

11 Nutrition Intervention

11.1 Overview

In the first year of the study the sites received the nutrition class. The Leaner Weigh to Low-Fat, High Fiber Fare is the nutritional component of "THE NEXT STEP". The program offers five unique one-hour sessions geared toward helping one reduce cancer risk. Classes are one week apart on consecutive days. Participants will learn to avoid those foods that the latest research suggests may increase cancer risk. Participants will also learn practical skills needed to choose low-fat, high fiber foods at home, when they shop, and when they eat out, whether they choose from fast foods, ethnic foods or a traditional american menu. Participants will receive self-help materials one month after the nutrition class is finished.

Intervention for the second year includes displaying monthly posters relaying simple, low-fat, high fiber messages in each worksite cafeteria in the intervention sites (see Section 11.6). Brochures/handouts that correspond with the poster message will also be available for employees to take for more information.

October 20, 1994

11.2.1 Training

Training consist of one and a half days of instruction covering all aspects of the Leaner Weight to Low-Fat, High Fiber Fare class. Only those instructors attending the full training teach classes at the GM sites.

11.2.1.1 Criteria for Selecting Instructors

Registered Dietitian (RD) degree, 3-5 years experience with platform teaching preferred; experience teaching in corporate settings preferred. Ability to travel to General Motors sites to teach classes. Flexible schedule to allow for teaching classes at times set-up with General Motors plants. Ability to follow protocol and conduct classes according to the **Leaner Weigh to Low-Fat, High-Fiber Fare** Instructor's Manual provided. Ability to attend a one and one half day training session to teach classes.

11.2.2.1 Training Evaluation

The master trainer, participant, instructor manuals, and teaching materials are evaluated by the participant R.D. instructors in training through self-report evaluations (see Section 11.2.2.3) completed at the conclusion of the training session. These evaluations are designed to assess satisfaction, instructor's teaching, content, and application of teaching materials in the classroom. These evaluations are tabulated and an evaluation summary report is prepared.

11.2.2.2 Instructor Evaluation

Instructor teaching is evaluated through:

- ◆ At training, by PI-Nutrition
- ◆ Site visits - observation by PI-Nutrition
- ◆ Weekly contact with instructors by PI-Nutrition
- ◆ Self-Report evaluations completed at the end of the final **Leaner Weigh to Low-Fat, High-Fiber** class. These evaluations assess satisfaction with instructor, as well as other aspects of the class (course itself, manuals, visual aids, homework assignments, convenience etc.).

The evaluations are tabulated by class and instructor, and an evaluation summary report is prepared.

October 20, 1994

11.2.2.3 Training And Instructor Evaluation

Training Evaluation

1. How would you rate the overall quality of the program?

Excellent

Good

Average

Fair

Poor

2. How would you rate the content of the workshop?

Excellent

Good

Average

Fair

Poor

3. How would you rate the trainer's presentations?

Excellent

Good

Average

Fair

Poor

Comments:

October 20, 1994

What would you add to improve the "Leaner Weigh to Low Fat, High Fiber Fare?"

Content...

Delivery and instruction...

What did you like best about the training session?

Other comments:

Thank you

October 20, 1994

11.2.5 Notifying Eligible Participants

Participants are notified of the nutrition classes at their designated work site via a class flyer sent to their home.

11.2.5.1 Class Flyer

Nutrition class flyers are mailed to each participant's home 3 weeks prior to the start of the nutrition classes at their worksite. The flyer lists the five sessions offered along with the date, time and location of the first session. Some sites hold more than one class depending on the size of their eligible population. Some sites schedule their active employees for particular time slots. Flyer mailings are coordinated so an employee receives a flyer stating the class he/she is scheduled for. The retiree population receives a flyer, plus an insert which states all classes being held, so they can choose the most convenient time for them to attend.

11.2.5.2 Nutrition Class Flyer (Flyer)

INTRODUCTION:

It is a one page, red, white and blue self-mailer. The flyer lists the class sessions of the Leaner Weigh to Low-Fat, High Fiber Fare and provides the date, time and location of the first class session (Preparing for Success).

WHO:

Class date(s), time(s) and location is obtained by the nutrition coordinator from the site contact person, and given to the project secretary. The project secretary prints the appropriate information on the flyer by image overlay on the copy machine.

WHEN:

Mailed to each eligible employee's home 3 weeks before the start of the nutrition class series at each site.

WHY:

To notify all eligible employees of class specifics.

October 20, 1994

HOW:

The project secretary types the date, time and location of the first class session in the computer as it will appear on the flyer. Then, this piece of paper is placed in the copy machine. The project secretary places the original class flyers in the paper tray of the copy machine and copies the class specifics onto the flyer. Please refer to Section 11.2.5.3 for further mailing instructions.

For those participants who are assigned to a specific class by the contact person, they receive a flyer that only indicates the time they are scheduled for (this is done only for the active population). For all eligible employees who are not assigned to a specific class time or are retired, an additional insert (copied onto blue paper) is placed inside the flyer listing other class sessions available for them to attend.

EXAMPLE

THE LEANER THE BETTER

Cancerwise • Weightwise • Heartwise

Experts agree that leaner, fiber-rich eating can help you reduce your risk of cancer and heart disease and keep your weight down as well.

Let The Leaner Weigh show you the way to delicious, easy, time-saving, low-fat, fiber-rich eating—for a lifetime of big-time health benefits.

The Leaner Weigh to Low-Fat, High-Fiber Fare

The five sessions are . . .

- Preparing for Success / Overview
- Cutting the Fat and All That
- Supermarket Smarts
- Fiber Up Your Life
- Eating-Out Smarts

Just listen to what some of the employees are saying about The Leaner Weigh . . .

"I really appreciated the class. Everybody should have an opportunity to be part of this program."

"If they had another class like this one, I would go."

"I gained more understanding of what's good and not so good for me."

**Come join us for the first session –
Preparing for Success!**

Date: _____

Time: _____

Location: _____



For more information, call the Coordinator at [insert phone number]

October 20, 1994

IF YOU ARE UNABLE TO ATTEND THE INTRODUCTORY CLASS AT A DATE AND TIME LISTED ON THE FLYER, ADDITIONAL INTRODUCTORY CLASSES ARE BEING HELD AS FOLLOWS:

The Introductory Session (Preparing for Success) is the first class in a series of 5 class sessions. The series last for 5 weeks in a row with a new topic being presented each week.

October 20, 1994

11.2.5.3 Procedure for Nutrition Class Flyer Mailing

1. The programmer will provide the nutrition coordinator with a printout of eligible participants at each respective site along with mailing labels.
2. Nutrition coordinator to indicate on the printout the class date, time and location for each participant.
3. The secretary will print the information regarding the class start date(s), time(s) and location on each flyer via image overlay.
4. The secretary will prepare each class flyer for mailing. Trifold each flyer.
5. Seal each flyer with a small, round, white tab.
6. Affix mailing labels to each flyer accordingly.
7. Affix postage. Obtain postage from envelope in secretary's drawer marked "Postage for Nutrition Class Flyers" (29 cents each).
8. Place all flyers in the U.S. mailbox to be mailed.

11.2.6 Instructor Handout

11.2.6.1 Nutrition Class Attendance Sheet

INTRODUCTION:

It is a two page sign-in sheet that includes 20 spaces per page. It is completed by the class instructor and by each employee who attends the nutrition class series. It is used to track attendance in the classes.

WHO:

The class instructor is to complete the top of the form where it asks for the site, instructor's name, class time, and class day & dates. Each employee is to fill out the remainder of the form where it asks for their name, SS#, whether they are eligible for the Program or are a spouse/guest by checking the appropriate column, and which class(es) they attend by checking the appropriate column.

October 20, 1994

WHEN:

Handed out at each class session.

WHY:

To obtain class attendance of eligible versus ineligible participants. It is compared to the flyer listing for that site to identify any conflicting information. Such information is given to the data coordinator for reconciliation.

HOW:

The instructor for each class session is to complete the information at the top of the page before the first class. At the first class, each participant is to fill out the attendance sheet with the appropriate information. Thereafter, the **same** sign-in sheet is circulated at the beginning of each class so existing participants can update the sheet by checking the class they are attending, and any new participants can be added to the sheet. At each class, the instructor is to instruct the participants on how to complete the attendance sheet and stress that each employe make every attempt to attend the same class time from week to week. If an employe must attend a class at another time within the series, he/she should be instructed not to sign the attendance sheet circulated at the other class time, but to mark it on the original sheet he/she signed upon his return to the class he/she registered for. Each participant is to fill out **one** sign-in sheet and his/her name should appear only **once** on the sheet. The attendance sheets are collected by the instructor after every class to be turned in after the completion of the class series.

THE LEANER WEIGH TO LOW-FAT, HIGH FIBER FARE
Sign - In Sheet

SITE: _____

INSTRUCTOR: _____

CLASS TIME: _____

CLASS DAY & DATES: _____

NAME	Social Security Number	PLEASE CHECK ONE		PLEASE CHECK CLASS ATTENDED				
		Eligible for GM Cancer Screening	Spouse/ Guest	Introductory	Fat	Fiber	Supermarket	Eating-Out
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16.								
17.								
18.								

October 20, 1994

11.2.6.2 Nutrition Class Registration Card

INTRODUCTION:

It is a grey, 5 1/2 x 8 1/2 card titled "The Leaner Weigh". It is completed by each employe who attends the nutrition class series. It is used in conjunction with the attendance sheet.

WHO:

Each employe is to complete the information on the card. It asks for their name, home address and phone number, employer information, and how they found out about the program.

WHEN:

Completed at the Introductory Session or at the employe's first class attended, if attended after the Introductory Session.

WHY:

To obtain employe information which is compared to the flyer listing for that site to identify any conflicting information. Such information is given to the data coordinator for reconciliation.

HOW:

Each participant is to fill out a registration card with the appropriate information which registers them for that specific class date and time. All cards are collected by the instructor to be turned in after the completion of the class series.

October 20, 1994

11.2.6.3 Nutrition Class Evaluation Form

INTRODUCTION:

It is a one page, double-sided form that is included in each Participant Manual. It is the last page in Module 5: Eating-Out Smarts. It is completed at the end of the last class session (Eating-Out Smarts) in the series.

WHO:

Each employe who attends the last class session is to complete an evaluation form.

WHEN:

Completed at the end of the last class session in the 5-week series.

WHY:

To obtain employe feedback on the 5-week class series.

HOW:

Each participant is to fill out an evaluation form by circling the appropriate responses in Part I and by writing responses to the questions in Part II. All forms are collected by the instructor to be turned in after the completion of the last class in the series, along with the attendance sheets and registration cards.

Module 5: EATING-OUT SMARTS

The Leaner Weigh To Low-Fat, High-Fiber Fare Course Evaluation

PART 1: Please circle the number that indicates your rating of each category.

	Poor	Fair	Good	Very Good	Excellent	Did not attend
A. Course Sessions						
1. Introductory Session: Preparing for Success	1	2	3	4	5	N/A
2. Cutting the Fat and All That	1	2	3	4	5	N/A
3. Fiber Up Your Life	1	2	3	4	5	N/A
4. Supermarket Smarts	1	2	3	4	5	N/A
5. Eating Out Smarts	1	2	3	4	5	N/A
B. Instructor						
1. Knowledge of materials	1	2	3	4	5	N/A
2. Presentation of materials	1	2	3	4	5	N/A
3. Organization of class	1	2	3	4	5	N/A
4. Ability to answer questions	1	2	3	4	5	N/A
C. Materials						
1. Participant manual	1	2	3	4	5	N/A
2. Overheads and/or slides	1	2	3	4	5	N/A
3. Assignments	1	2	3	4	5	N/A
D. Structure						
1. Course time and day	Convenient	Not convenient	If not, when? _____			
2. Place of course	Convenient	Not convenient	If not, where? _____			
3. Length of course	Too short	Too long	Just right			
E. How would you rate the course overall?	1	2	3	4	5	N/A
F. Would you recommend this course to your co-workers?				Yes	No	Not Sure

Module 5: EATING-OUT SMARTS

PART 2

1. What did you like best about the course?

2. What did you like the least about the course?

3. Additional comments and reactions to the course:

Thank you.

