



Session 2: Overview

Be a Fat and Calorie Detective

Reducing the fat and calories in our meals is one of the most important steps we can take to improve our health. To reach healthy eating goals, we need to track our weight and how much we eat. Our role as a “fat and calorie detective” is to find the high-fat, high-calorie foods in our meals and figure out ways to make them healthier.

Monitor Our Food and Weight

Monitoring what we eat is a smart way of making sure we make healthy choices. Monitoring what we do is the most important part of changing our behavior. Therefore, an important part of this program is to write down everything you eat and drink in your *Food and Activity Tracker*.

How Am I Doing?

Use the *How Am I Doing?* weight chart to track your weight at home and before each session. This chart is important because it shows how your weight is changing over time.



Quick Fact

Why does it matter if I get type 2 diabetes?

People with diabetes are twice as likely as people without diabetes to die early.

The good news is that by making smart choices in eating and physical activity, you can delay or prevent type 2 diabetes.

But there’s more good news. Even with diabetes, people can lower their chances of blindness, kidney disease, heart attack, and stroke by eating healthy and getting regular physical activity.



Your Fat Gram Goal

Everyone is different, and we each have different needs. So each of you will be assigned a number of daily fat grams. That number is your budget of fat grams per day.

We will base the number of fat grams assigned to you on your present weight and weight loss goal of 7%. And, of course, we will help you to keep track and write down the foods you eat to stay within this budget. You will use the *Fat and Calorie Counter* to help you figure out what to eat and the right amounts to eat.

For Next Week

Next week will be exciting because you will be taking the first key steps toward changing how you live. You are *now* beginning to improve your health and reduce your chances of getting type 2 diabetes.



Be a Fat and Calorie Detective

All about Fat

To help you lose weight, we will begin building healthy eating habits. Here are some facts about fat and calories to get you started:

- ✓ Healthy eating means eating less fat and fewer calories.
- ✓ Eating too much fat is what makes us fat.
- ✓ By eating less fat, you can lose weight.
- ✓ Fat has the most calories of all the foods 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 Peanuts with Popcorn

| Food | Amount | Grams of Fat | Calories |
|---------|--|--------------|----------|
| Peanuts | ¼ Cup | 19 | 215 |
| Popcorn | 3 cups plain, air popped (12 times as much food!) | 0 | 90 |

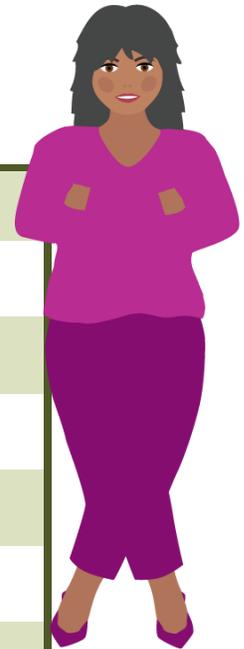
Note: Peanuts are high in fat, *but* they are a healthy choice if you eat them in small amounts.



What High Fat Foods Do You Eat?

Using last week's *Food and Activity Tracker*, list the kinds of foods you eat that are high in fat or calories.

| |
|-----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |



Quick Fact

Almost three-quarters of the fat we eat is **hidden** in the food! We can't see it.



Sample Lunch Menu



Look at this example of a typical lunch at a fast food restaurant. Notice the amount of fat and calories.

| Food | Fat Grams | Teaspoons of Fat | Calories |
|---------------------------|-----------|------------------|--------------|
| Fried fish sandwich | 19 | 5 | 411 |
| Large French fries | 22 | 6 | 437 |
| Apple Turnover, fried | 15 | 4 | 288 |
| Milkshake, with ice cream | 18 | 5 | 346 |
| Total | 74 | 20 | 1,482 |

Note: These are estimates. The actual amount of fat and calories vary by brand.



Tracking Fat and Calories

Keeping track of fat is important. Just follow the steps below.



- 1** Look at the chart on the next page. It shows the number of fat grams you can eat each day and still lose weight.
- 2** Write down *everything* you eat and drink. Be honest. It doesn't work if you're not completely honest.
- 3** Figure out how many fat grams are in everything you eat and drink.
 - ✓ Measure the amount you eat and the amount you drink.
 - ✓ Look up each item in the *Fat and Calorie Counter*.
 - ✓ Write down the amount of fat and calories in each item that you eat or drink.
- 4** Add up the fat grams you eat and drink during the day. Try to eat only the number that you can have each day and still lose weight.



Fat Gram Goal

Use this chart to figure out the number of fat grams you can have each day.

Try to eat only the number beside your weight.



| Your Starting Weight (pounds) | Fat Gram Goal |
|-------------------------------|---------------|
| 174 pounds or less | 33 |
| 175 to 219 | 42 |
| 220 to 249 | 50 |
| 250 to 299 | 55 |
| 300 pounds or more | 55 |



Quick Fact

1 pound of fat = 3,500 calories

This means that if you want to lose 1 or 2 pounds each week, eat between **500 and 1,000** fewer calories every day.



Fat and Calorie Counter Guidelines

Here are some tips for getting the most out of the *Fat and Calorie Counter*.

Problems finding a food?

- ✓ If a food is not listed, use the fat gram and calorie values for a food that is the closest to it. For example, use banana bread for zucchini bread.
- ✓ Write the name of the food in the back of your *Fat and Calorie Counter*, and ask your Lifestyle Coach about it next week.

Having trouble figuring out fat grams and calories?

- ✓ Write down the food or drink and the amount you ate.
- ✓ Your Lifestyle Coach will help you next week.



How to measure the fat and calories in recipes?

- ✓ Add up the fat grams of each ingredient in the recipe, and divide the result by the number of people the entire recipe will serve. The answer is the number of fat grams in each serving. In the same way, you can calculate the number of calories in each serving.
- ✓ If you can't find an ingredient in the *Fat and Calorie Counter*, find an ingredient that is like the one in your recipe. Write down the fat grams and calories in that ingredient as a substitute for the one you can't find.
- ✓ If you often cook from recipes, bring a favorite recipe next week. Your Lifestyle Coach will help you count the grams of fat.



Eating Packaged Foods

This is a sample of a nutrition label that you see on many packaged foods. This label shows information about the fat, calories, and other nutrients in the food.

| 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% | |
| Trans Fat 0g | | |
| 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 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 | 300 mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |
| Calories per gram: | | |
| Fat | 9 | |
| Carbohydrate | 4 | |
| Protein | 4 | |

Find the serving size, and decide if that is the amount you ate. Maybe you ate more or less.

Find the calories per serving.

Find the total fat grams per serving.

Keep this in mind:

If you eat a larger serving than the size on the label, you will be eating more calories and more fat grams than are given on the label.



To-Do Next Week

During the next week, I will –



- Keep track of my weight in the *Food and Activity Tracker*
 - ✓ Weigh myself at home every day, or every few days, at this time of day _____.
 - ✓ Record my weight on the back of the *Food and Activity Tracker*.

- Keep track of what I eat and drink
 - ✓ Write down everything I eat and drink in the *Food and Activity Tracker*.

- ✓ Use the *Fat and Calorie Counter* to figure out how much fat is in each item I eat.
- ✓ Write down the fat grams in the *Food and Activity Tracker*.
- ✓ Keep a running fat gram total throughout the day.
- ✓ Come as close to my fat gram goal as I can.