we set a fat gram goal for each of you. We want to help you succeed in reaching your goals. Try to keep as close as possible to your daily goals. That said, eating too little fat is not healthy and can lead to overeating. In addition, it's not sustainable for a lifetime.



Note to Lifestyle Coach

Remind participants that at this point in the program you are going to set only a fat gram goal. If they do not lose weight by Session 7 (or sooner), you may sharpen the focus on calories.

Now, let's determine our fat gram goal.



Refer participants to the "Fat Gram Goal" handout.

Present: Use these tables to determine your fat gram goal. Find your present weight range, and then look across to your goal.

- Think of it as a budget you are trying to stay below.
- Everyone's fat gram goal is different. It is based on your body size and the number of calories you need to cut out in order to lose weight.
- The amount of fat in food is measured in grams. The fat gram goal should be about 25% of your total calorie intake.

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Fill in the fat gram goal in your “Food and Activity Tracker.”

Present: You’ll have some successes and some setbacks as you work to reach your fat gram goal. For now, just try to get as close as you can.

Throughout the next few weeks we will learn new ways to reduce fat in your diet, which will help you reach your weight loss goals.

Fat and Calorie Counter

Notes

Present: The “Fat and Calorie Counter” is a great tool for helping you figure out the fat and calories in your foods and beverages.

Distribute the “Fat and Calorie Counter” and give participants a moment to flip through it. Explain the format of the book and how to use it.

Present: In your Participant Notebook, there are guidelines on how to use the “Fat and Calorie Counter.” Here are some tips to keep in mind when using the Fat and Calorie Counter:

- If you cannot find a food, look for the food that is most like the food you ate (for example, use banana bread for zucchini bread).
- If you are having trouble figuring the grams of fat and calories, write down the food and the amount you ate. I will help you figure out the fat grams and calories at the next session.

Present: Now let’s practice using the “Fat and Calorie Counter.”

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Activity: Adding Up Fat Grams: Practice

1.  **Find** the “Adding Up Fat Grams” handout in the Participant Notebook.
2.  **Write** down several foods (3 to 5) that you ate yesterday. If possible, include both high-fat and low-fat foods with varying portion sizes. Or write down what you would usually order from your favorite fast food restaurant.
3. **Look up** each food item in the “Fat and Calorie Counter.”
4.  **Write** the information on “Adding Up Fat Grams.”
5. **Write** the number of fat grams in each item in the appropriate column.
6. After each meal and snack, add up the fat grams so that you have a running sub-total throughout the day.



Note to Lifestyle Coach

The important thing at this point is *not* about getting exact calculations. It is just about starting to look up foods in the Fat and Calorie Counter and getting an idea of the amount of fat and calories in different foods and portion sizes.

Roam the room, assisting participants.

Discuss if needed.

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Note to Lifestyle Coach

Assure everyone that you will continue to help them with this task in future sessions. The important thing for now is finding foods in the “Fat and Calorie Counter” and getting an idea of the amount of fat and calories in different foods and in various serving sizes.

Estimating Fat and Calories in Prepared Foods

Ask: How do you handle recording fat grams and calories when you cook from recipes?

Present: If you cook from recipes –

- Be sure to look to see if the recipe has nutrition information. If it does, calculate fat grams and calories on the basis of the portion you eat.

If the recipe does not give the number of fat grams and calories, you have two options:

- Calculate how much of each ingredient you ate (e.g., how many ounces of beef, carrots, or cheese; and how many teaspoons of oil were in the portion you ate?).
- Find a similar food in the “Fat and Calorie Counter,” and use the nutrition information for that food.

If you are still having trouble with a recipe, bring it to the next session, and we can count fat grams and calories together.

Ask: What if you eat packaged foods?

Present: If you eat packaged foods –

- Look on the label for the fat grams and calories.

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- Figure out if you ate the serving size listed before doing any calculations. You may have eaten a larger or smaller size.
- Remember, the serving size on a label may be different from what most of us consider a serving. [Usually the label serving is smaller than the serving we give ourselves.]

Nutrition Labels

Present: Now, let's get some practice reading nutrition labels.



Refer participants to the "Eating Packaged Foods" handout in the Participant Notebook.

Review the sample nutrition label.

Present: There is a lot of useful information on food nutrition labels. These labels are the key to limiting your fat and calorie intake. In this example, the fat grams, calories, and serving size are highlighted.