October 20, 1994

CLASS MUGS and CERTIFICATE (CLASS INCENTIVE)

Henry Ford Health Sciences Center will send class mugs (via UPS) to the instructor two weeks before the last class. Each participant is to receive a mug at the last class (Eating-Out Smarts) along with their class certificate. The number of mugs sent will be as close to the number of participants as possible without jeopardizing packaging. If less than 12 mugs (one dozen) are left over the instructor may keep them. Anything greater than or equal to a dozen, please notify Henry Ford Health Sciences Center and the nutrition coordinator will make the necessary arrangements for their return.

11.2.6.4 Self-Addressed Prestamped Envelope

SELF-ADDRESSED PRESTAMPED ENVELOPE

The nutrition coordinator will send each class instructor a prestamped envelope two weeks before the last class for the instructor to send the class evaluations, registration cards and attendance sheet(s) back to Henry Ford Health Sciences Center. If there are any leftover class materials (i.e., participant manuals, pamphlets) the instructor is to notify the master trainer to make arrangements for their return.

11.2.7 Class Content

The "Leaner Weigh" focuses on a low-fat, high-fiber diet through four one-hour sessions addressing:

- * **Cutting The Fat And All That:** An hour-filled session identifying ways to reduce fat intake, combined with tips on choosing pleasing, low-fat food choices from among a wide assortment of foods available in the marketplace.
- * **Fiber Up Your Life:** An informative hour featuring ways to incorporate a wide variety of fruits, vegetables, grains, cereals, and legumes in the diet to increase dietary fiber.
- * **Supermarket Smarts:** A slide show presentation demonstrating creative shopping techniques for choosing a wide variety of affordable, delicious, low-fat, high-fiber foods.
- * **Eating-Out Smarts:** A participant involved session depicting ways to identify low-fat, high-fiber menu selections in all types of restaurants--from gourmet cuisine to the fast-food lane.

October 20, 1994

11.2.8 Class Materials Coded by Nutrition Coordinator

CLASS EVALUATIONS

1. Review comments.
2. Make a copy of all evaluations, keeping classes separate, and send to the master trainer.
3. Number evaluations sequentially for **each** class (i.e., 1 - 30). Numbering should be done in **red** pen at the top right corner. Evaluations are in no particular order for each class.
4. Place numbered evaluations from each site into a separate folder, keeping class times/dates separate. Make sure all **sets** of evaluations and folders are marked according to the site, class **start date** and class **start time**, Give all folders to data coordinator to take to **data** entry.

i.e. *[Site Name]*
 [Start Date]
 [Start Time]

ATTENDANCE SHEET

1. Check information against master list for that site. If there are any changes make a copy of the master list with changes indicated, and give the copy to the data coordinator so changes can be made in the database.
2. Cover the social security number column and the PLEASE CHECK ONE (Eligible for Cancer Screening and Spouse/Guest) column, and make a copy for the master trainer. Send this copy along with the copy of the evaluations to the master trainer.

REGISTRATION CARDS

1. Check information against master list for that site. If there are any changes make a copy of the master list with changes indicated, and give the copy to the data coordinator so changes can be made in the database. (Same procedure as for the attendance sheet).

11.3 Poster Display and Recipes Used In Worksite Cafeterias (Year One)

11.3.1 Overview

Posters were displayed in each worksite cafeteria and recipes provided during the time of the nutrition class series at each site. This was done to coincide with the nutrition messages being taught in the classes. In the pilot, it was found that the majority of class participants did not try the recipes contained in the Participant Manual. So, the recipes were given to the food service contacts to prepare if they so desired. Both the poster displays and recipes were seen as other avenues to disseminate nutrition information and reinforce behaviors being learned in the classes.

11.3.2 Poster Set-Up Procedure

1. Order posters from the National Cancer Institute (NCI).
2. Copy recipes from the Participant Manual used in the nutrition classes.
3. Call the food service contact person at each intervention site to discuss the possibility of displaying the posters in the cafeteria during the time that the nutrition classes are being held, as well as trying the nutrition class recipes. This is done approximately one month before the start of the nutrition classes at the worksite.
4. Obtain the proper mailing address.
5. The nutrition coordinator prepares a cover letter listing the scheduled dates of the nutrition classes at the worksite and specifics previously discussed during the conversation noted in number 3.
6. The project secretary sends the posters, recipes and cover letter to the food service contact person via UPS. The materials are wrapped in brown packing paper for sending.
7. Within one month after the completion of the nutrition classes, the nutrition coordinator contacts the food service representative at each site to gather the following information: If and when the posters were displayed, and whether any recipes were offered and their acceptability.
8. The information obtained from number 7 above is given to the project secretary to add to the chart found in *["file name"]*.

11.4 Self-Help Materials

11.4.1 Background

Dietary intervention to reduce fat and increase fiber consumption has been recommended by the National Cancer Institute, but there is little evidence concerning the effectiveness of self-help materials. An article was written in the American Journal of Public Health (1992;82:79-84) where self-help materials were introduced by a nurse in a primary care setting and evaluated. The study found small, but consistent, differential changes in consumption of both dietary fat and fiber associated with a minimal self-help intervention. The study demonstrates that the use of self-help materials for dietary change is feasible, and may be effective.

11.4.2 Mailing Process

NOTE: Materials are to be sent **one month** after the nutrition classes are held at each Intervention site. All eligible employees at the site should be sent the materials whether they participated in the classes or not. The self-help folder should be mailed to the employe's home.

PRINTING

1. Self-help folders will be printed and collated by
2. Self-help folders consist of the following items:
 - A white folder with THE NEXT STEP logo and TAKING CHARGE: DIET AND CANCER on the front cover, with imprinting on both inside pockets.
 - Graduated paper inserts in red, white and blue.
 - Fat-Fiber Counter booklet (inserted in front at left pocket).

ENVELOPES

1. Programmer to provide printing company with a data set of names needing materials. Printing company is to imprint names and addresses on white 10x13 envelopes that have THE NEXT STEP logo as part of the return address along with Forwarding and Address Correction Requested. No need for First Class.

October 20, 1994

COVER LETTER

1. Programmer to provide secretary with data set of names needing materials.
2. Secretary to merge secondary file of names with primary cover letter
[file name] All letters to be printed on THE NEXT STEP letterhead
3. Affix signature of the nutrition coordinator with the signature stamp.
4. Secretary to print out secondary file of names receiving letters to be given to the data coordinator to file.

STUFFING

1. Place the cover letter and self-help folder in the correct white 10x13 envelope.
2. Seal envelopes.
3. Place all envelopes in HFH mail to be metered through HFH mailroom.

11.4.2.1 Generating Self-Help Cover Letter and Addresses

Envelope imprinting by printer

UNIX

```
SIR /home/studies/gm/schedules/bifall.ret
```

```
SAS /home/studies/gm/trial/baseline/selfhelp  
include selfhelp*.sas
```

```
search on CHANGE, modify titles, output file, etc.  
same uotput to selfhelp3.ist  
print output listing
```

```
Unix 2 dos third.unx shelp3.dos  
cp shelp3.dos /home/network/djm/wksite/trial/printer/alpha
```

DOS

```
h:\djm\wksite\trial\printer\alpha  
copy shelp3.dos a:\  
copy selfhelp.cod a:\
```

11.5 Food Pyramid Intervention for Year One

11.5.1 Overview

In the second year of the trial, the nutritional interventions are designed to maintain any gains from the first year and encourage more dietary change. Employees in the intervention worksites receive personalized feedback on their responses to the KAB/FFQ survey administered at the end of the first year of the trial. The first page of the personalized feedback includes fruit and vegetable and fat messages based on the employee's stage of dietary change (see Section 11.5.3). The personalized feedback letter is in *[file name]* (see Section 11.5.2). The second page is a comparison of the employee's diet to the United States Department of Agriculture's Food Guide Pyramid (see Section 11.5.4). The goals for a healthy diet are shown on the right of the pyramid and the employee's current diet is shown on the left. The Food Guide Pyramid is a guide to healthy eating based on three core ideas: variety, moderation and proportion. The employee's intakes of fat, fiber, calcium and vitamins A and C are also calculated. The standard letter, as sent in the first year of the trial to both groups, is sent to the control site employees giving only the employee's total calories, percentage of fat and grams of fiber.

October 20, 1994

11.5.2 Personalized Feedback Letter for Year One

October 20, 1994

Dear:

Thank you for returning your "Next Step" diet questionnaires. We have analyzed your responses and think you will be interested in your results.

On the following page we have compared your diet to the United States Department of Agriculture's new Food Guide Pyramid, which is a guide to healthy eating based on three core ideas: variety, moderation and proportion. We also calculated your intakes of fat, fiber, calcium and vitamins A and C. These are among the most important nutrients for staying healthy. For all of your results, the goals for a healthy diet are shown on the right and your current diet is shown on the left.

[INSERT FRUIT & VEGETABLE STAGE-BASED MESSAGE].

[INSERT FAT STAGE-BASED MESSAGE].

If you see several items that suggest areas for change, don't be overwhelmed. Start with changes that are easy. Remember, two of the most important aspects of a healthy diet are low-fat eating and consuming 5 or more servings of fruits and vegetables each day.

Sincerely,

Health Promotion Coordinator

11.5.3 Intervention Messages

FRUIT AND VEGETABLE

Precontemplation

<3

According to your diet questionnaire you are eating less than 3 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were not thinking about increasing the fiber and fruits and vegetables in your diet. There are many reasons to eat more fruits and vegetables. Eating more fruits and vegetables is an important way to lower your risk of cancer. Also, eating fruit for snacks (instead of potato chips or a candy bar) is a good way to help control your weight, and fruits and vegetables taste good. What reasons are important to you?

3-5

According to your diet questionnaire you are eating 3-5 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were not thinking about increasing the fiber and fruits and vegetables in your diet. There are many reasons to eat more fruits and vegetables. Eating more fruits and vegetables is an important way to lower your risk of cancer. Also, eating fruit for snacks (instead of potato chips or a candy bar) is a good way to help control your weight, and fruits and vegetables taste good. What reasons are important to you?

5+

According to your diet questionnaire you are eating 5 or more servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were not thinking about increasing the fiber and fruits and vegetables in your diet. Eating fruits and vegetables is one important way you are lowering your risk of cancer.

October 20, 1994

Contemplation

<3

According to your diet questionnaire you are eating less than 3 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were thinking about increasing the fiber and fruits and vegetables in your diet. Now is a great time to set some goals. You're sure to find ways you will like to add fruits and vegetables to your meals. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

3-5

According to your diet questionnaire you are eating 3-5 servings of fruit and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were thinking about increasing the fiber and fruits and vegetables in your diet. Now is a great time to set some simple goals. You're sure to find ways you will like to add fruits and vegetables to your meals. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

5+

According to your diet questionnaire you are eating 5 or more servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you were thinking about increasing the fiber and fruits and vegetables in your diet. There are many ways to add even more fruits and vegetables to your diet. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast.

October 20, 1994

Decision

<3

According to your diet questionnaire you are eating less than 3 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you decided to increase the fiber and fruits and vegetables in your diet. Now is a great time to set some simple goals. You're sure to find ways you will like to add fruits and vegetables to your meals. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

3-5

According to your diet questionnaire you are eating 3-5 servings of fruit and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you decided to increase the fiber and fruits and vegetables in your diet. Now is a great time to set some simple goals. You're sure to find ways you will like to add fruits and vegetables to your meals. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

5+

According to your diet questionnaire you are eating 5 or more servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you decided to increase the fiber and fruits and vegetables in your diet. You're sure to find ways you will like to add even more fruits and vegetables to your meals. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast.

October 20, 1994

Action

<3

According to your diet questionnaire you are eating less than 3 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you usually eat a high fiber diet. Now is a good time to set some goals to reach the "five a day" guidelines. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

3-5

According to your diet questionnaire you are eating 3-5 servings of fruit and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you have recently starting eating a high fiber diet. Now is a good time to set some goals to reach the "five a day" guidelines. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat, and see how easy it is to eat "five-a-day".

5+

According to your diet questionnaire you are eating 5 or more servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you usually eat a high fiber diet. Congratulations on your healthy diet.

Maintenance

<3

According to your diet questionnaire you are eating less than 3 servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you usually eat a high fiber diet. Now is a good time to set some goals to reach the "five a day" guidelines. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

October 20, 1994

3-5

According to your diet questionnaire you are eating 3-5 servings of fruit and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you usually eat a high fiber diet. Now is a good time to set some goals to reach the "five a day" guidelines. Try fresh fruit for dessert or keep dried fruit at work for a quick snack. Add a salad to your lunch or a glass of juice at breakfast. Keep a count of the servings of fruits and vegetables you eat and see how easy it is to eat "five-a-day".

5+

According to your diet questionnaire you are eating 5 or more servings of fruits and vegetables each day. Did you know that health experts recommend eating at least 5 servings per day? You told us that you usually eat a high fiber diet. Congratulations on your healthy diet.

FAT

Precontemplation

< 30

Also, according to your diet questionnaire, you are already eating a diet low in fat. You told us that you were not thinking about lowering the fat in your diet. You are lowering your risk of both cancer and heart disease by eating your low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Keep looking for these products, because they make eating a low-fat diet easy.

30-34

Also, according to your diet questionnaire, you are close to the recommended goal of eating less than 30% of your calories from fat. You told us that you were not thinking about lowering the fat in your diet. There are many benefits from lowering the amount of fat you eat. Eating a lower fat diet will reduce your risk of cancer and heart disease. Lower fat diets also help you lose or control your weight. Many people find that they have more energy and feel better when they eat less fat. Do some of these reasons sound important to you?

October 20, 1994

35+

Also, according to your diet questionnaire, your diet is too high in fat. You told us that you were not thinking about lowering the fat in your diet. There are many possible benefits from lowering the amount of fat in the foods you eat. Eating a lower-fat diet will reduce your risk of cancer and heart disease. Lower-fat diets also help you lose or control your weight. Many people find that they have more energy and feel better when they eat less fat. Do some of these reasons sound important to you?

Contemplation

< 30

Also, according to your diet questionnaire, you are already eating a diet low in fat. You told us that you were thinking about lowering the fat in your diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Keep looking for these products, because they make eating a low-fat diet easy.

30-34

Also, according to your diet questionnaire, you are close to the recommended goal of eating less than 30% of your calories from fat. You told us that you were thinking about lowering the fat in your diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are lots of new cookbooks with lower-fat recipes. Try some new foods and recipes, and you can reach the 30% goal soon.

35+

Also, according to your diet questionnaire, your diet is too high in fat. You told us that you were thinking about lowering the fat in your diet. Now is a good time to set a goal to try some new foods and/or low-fat recipes. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes, so give them a try.

Decision

< 30

Also, according to your diet questionnaire, you are already eating a diet low in fat. You told us that you were trying to lower the fat in your diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Keep looking for these products, because they make eating a low-fat diet easy.

October 20, 1994

30-34

Also, according to your diet questionnaire, you are close to the recommended goal of eating less than 30% of your calories from fat. You told us that you were trying to lower the fat in your diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Try some new foods and recipes, and you can reach the 30% goal soon.

35+

Also, according to your diet questionnaire, your diet is too high in fat. You told us that you were trying to lower the fat in your diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Try some new foods and recipes, and you can reach the 30% goal.

Action

<30

Also, according to your diet questionnaire, you are already eating a diet low in fat. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Keep looking for these products, because they make eating a low-fat diet easy.

30-34

Also, according to your diet questionnaire, you are close to the recommended goal of eating less than 30% of your calories from fat. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Try some new foods and recipes, and you can reach the 30% goal soon.

35+

Also, according to your diet questionnaire, your diet is too high in fat. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Remember to avoid fried foods. Try some new foods and recipes, and you can reach the 30% goal.

October 20, 1994

Maintenance

<30

Also, according to your diet questionnaire, you are already eating a diet low in fat. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Keep looking for these products, because they make eating a low-fat diet easy.

30-34

Also, according to your diet questionnaire, you are close to the recommended goal of eating less than 30% of your calories from fat. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Try some new foods and recipes, and you can reach the 30% goal soon.

35+

Also, according to your diet questionnaire, your diet is too high in fat. You told us that you were trying to lower the fat in your diet. You told us that you usually eat a low-fat diet. Did you know that there are many new foods, like low-fat potato chips, that taste great? Did you know that many cuts of beef are as low in fat as chicken? There are many new cookbooks with lower-fat recipes. Remember to avoid fried foods. Try some new foods and recipes, and you can reach the 30% goal.

11.5.4 Food Guide Pyramid

HEALTHY DIET FEEDBACK

from
THE NEXT STEP

Your Name: 1~

MSIS: 2~

YOU Reported:

3~% of your daily calories from fat

4~ grams of fiber per day

5~ milligrams
6~ RE
7~ milligrams

WE Recommend:

30% or less of your daily calories from fat

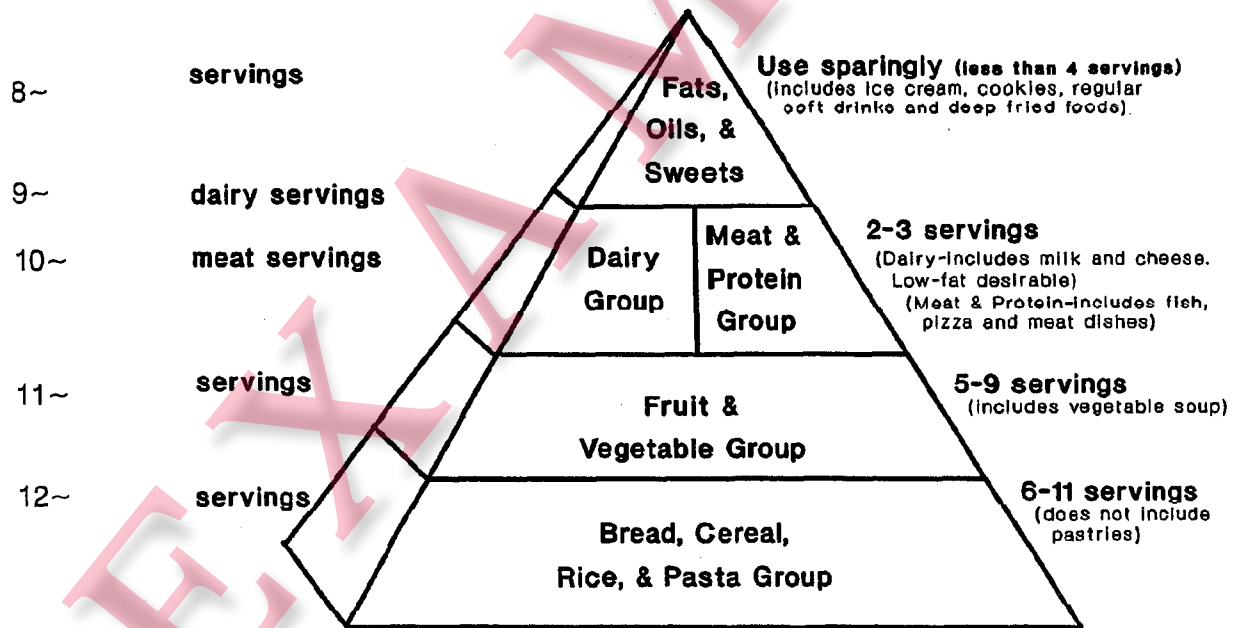
20+ grams of fiber per day

1000-1500 mg
1000 RE
60 mg

* Mostly from beta-carotene

YOU Reported:

The Pyramid Recommends:



One serving - FAT: 2 tsp. butter, margarine or oil, 1 cup french fries, 2 pieces fried chicken or fish; DAIRY - 1 cup milk or yogurt; MEAT - 2 1/2-3 ounces cooked meat, 1/2 cup cooked beans; FRUIT - 1/2 cup fruit or vegetable; BREAD - 1 slice bread, 1/2 cup cooked cereal, rice or pasta.

13~

Reflects information from your 1994 Food Questionnaire.

October 20, 1994

11.6 Nutrition Monthly Messages for Year Two

11.6.1 Overview

For the first year of the nutrition intervention the sites received the nutrition class series. Plans for the second year of the nutrition intervention include displaying monthly posters relaying simple, low-fat, high fiber messages in each worksite cafeteria in the intervention sites. Brochures/handouts that correspond with the poster message will also be available for employees to take for more information. Posters are being obtained from NCI as well as some brochures to coincide with the messages. Brochures needed for poster messages, other than those being obtained from NCI, will be obtained from other related institutions. If an appropriate brochure is not available for a particular message, a handout will be made available. The food service contacts are also willing to offer food choices in the cafeteria that coincide with the message for the month. This effort will be coordinated by the nutrition coordinator through the food service contact person at each worksite. Posters and corresponding brochures will be sent to the food service contact person one week before the beginning of each month. The nutrition coordinator will periodically call the food service contact person at each site asking them a few questions regarding the poster displays, brochures and menu items to monitor the intervention.

11.6.2 Poster

The posters being displayed in the intervention worksite cafeterias for year two were obtained from the National Cancer Institute (NCI). Half of the poster messages coincide with their 1994 calendar "IT'S EASY TO EAT 5 FRUITS AND VEGETABLES A DAY", and the other half of the messages were taken from their 1989 calendar "EAT FOR GOOD HEALTH". This type of intervention for year two is being done to reach those employees who did not attend the nutrition classes in the first year, and to reinforce the messages for those who did attend the nutrition classes.

October 20, 1994

MONTH	MESSAGE
1994 April	In A Hurry? Buy Cut-Up Fruits And Vegetables At The Salad Bar.
May	Choose lean meats, trim extra fat, avoid adding fat in cooking
June	It's Quick! Microwave Frozen Vegetables For Dinner.
July	Take Juice And Fresh Fruit On Your Next Picnic
August	Choose Low-Fat Snacks
September	Bake, Broil, Boil And Steam Foods Instead Of Frying
October	Pack Fresh Fruit And Raw Vegetables In Your Lunch
November	Eat Beans & Other Legumes Often
December	Add Lots Of Vegetables, Including Beans, To Soups And Casseroles
1995 January	Eat 3-5 Generous Servings Of Whole Grain Breads And Cereals Every Day
February	Stock-Up On Fresh, Canned And Frozen Fruits And Vegetables
March	Eat Low-Fat Dairy Foods

October 20, 1994

11.6.3 Brochures/Handout

Brochures/handouts are being provided along with the corresponding poster message. The brochure/handout provides suggestions and ideas of how to accomplish what the message is recommending. It also serves as a reference for each employe. Brochures are being ordered from the NCI as well as other related institutions. If an appropriate brochure is not available, a handout will be developed by the nutrition coordinator.

11.6.4 Procedure For Ordering and Mailing Posters and Brochures

ORDERING

1. Order the posters from the National Cancer Institute.
2. Order the brochures from the National Cancer Institute or other related institutions. Most of the brochures are free of charge, but some may not be. If this is the case, give the information to the project secretary to handle.

MAILING

1. The nutrition coordinator is to provide the project secretary with the list of food service contacts. Mailing labels are to be typed to be placed on each tube of posters.
2. The project secretary is to print a cover letter for each food service contact person. All cover letters are to go on THE NEXT STEP letterhead. The filename is *[File Name]* **(Make sure the appropriate month you are mailing the posters for is stated in the first paragraph of the letter before printing).**
3. The brochures/handouts and cover letter are to be placed in the tube with the posters. Each intervention site is to receive 3 posters and 50-100 brochures. Brochures are divided up according to the number of eligible employes at each site (i.e., the larger sites will get more brochures). **Note the following specifics:**
 - *[Site Name]* is to receive their posters and brochures along with the posters and brochures for *[Site Name]*. So, one tube containing 6 posters and the appropriate number of brochures can be sent to the food service contact person at *[Site Name]* for both sites.