The serving size tells you the amount that the nutrition measurements are related to. The more you become accustomed to reading the nutrition label and paying attention to the fat and calorie content of packaged foods, the easier it will be to know the foods that will help you stay within your fat gram goal.

Tracking Fat and Calorie Totals

Present: We now know —

1. Your daily fat gram goals.
2. How to calculate the fat and calories in food.

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Present: Now, let's think about how to track these numbers over time so that we can plan for healthy eating.

By keeping a running total of the fat grams and calories you consume throughout the day, you will know how much you have already eaten and can plan what foods to eat next.



Note to Lifestyle Coach

Some participants may be confused and overwhelmed at this point because of difficulties with calculations. Do not review how to add up fat grams and calories with these participants until next week. Instead, use Adding up Fat Grams to practice how to look up and record fat grams.

It is like using a budget to manage how much money you spend or keeping a running balance on a check book. When you look at the number of fat grams you have eaten, you can tell how many you have left to eat.

For example:

“What should I have for dinner? Well, I've eaten 20 grams of fat so far. My fat gram goal is 44 grams. So I'd better eat fewer than 24 grams of fat to stay under my fat gram goal for the day.”



Demonstrate how to add up fat grams.

1. Ask for five to eight examples of food items and their fat grams. Participants can use the Fat and Calorie Counter.
2. Write the selected foods and fat grams on a flip chart.
3. Add the fat grams for the second item to the fat grams for the first, and put the total to the side. Add the fat grams for the third item to the previous total, and continue in this manner until you totaled the fat grams for all the foods on the list.
4. Place the sum – the running fat gram total – at the bottom of the page.

Present: This week, we just want you to get started and do your best. If you run into problems, I will help you next week.

Use the back of your Fat and Calorie Counter to write down any foods or questions you need help with. We'll discuss them during the next class.

Changing the way we eat is a gradual process and it will take time.

- During the next few months, you will learn many ways to help you eat less fat.
- Right now, just be the best fat and calorie detective you can be; look for fat and calories everywhere.
- Do your best to come as close to your fat gram goal as possible.

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Note to Lifestyle Coach

Let participants know that we are more interested in their efforts to be honest and complete in their documentation, than in their being perfect eaters. Self-monitoring is an important tool, and we expect everyone to do so at least some days each week.

Ask if there are any questions before going over to-do list for next week.

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Part 4: Wrap Up and To-Do

Estimated time: 10 minutes

To Do Next Week

Notes



Refer participants to the “To Do Next Week” handout in the Participant Notebook.

Present: For next week, complete the items on the “To Do Next Week” list:

- Weigh yourself at the same time each day, or every few days, and record your weight in your “Food and Activity Tracker.”
- Write down everything you eat and drink in your “Food and Activity Tracker.” Do this every day, as soon as possible after you eat. Be honest.
- Measure portions as much as you can, and start reading labels.
- Use the “Fat and Calorie Counter” to figure out the amount of fat and calories in what you ate, and write the amount down in your “Food and Activity Tracker.”
- Keep a running fat gram total throughout the day. Come as close to your fat gram goal as you can.

Collect the “Food and Activity Trackers” from Session 1.

Distribute the new “Food and Activity Trackers” for Session

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Closing	Notes
<p>Summarize key points:</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> You learned how to monitor your weight during the coming weeks, at home, and with me at the beginning of each session.<input checked="" type="checkbox"/> You have an idea of the kinds of foods that are high in fat. Those are foods you need to stay away from.<input checked="" type="checkbox"/> You figured out your personal fat gram goal and will use the “Fat and Calorie Counter” and other tools to help you focus on that goal and monitor what you eat.<input checked="" type="checkbox"/> You know what to look for on food labels so that you make good food choices. <p>Close: At the next session, you will practice using weighing and measuring tools to figure out the exact amounts you eat. We will also talk about ways to eat less fat and fewer calories.</p> <p>Ask participants if they have any questions before closing the session.</p> <p>Make any announcements about time or location changes, contact information, or other issues.</p> <p>Dismiss the group.</p> <p>After the session:</p> <ul style="list-style-type: none"><input type="checkbox"/> Make notes and recommend strategies for improvement in each participant’s “Food and Activity Tracker” from Session 1. Limit your notes to these topics: mechanics of recording, keeping a running subtotal, transferring totals to the back page, self-weighing, and (eventually) determining how close they are to their fat gram goals.<input type="checkbox"/> Use the “Notes and Homework” page at the end of this guide to write notes about the session.	