October 20, 1994

4. The project secretary is to tape the ends of the tubes when necessary.
5. The project secretary is to affix the mailing labels and mail via UPS.

EXAMPLE

October 20, 1994

11.7 Newsletter

11.7.1 Overview

The newsletter is part of the nutrition intervention. Its purpose is to provide the participants in the intervention group with updated information relative to the program, the nutrition classes, current nutrition information, healthy eating, menu options, healthy recipes, and screening information. The newsletter is mailed to the employees' home.

11.7.2 Schedule for Mailing

Newsletters are to be sent out quarterly beginning June 1993 to all intervention sites **(with the exception of)** nutrition class instructors, the master trainer and Intervention site nurses.

11.7.3 Procedure for Mailing

PRINTING (Nutrition Coordinator)

1. Printing to be done by Alpha Data Printing Company.
2. Newsletter to be done in 2 colors on glossy, heavier white paper. The 2 colors are reflective of THE NEXT STEP logo. All printing to be done in blue unless specified otherwise.
3. Provide [printer] with a camera-ready layout for printing. If any changes are made to the color layout specified in #2, a copy of the camera-ready newsletter needs to be made indicating those changes.

SELF-MAILER (Project Secretary)

1. Fold newsletters in half and seal with a white round tab.
2. Obtain mailing labels from the data coordinator.
3. Affix mailing labels to newsletters.
4. Place all newsletters in HFH mail to be metered through HFH mailroom.

October 20, 1994

11.7.4 Outline of Contents

Outline of Contents:

- I. Project Update
 - A. Participation
 - B. Program information
 - 1. Cancer screening
 - 2. Nutrition
- II. Current News
- III. Testimonials
- IV. Questions and Answers
 - A. Participant questions
 - B. Questions frequently asked (i.e., FYI)
- V. General information (i.e., Did you know?...)
- VI. Recipes
- VII. Coupons

11.7.5 Newsletter Example

THE LEANER THE BETTER

Cancerwise • Weightwise • Heartwise

Experts agree that leaner, fiber-rich eating can help you reduce your risk of cancer and heart disease and keep your weight down as well.

Let The Leaner Weigh show you the way to delicious, easy, time-saving, low-fat, fiber-rich eating—for a lifetime of big-time health benefits.

The Leaner Weigh to Low-Fat, High-Fiber Fare

The five sessions are . . .

- Preparing for Success / Overview
- Cutting the Fat and All That
- Supermarket Smarts
- Fiber Up Your Life
- Eating-Out Smarts

Just listen to what some of the GM employees are saying about The Leaner Weigh . . .

"I really appreciated the class. Everybody should have an opportunity to be part of this program."

"If they had another class like this one, I would go."

"I gained more understanding of what's good and not so good for me."

**Come join us for the first session –
Preparing for Success!**



Date: _____

Time: _____

Location: _____

For more information, call the Coordinator at (313) 354-2434



THE LEANER WEIGH™
TO
LOW-FAT, HIGH-FIBER FARE

Instructor's Manual

INSTRUCTOR'S MANUAL

© 1992, The National Center for Health Promotion

Published by BBP Center for Health Programs

All rights reserved. This book may not be reproduced in part or in whole by any process without written permission from the publisher.

Printed in the United States of America.

ABOUT BBP CENTER FOR HEALTH PROGRAMS

BBP Center for Health Programs is part of a division of the Business & Professional Group of Simon & Schuster, a Paramount Communications Company. All of our companies and divisions are leaders in their fields—Prentice Hall in professional business and legal services; Que and Sams in computer software education; Prentice Hall and Allyn & Bacon in college texts; Silver Burdett & Ginn and Computer Curriculum Corporation in basic skills in education; and BBP in multimedia management, supervisory and employee training, to name but a few.

Serving your needs is the largest, most skilled staff of editors, authors, business experts and education specialists ever assembled to bring you the most effective information and training available anywhere. We use the latest technologies to interchange this information so that when you use any of our services you use all of our services—you have access to the united strength and resources of the entire group. You will never find a more dedicated or more technically skilled organization in which to entrust your critical training needs.

Module 1: PREPARING FOR SUCCESS

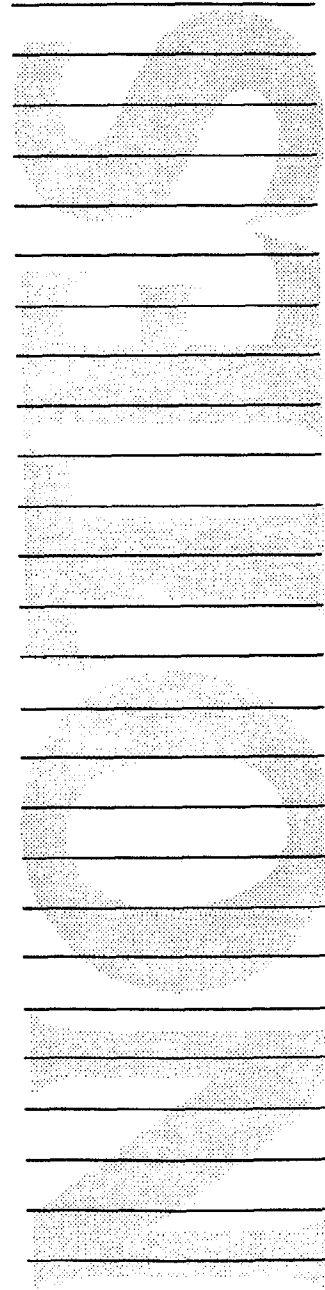
Introductory Session

Preparing for Success

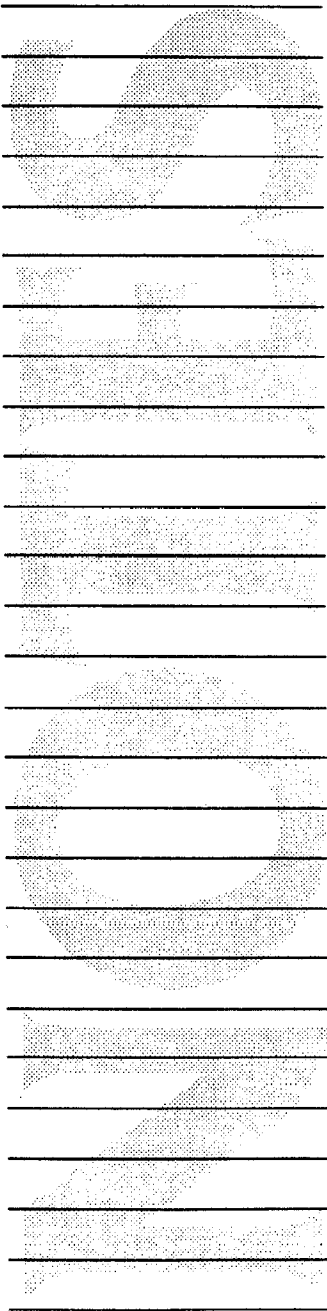
WHERE WE ARE GOING

In this session you will learn that:

- Diet is one way to maintain or improve health.
- A low-fat, high-fiber diet may decrease risks of developing certain cancers.
- You can learn ways to modify your eating patterns to make yourself more healthy.
- By setting and implementing short- and long-term goals, you can incorporate more healthful eating patterns.



Module 1: PREPARING FOR SUCCESS



MATERIALS CHECKLIST

- _____ Registration Cards
- _____ Pencils
- _____ Instructor script
- _____ Participant folders
- _____ Participant manual modules
- _____ Class schedule
- _____ Transparencies #1-1 through #1-5

Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: Welcome
Introductory Message

MATERIALS: Transparency #1-1
Transparency #1-2

DISPLAY TRANSPARENCY #1-1. Welcome to the “Leaner Weigh to Low-Fat, High-Fiber Fare” Program.

It’s a pleasure to be here with you today. My name is _____, and I am a _____ (LIST CREDENTIALS), and a certified “Leaner Weigh” Instructor with _____.

Thank you for coming to find out more about the “Leaner Weigh” program. The “Leaner Weigh” is a course designed to help promote a healthy lifestyle through eating low-fat, high-fiber foods. I’m interested in knowing why all of you are here today, and why this kind of diet interests you. I’ll go around the room—please give me your name and tell me what you would like to “take away” with you following the completion of such a course. (ELICIT RESPONSES FROM THE AUDIENCE AND WRITE THEM ON A FLIP CHART, CHALKBOARD, OR BLANK TRANSPARENCY. GUIDE PARTICIPANTS THROUGH SUGGESTIONS REGARDING THE LINK BETWEEN CANCER AND HEART DISEASE RISK REDUCTION, NUTRITION, AND THE “HOW TO’S” OF INCORPORATING SUCH A DIET.)

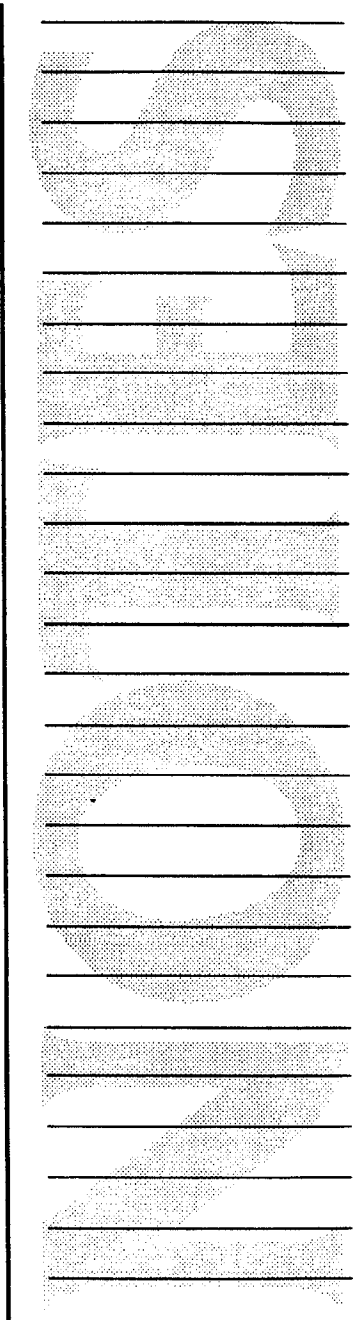
Thank you for sharing your comments. Some of you have said that you would like to learn how to reduce the risk of contracting cancer and/or heart disease through eating a healthier diet. Others may be here because you want to learn how to eat more healthfully. You’re in the right place! The focus of this course is a little on the “why” you benefit from a low-fat, high-fiber diet, and a lot on the “how” you can do it.

Let’s begin by looking at a low-fat, high-fiber diet.

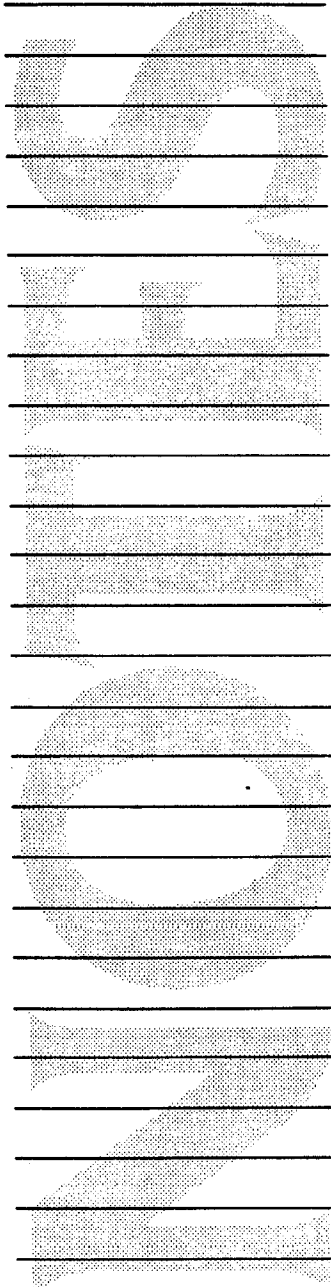
How many of you think that eating low-fat, high-fiber foods will be restrictive—that you won’t be able to eat a lot of the foods you really enjoy? (ASK FOR A SHOW OF HANDS.)

How many of you feel that foods low in fat just won’t be as flavorful or good to eat? (ASK FOR A SHOW OF HANDS.)

DISPLAY TRANSPARENCY #1-2. I’m here to dispel some of these myths about eating the low-fat, high-fiber way.



Module 1: PREPARING FOR SUCCESS



Let's look first at the issue of restriction and the feeling of deprivation you may anticipate experiencing when you cut back on fatty foods and increase the fiber in your diet. In the "Leaner Weigh," I'll show you how you can actually expand your choices of foods, trim fat, and still continue to enjoy your favorite foods. You'll have more choices without sacrifice or restriction.

Second, let's tackle the issue of time. Does eating the low-fat, high-fiber way require more time to be spent selecting, shopping for, and preparing food? No—in fact, it can actually save time. For example, I'll give you many easy-to-read, easy-to-use, quick-reference charts, recipes, and menus. You'll have an easier time at the supermarket, thanks to a handy shopping guide that cuts down on confusion and targets the foods you'll want to select. You'll learn the simplest and quickest low-fat, high-fiber food preparation and cooking methods. You'll also become savvy about choosing low-fat, high-fiber foods when dining out, thanks to our "Eating Out" booklet—the perfect guide for those times when you don't have time to eat at home.

Finally, you may think that food will taste less flavorful when you eat the low-fat, high-fiber way. Quite the contrary! As a matter of fact, due to consumer demand, manufacturers are producing low-fat versions of many of your favorite high-fat foods. And these lower-fat foods taste as good as—if not better than—the higher-fat versions.

I'll tell you what these foods are. I'll show you ways to cut fat without altering taste at all. Some high-fiber foods that might have seemed as appealing as eating sawdust can be prepared so that they taste very flavorful. I'll tell you what those foods are as well. I'll share techniques with you that will help you increase the fiber in your diet without sacrificing taste. Eating can still be as enjoyable as ever, especially when you learn how to incorporate these low-fat, high-fiber foods with your higher-fat favorites.

Module 1: PREPARING FOR SUCCESS

TEACHING TOPICS: Diet Is One Way to Maintain or Improve Health
A Low-Fat, High-Fiber Diet May Decrease Risks of
Developing Certain Cancers

MATERIALS: Transparency #1-3
Transparency #1-4

Now, some of you said you are here because you want to learn more about how diet and nutrition are linked with a reduced risk of contracting cancer and heart disease. Experts agree that the American diet often consists of too many calories and too much fat, cholesterol, and sodium. It also has too few complex carbohydrates and too little fiber.

DISPLAY TRANSPARENCY #1-3. There is strong evidence to suggest that a low-fat, high-fiber diet may lower your chances of developing certain types of cancer (particularly of the breast, colon, rectum, prostate, and uterus). In fact, it is estimated that about one third of all cancer deaths are caused in part by what you choose to eat each day.

While family history and genetics play a role in the development of certain types of cancer, scientific experts (from places such as The National Cancer Institute) believe you can take steps to help protect yourselves and your families from cancer by making healthful choices about the foods you eat.

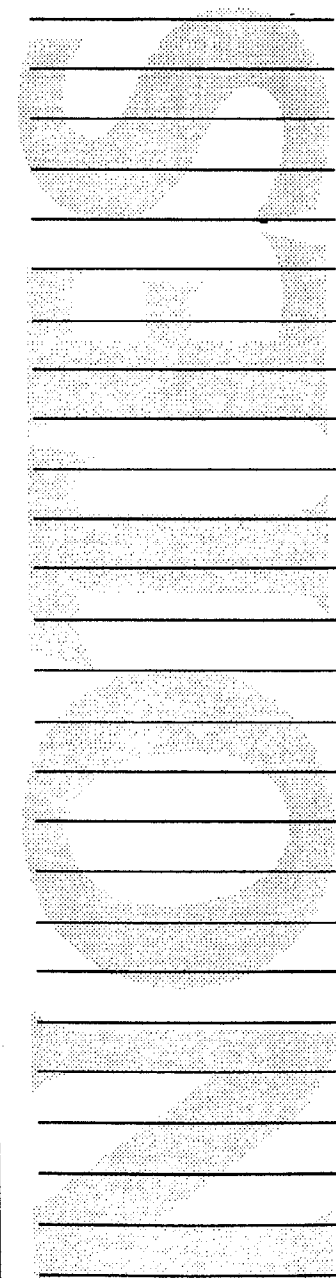
A low-fat, high-fiber diet may also help lower blood cholesterol, one of the culprits behind increased risk of heart disease, high blood pressure, and stroke. In addition, cutting fat and increasing fiber can help maintain or reduce weight—thereby lowering your risk of obesity and diabetes.

Since cancer and heart disease are the two top killers in the United States today, you are substantially reducing your risk of falling prey to these common killers by eating the low-fat, high-fiber way.

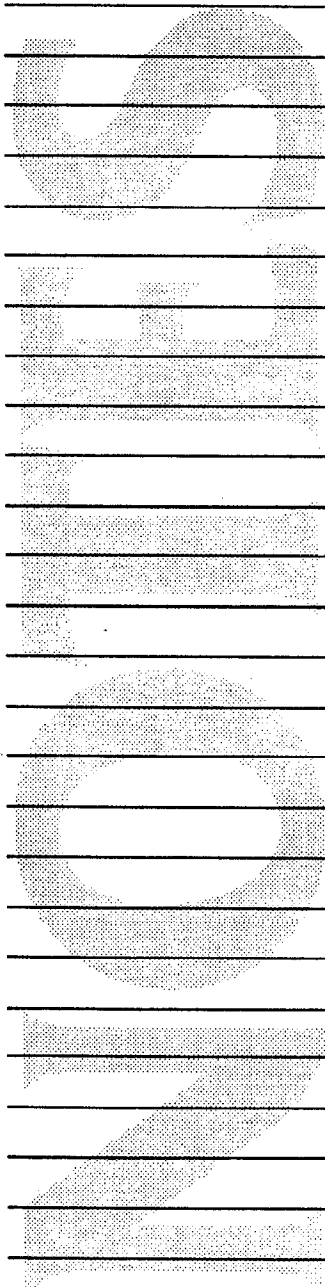
Risk reduction is like “stacking the deck” or “loading the dice” when gambling in Las Vegas or Atlantic City. If you knew you could stack the deck or load the dice in your favor and get away with it—in other words, increase the odds that you’d win—wouldn’t you play the game? Why not “stack the deck” in favor of your health?

My question is—Would you eat a low-fat, high-fiber diet that...

- consists of little or no sacrifice,
- takes less time to prepare and shop for,
- tastes as good as or better than what you’re currently eating,



Module 1: PREPARING FOR SUCCESS



- and is so effortless, you can stick to it for a lifetime?

And to top it all off, it reduces your risk of developing cancer, heart disease, stroke, high blood pressure, obesity, and diabetes.

I certainly would be interested in such a low-fat, high-fiber diet. How many of you would be too? (**ASK FOR A SHOW OF HANDS**.) Then the “Leaner Weigh to Low-Fat, High-Fiber Fare” is the program for you. I’ll show you techniques that are easy and almost effortless—techniques that you can use right away to eat the low-fat, high-fiber way.

Let’s stop for a minute and look in your folders, where you will find a short quiz put out by the American Cancer Society that I would like you to take now.

“Eating Smart” is a quick, simple eating quiz that will help you assess your current eating patterns. When rating yourself, think of foods similar to those listed that are in your diet. Record the points for the answer you choose in the points column at the far right, then total your points. Compare your score with the analysis at the end of the quiz. Remember: A low score does not mean that you will get cancer, nor does a high score guarantee that you won’t. Your score will simply give you a clue to how well you eat now and how you can improve to reduce your risk of cancer.

How did you rate? Let’s look at your scores. **DISPLAY TRANSPARENCY 1-4.**

0-12: A Warning Signal! Your diet is too high in fat and too low in fiber-rich foods. It would be wise to assess your eating habits to see where you can make improvements.

13-17: Not Bad! You’re Partway There! But you still have a way to go. The “Leaner Weigh” will help you determine where you can make a few improvements.

18-36: Good for You! You’re Eating Smart! You should feel very good about yourself. You have been careful to limit your fats and eat a varied diet. Keep up the good habits and continue to look for new ways to improve.

Regardless of how you rated, the “Leaner Weigh” will help expand your choices for eating better.

Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: You Can Learn Ways to Modify Your Eating Patterns to Make Yourself More Healthy

MATERIALS: Transparency #1-5

Let's talk about what we'll cover in "The Leaner Weigh." The program is designed to help you modify your eating patterns to make yourselves more healthy. You'll do this by increasing fiber and cutting fat whenever and wherever you eat. You'll learn to do this through what you cook and how you cook it, as well as how you shop and how you select from menus when eating out.

Here are some highlights of what you'll be getting in the program.

DISPLAY TRANSPARENCY #1-5. Our first session, "Cutting the Fat and All That," will show how you can eat less fat in your diet and still enjoy a wide variety of delicious foods.

You can begin to cut fat by learning how to find it in the first place. Many foods are so high in fat that you can actually see it. Can you name any of these foods? In some foods, the fats are so well hidden that you have no idea how much fat you are consuming. You'll learn how to "find" this fat.

For example, did you know that most granola cereals, though usually containing fiber-rich whole grains, also pack lots of fat (in the form of nuts, oil, coconut, and so on)? They also contain lots of sweeteners. In fact, they're almost more like dessert than breakfast fare. And speaking of dessert...

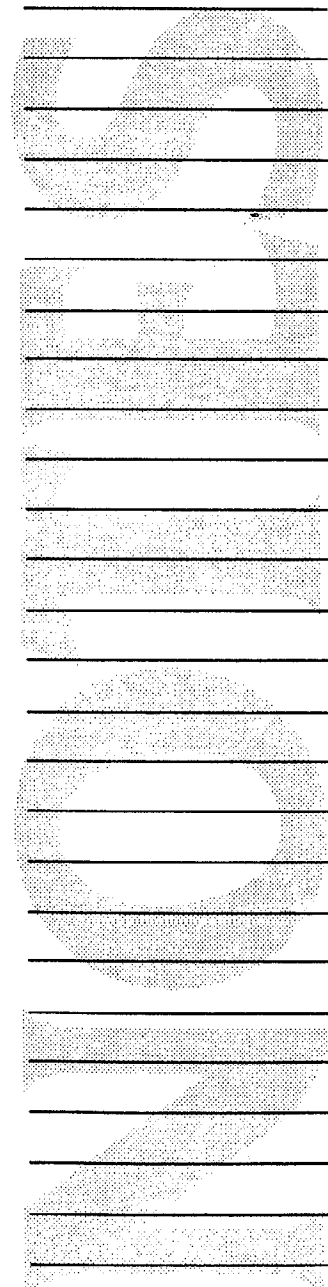
You'll receive a lot of useful lists in the "Leaner Weigh," one of which names the best-tasting, lowest-fat frozen dairy desserts on the market today.

The next session, "Fiber Up Your Life," focuses on how you can get your fiber intake up to 20 to 30 grams per day, instead of the surprisingly low U.S. average of 11 grams per day. You'll learn why you tend to eat so little fiber, and see how easy and inexpensive it is to add more to your diet.

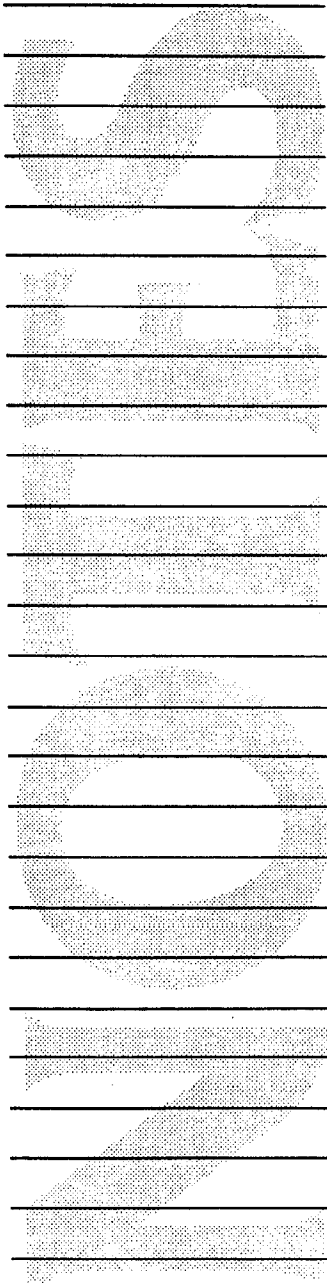
For example, you'll learn how to jump-start your day with the single most important source of fiber in most diets.

You'll soon become experts at selecting high-fiber foods and discovering tasty and creative ways to add fiber to your favorite meals.

You'll discover a "Leaner Weigh" bonus—an easy-to-use Fiber



Module 1: PREPARING FOR SUCCESS



Guide to delicious, fiber-rich foods. (Some of the foods on this list may surprise you.)

Our third session, called “Supermarket Smarts,” is a skill-building session on the art of low-fat, high-fiber grocery shopping. How many of you do the grocery shopping for the family? (**ASK FOR A SHOW OF HANDS.**) Even if you don’t shop, maybe you can help the person in your household who does.

We’ll show you how to be a good grocery store detective through the art of label reading. For example, did you know that a food product labeled 98 percent “fat-free” can still be a high-fat food? The 98 percent “fat-free” describes the percentage of fat by weight—*not* by calories. The number of fat calories can still be quite high. You’ll find out exactly how to read labels and determine what’s high in fat and what’s not.

One skill you’ll learn to use when shopping is a simple formula for figuring out the amount of fat in foods.

You’ve probably heard the adage “Buyer, beware.” Well, not all food-labeling terminology is regulated by the government—so we’ll guide you through the misleading label lingo sometimes used by advertisers.

You’ll also learn what cuts of meat are the leanest you can eat. One helpful label-reading guide when choosing beef is that beef graded “good” is better for you than more expensive “choice” or “prime” cuts because fewer of its calories come from fat.

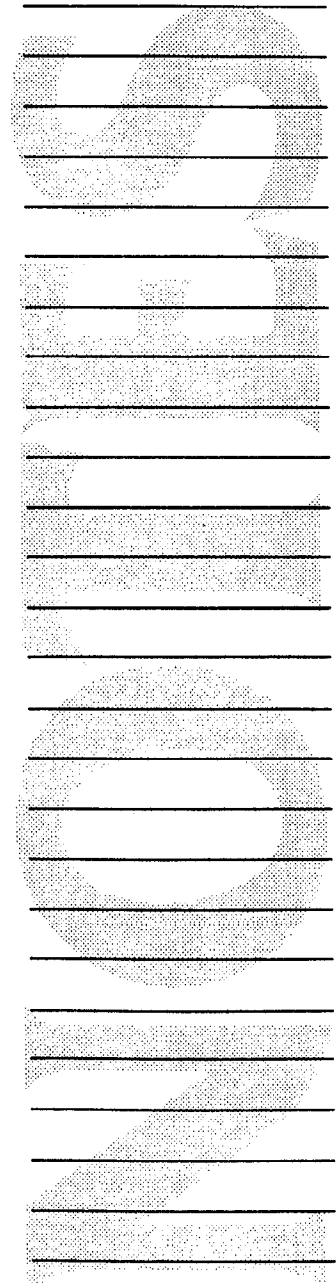
Our final session, called “Eating-Out Smarts,” demonstrates that even when dining out, you can still choose to eat a high-fiber, low-fat diet. You can do this in the fanciest of restaurants as well as in the most basic fast-food establishments.

Did you know that Americans now spend nearly as much on food in restaurants as in grocery stores? In 1990, consumers spent 46 percent (about 250 billion dollars) of their total food expenses in restaurants, up from 39 percent in 1980 and 27 percent in 1960, according to the USDA. Skills learned in this session will help you get the best nutritional deal for your dollars when you do eat out.

Module 1: PREPARING FOR SUCCESS

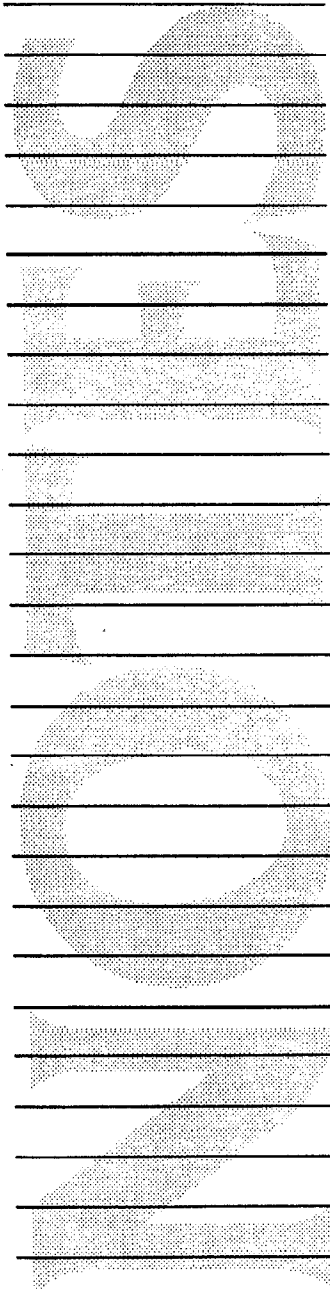
The "Eating-Out Smarts" session also includes tips for preparing healthful brown-bag lunches.

At the end of the four sessions, you will be experts at applying the art of choosing foods low in fat and high in fiber more often. All these techniques are based upon the latest in cancer-prevention nutrition technology. All these techniques can be shared with family and friends, and will lead to eating for good health.



Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: By Setting and Implementing Short- and Long-Term Goals, You Can Incorporate More Healthful Eating Patterns



In order to maximize your opportunities to apply what is learned through the "Leaner Weigh," you will set specific short- and long-term goals for modifying and maintaining your eating patterns. These goals will help provide a basis for incorporating a healthful diet into your lifestyle.

The short-term goals will help keep you on track throughout the program. The long-term goals will provide a solid foundation for a permanent improvement in the quality of your lives.

Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: Logistics

The "Leaner Weigh" is a four-session course that meets for an hour each session.

You'll receive this participant's manual (**SHOW PARTICIPANT'S MANUAL TO GROUP**), which consists of four modules containing a wealth of information that you can use on a daily basis. At each meeting, you'll receive the module we address in that session. You'll participate in an activity at each session.

The "Leaner Weigh" sessions will be conducted on _____ (DAY) at _____ (TIME), at _____ (LOCATION), starting _____ (WHEN). You'll find a class schedule in your folders.

Also in your folders is a registration card we would like you to fill out and turn in before you leave today if you have not already done so. This card will register you for the course.

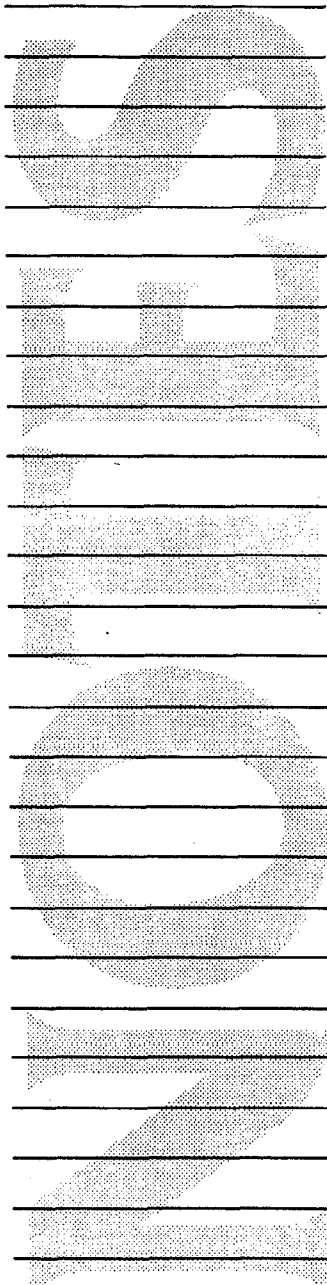
There are several three-hole-punched sheets in your folders. They are entitled "Where We Are Going"—a summary of today's class; "Before You Return to the Leaner Weigh"—a reminder of what to do for the next session; and a form entitled "Food for Thought." Bring these sheets to the next class for inclusion in the Leaner Weigh manual you will receive.

Now let's talk about the cost of the program. How much would a class like this—one that could make a major impact on both the quantity and the quality of your life—be worth to you? The cost of this program is (**DESCRIBE COST STRUCTURE FOR THIS COURSE**). This is a small price to pay for a lifetime of big-time benefits.

Before I summarize today's session and answer your questions, I would like to briefly explain the "Food for Thought" form. Please fill out this form at home and bring it to our first session. We will be going over the form together, and will refer to these answers throughout the course for purposes of goal-setting. (**READ INSTRUCTIONS FOR FILLING OUT FORM.**)

Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: Conclusion



Today we talked about the relationship of nutrition to good health and cancer prevention.

We also talked about a low-fat, high-fiber diet that may decrease risks for the development of certain cancers, as well as heart disease, stroke, high blood pressure, obesity, and diabetes.

Eating the low-fat, high-fiber way also entails little or no sacrifice, and includes timesaving tools, great-tasting foods, and an easy, almost effortless method that ensures "stick-to-itiveness" for a lifetime.

The "Leaner Weigh" focuses on this low-fat, high-fiber diet through four one-hour sessions addressing:

- **Cutting the Fat and All That:** An entertaining session on fat, coupled with tips on choosing palate-pleasing, low-fat food choices from among the wide assortment of foods available in the marketplace.
- **Fiber Up Your Life:** An informative hour featuring tasty, easy-to-find, fiber-rich foods that are easily included in your daily diet.
- **Supermarket Smarts:** An absorbing slide show demonstrating creative shopping techniques for choosing a wide variety of affordable, delicious, low-fat, high-fiber foods.
- **Eating-Out Smarts:** An enlightening session on making savvy choices for pleasurable, healthful dining—from gourmet cuisine to the fast-food lane.

I'm excited about this program. I just wish one like it was available to me years ago. The "Leaner Weigh" is an easy and inexpensive way to incorporate good health and good eating into your lives.

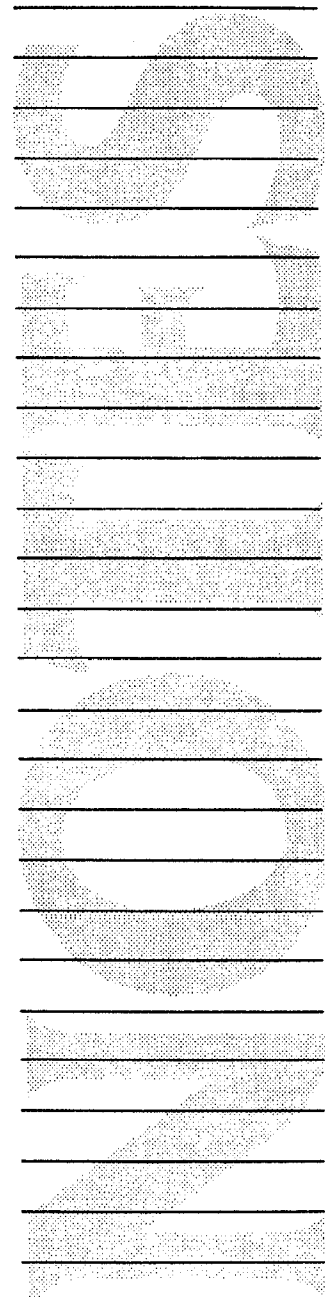
What you learn in the course is easy to do, yet can make a tremendous difference in your overall health. Very few things in life can do so much for so little. So sign up! Any questions? See you next session!

Module 2: CUTTING THE FAT AND ALL THAT

WHERE WE ARE GOING

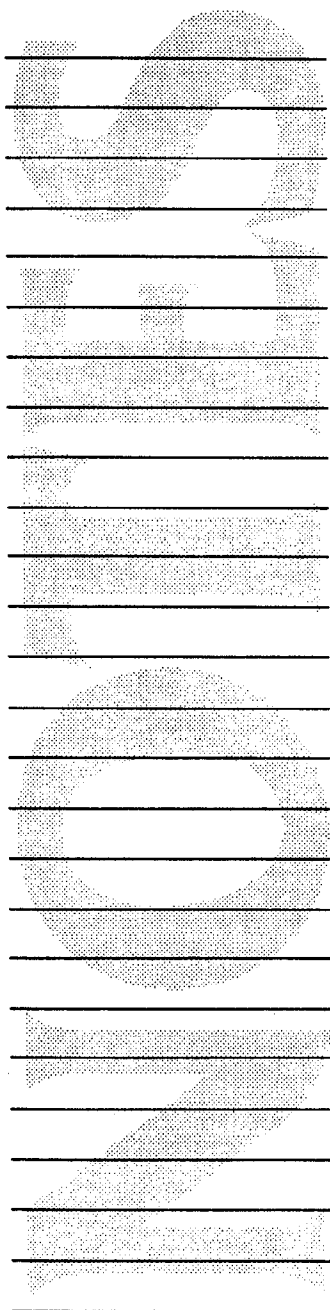
In this session, we will review the previous meeting's assignments and you will learn to:

- Reduce the amount of fat in the diet.
- Identify sources of fat.
- Choose foods low in fat more often.
- Balance high-fat foods with low- or no-fat foods.
- Eat smaller portions of high-fat foods.
- Use preparation and cooking techniques to reduce fat intake.
- Set realistic goals for reducing fat in the diet.



Module 2: CUTTING THE FAT AND ALL THAT

MATERIALS CHECKLIST



- _____ Attendance roster
- _____ Instructor script
- _____ Participant manual modules
- _____ Overhead projector
- _____ Transparencies #2-1 through #2-17
- _____ Refrigerator magnet
- _____ Fat in Food Demonstration materials
- _____ 1 muffin—high-fat variety
- _____ 1 small bag potato chips (2 oz.)
- _____ 2 brown lunch bags
- _____ Cholesterol brochure for participants
- _____ Three-ring binders for participants

Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Welcome
Introductory Message
Past Meeting Assignment Review

MATERIALS: Fat in Food Demonstration (page 2-5):
1 muffin—high-fat variety
2 oz. (1 small bag) potato chips
2 brown lunch bags

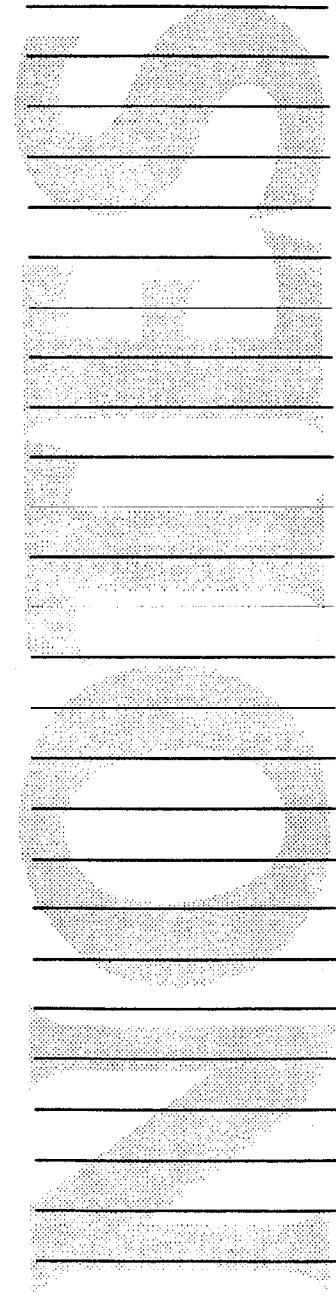
THE NIGHT BEFORE CLASS: PLACE THE MUFFIN IN ONE OF THE LUNCH BAGS. EMPTY THE BAG OF POTATO CHIPS INTO THE OTHER LUNCH BAG. SET THEM ASIDE.

Welcome back to the “Leaner Weigh.” I’m happy to see you all here. As we mentioned in our Introductory Session, this class will be about “Cutting the Fat and All That” from our diet. This is the first session of our “Low-Fat, High-Fiber Fare” course.

Why talk about cutting fat in a class focusing on cancer prevention? Because too much fat in the diet may contribute to the development of certain types of cancers (in addition to increasing other risks). We’ll elaborate on this as we get further into today’s talk.

Before we begin, let’s take a look at the “Food for Thought” questionnaire I asked you to complete following the Introductory Session. Please refer to Pages 1-2 to 1-5 in the Preparing for Success section of your manuals. How you completed this questionnaire may help formulate the way you select and accomplish the goals you choose to work on in every segment of the “Leaner Weigh” class. Please look at your questionnaires.

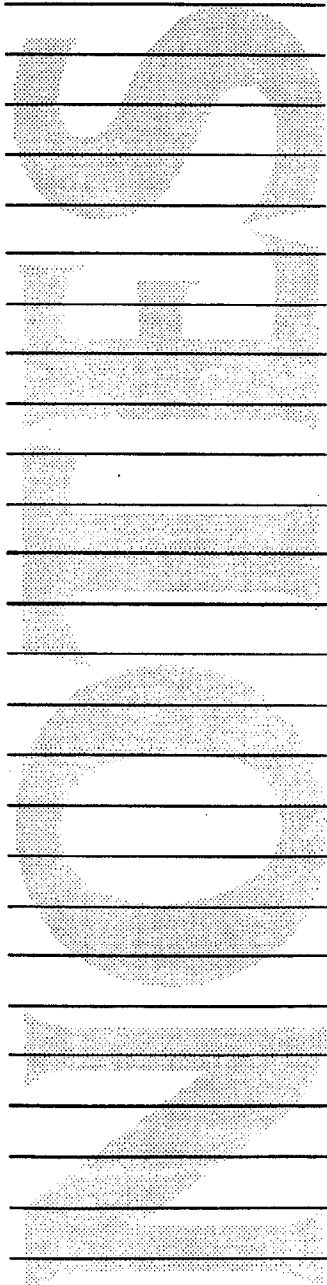
Were you pretty confident in what you could do?



Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Reduce the Amount of Fat in the Diet

MATERIALS: Transparency #2-1
Transparency #2-2



How about the things you were not so confident you could do?

You will be using this form each session for ideas on setting goals for yourself. I'll tell you more about this later.

Let's take a quick look at your Participant Manuals.

We are providing you with a course manual consisting of four modules, in addition to "Preparing for Success." We will address one module at each session. Please place last session's materials in your binder.

All the information we will present is in your manuals—plus much more! So you can sit back and relax without having to take a lot of notes. Look upon the manual as a helpful reference to further reinforce what you learn in class. We'll have time for questions and answers toward the conclusion of the class.

Now let's focus on some ways you can accomplish your goals, starting with "Cutting the Fat and All That."

Let's look at "Where We Are Going" in today's session. **DISPLAY AND READ TRANSPARENCY #2-1.**

Why all the hype about cutting fat from the diet? We read about it in newspapers and magazines; we see it when we look at new low-fat products on the market; we hear about it on television and from weight-loss centers enticing us to join their programs; we talk about it in relation to reducing our risks of developing heart disease and cancer...

What's the big deal about fat?

It seems to add flavor and texture to our foods.

It sustains us longer between meals.

Actually, fat is a very important part of our diet. We need a certain amount of it to be healthy. Fat is essential for proper functioning of every cell in our bodies. All we really need is one tablespoon of fat per day to accomplish this.

Americans, however, consume much more fat than is needed. We

Module 2: CUTTING THE FAT AND ALL THAT

delight in fast foods, prepared foods, and microwaveable products, which may contain sizable portions of fat.

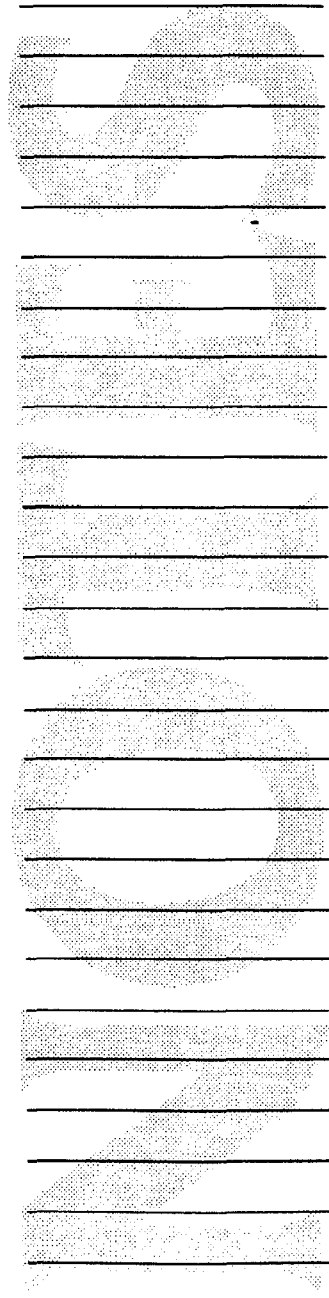
DISPLAY TRANSPARENCY #2-2. Experts agree that we need to reduce the amount of fat in our diet. They recommend that 30 percent or less of the total calories we eat come from fat. That's a good goal—however, any reduction of fat in the diet is beneficial.

Cutting fat may reduce the risk of developing certain kinds of cancer—particularly of the breast, colon, prostate, and lining of the uterus. When combined with increased fiber in the diet, the benefits of risk reduction may be even greater. We'll talk more about fiber in the next class.

Cutting fat in the diet may also reduce the risk of developing heart disease. By eating a diet lower in fat, we will naturally be eating less saturated fat and cholesterol—the culprits behind the increased risk of heart disease and stroke. I have a pamphlet you can pick up after class that provides more information about cholesterol and heart disease.

Eating less fat also helps to maintain or reduce weight. This strategy may be more powerful when combined with aerobic forms of exercise.

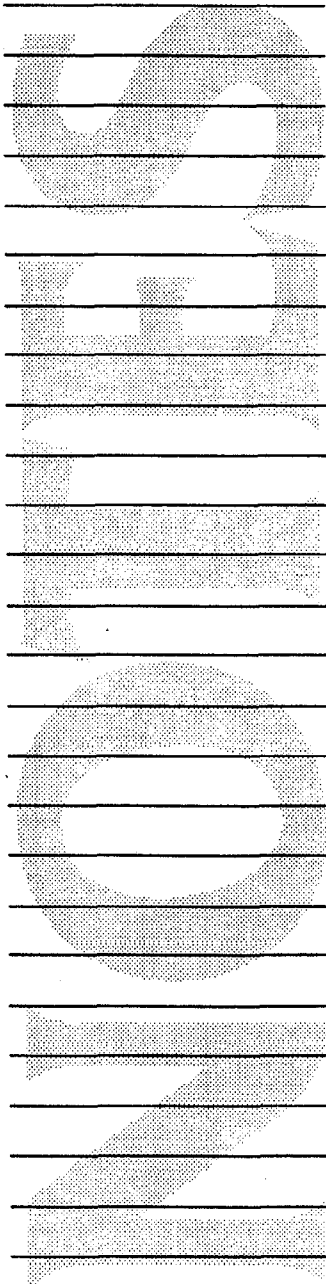
Very few things we do in life can positively affect so many different areas of our lifestyle as cutting the fat and all that.



Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Identify Sources of Fat

MATERIALS: Transparency #2-3
Transparency #2-4
Transparency #2-5
Muffin in lunch bag
Chips in lunch bag



How do you begin cutting fat from the diet?

You identify sources of fat in foods. **DISPLAY TRANSPARENCY #2-3.**

Fat is primarily found in three general categories. Examples of these are: **READ TRANSPARENCY #2-3.**

Fortunately there are many lower-fat versions of these same foods on the market today that can replace the high-fat ones.

For example, you can purchase low-fat milk instead of whole milk, which is high in fat.

Let's take a look at the difference fat can make in an 8-ounce glass of milk. **DISPLAY AND READ TRANSPARENCY #2-4.**

As you can see, skim milk or low-fat (1-2%) milk is a healthier choice than whole milk. Choosing lower-fat versions of milk does not take away from nutritional benefits, since both have the same amount of protein, vitamins, and minerals as whole milk.

Some fats are easy to recognize in foods—for example, you can clearly see that butter or margarine consists of 100 percent fat, and that potato chips and French fries are loaded with fat. You can also see fat in highly marbled meat, bacon, and poultry with skin on it.

DISPLAY TRANSPARENCY #2-5. However, some fats are more difficult to identify and may be less visible or “hidden” in various products. You can eat a lot of these foods without realizing how much fat you are consuming. **READ TRANSPARENCY #2-5.**

There are many more foods that contain fats that are “hidden” (especially in many of our packaged convenience foods). You need to look out for these.

In our session on “Supermarket Smarts,” you’ll learn ways to identify the less visible fats in specific products.

Let's look at a demonstration that shows just how much fat can hide in food. Take, for example, this muffin ... and these potato chips placed in this brown lunch bag. **PERFORM DEMONSTRATION.**

Module 2: CUTTING THE FAT AND ALL THAT

FAT-IN-FOOD DEMONSTRATION

1 muffin—high-fat variety (placed in brown lunch bag the night before class)

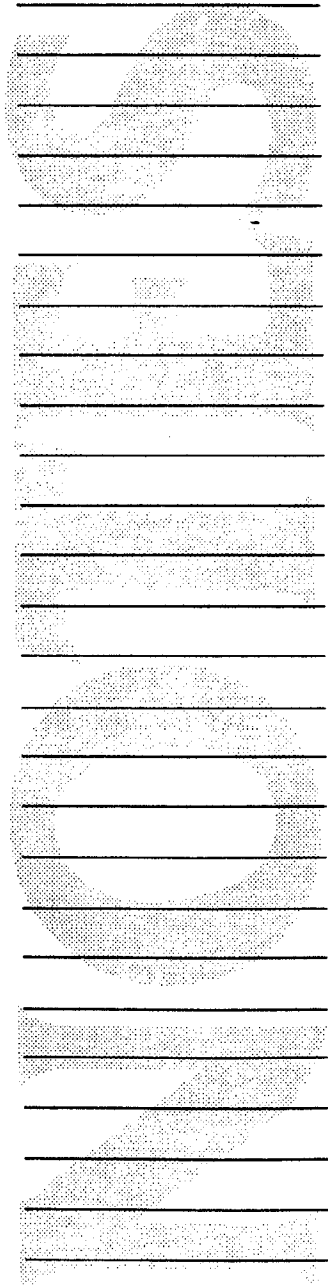
2 oz. (1 small bag) potato chips (placed in brown lunch bag the night before class)

Hold up the bag with the potato chips, and show class the fat accumulated in the bag. Comment that it should be no surprise to see all the “obvious” or visible fat in the bag, since we all know the main ingredients in chips are potatoes and oil (fat).

Then show the fat accumulated in the bag containing the muffin. Comment on how all the fat seen in the muffin bag may surprise many people, since we generally think of muffins as being very healthful for us.

Explain to the class that while it is true that some muffins are very healthful, containing ingredients low in fat and high in fiber, this particular type of muffin is just one example of a high-fat food containing less visible or “hidden” fat. In the Supermarket Smartis class, we’ll learn how to identify the fat content in foods so that we can choose muffins that are more healthful.

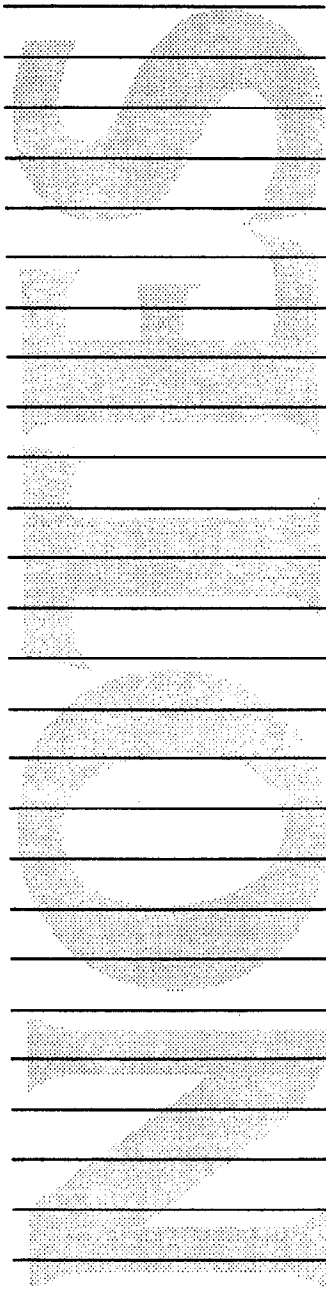
It’s surprising to see how fat can be hidden in a muffin!



Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Choose Foods Low in Fat More Often

MATERIALS: Transparency #2-6
Transparency #2-7
Transparency #2-8
Transparency #2-9
Transparency #2-10



Now you know where fat is generally found, and you know that some fats in foods are less visible than others.

DISPLAY TRANSPARENCY #2-6. Another way to look at cutting fat from the diet is to determine which foods have low fat or no fat, and choose these more often.

Let's take a look at foods that are generally low in fat or fat-free. Some examples are: **READ TRANSPARENCY #2-6.**

A diet of these foods is healthful, tasty, readily available, and not expensive.

DISPLAY TRANSPARENCY #2-7. Please turn to pages 2-18 and 2-19 in your manuals, and let's look at two sample menus. Menu A shows a day's worth of high-fat meals totaling 2,070 calories, of which 40 percent is fat.

Remember, the recommendation is that 30 percent or less of our total calories comes from fat. So you can see that 40 percent is high.

DISPLAY TRANSPARENCY #2-8. Menu B shows a similar number of a day's total calories, 1,890—of which 26 percent is fat. Menu B is by far the healthier choice. It is interesting to note that you can eat about the same number of calories, yet significantly reduce your fat intake.

DISPLAY AND READ TRANSPARENCY #2-9. Let's compare the dinner meals from menus A and B. Including fruits, vegetables, grains, and legumes in your daily meals and snacks will probably mean eating less fat, since these foods are great replacements for higher-fat foods.

Remember, although these foods are generally low in fat or fat-free, they can wind up being higher in fat, depending on how you prepare or cook them—and what ingredients you add to them.

For example, a baked potato can become a high-fat food through the addition of large amounts of butter, margarine, sour cream, or melted cheese.

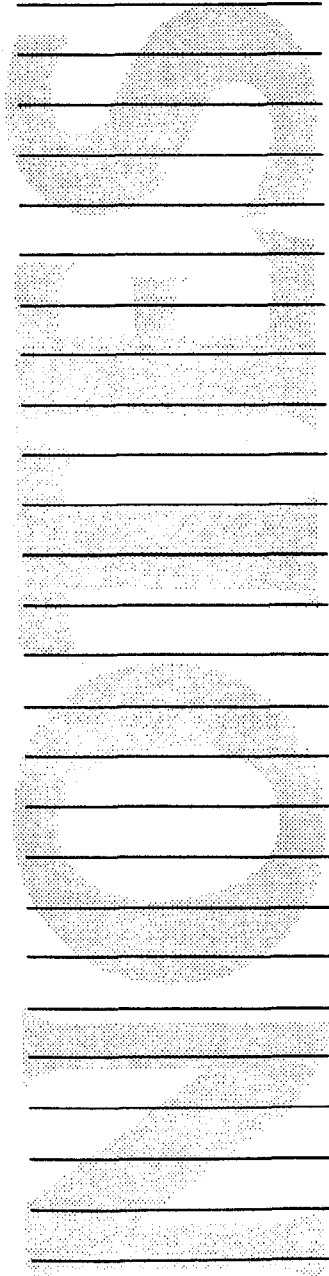
Module 2: CUTTING THE FAT AND ALL THAT

However, you can keep the baked potato a low-fat item by choosing to replace those higher-fat additions with smaller amounts of butter or low-fat sour cream. You can also choose to eat the potato plain with a few seasonings and enjoy its full flavor.

Fresh-cooked vegetables with a dash of complementary seasonings, lemon juice, or a small amount of margarine can also be a great replacement for high-fat varieties of frozen vegetables in heavy cream and cheese sauces.

Here are more examples of lower-fat versions of high-fat foods.
DISPLAY AND READ TRANSPARENCY #2-10.

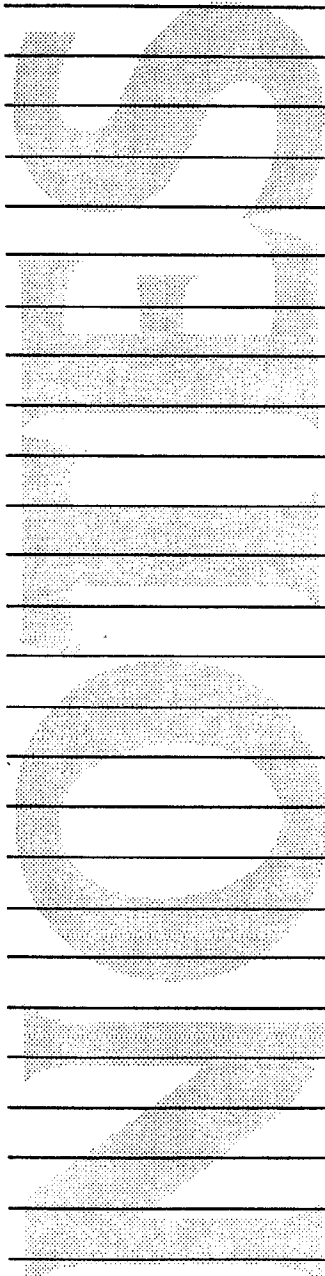
Choosing low-fat or no-fat versions more often helps to cut fat and establish or maintain healthy eating habits.



Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Balance High-Fat Foods With Low- or No-Fat Foods at Meals

MATERIALS: Transparency #2-11
Transparency #2-12



DISPLAY TRANSPARENCY #2-11. Another way to build or maintain a healthy diet lower in fat is to balance high-fat foods with low- or no-fat foods at meals. If you choose to eat a food high in fat, combine it with a lower-fat food to help keep the total daily diet lower in fat.

Here are some examples for doing a balancing act with high- and low-fat food combinations. **READ TRANSPARENCY #2-11.**

So you see, from time to time, you can still enjoy some of your high-fat favorites, yet cut fat from the diet by balancing high-fat foods with low- or no-fat foods at meals. In this way, you can control what you eat without feeling restricted or deprived.

DISPLAY TRANSPARENCY #2-12. One more method for cutting fat is to use good common sense and eat smaller portions of high-fat foods.

Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Eat Smaller Portions of High-Fat Foods

MATERIALS: Transparency #2-13
Transparency #2-14

Obviously, the smaller the portion of a high-fat food, the lower the intake of fat.

A good rule of thumb is to thinly spread high-fat foods like butter, margarine, peanut butter, cream cheese, and mayonnaise.

Another strategy is to eat smaller portions of meat and poultry.

Please turn to page 2-9 in your manual for examples of what a 3-ounce serving of meat looks like. **DISPLAY AND READ TRANSPARENCY #2-13.**

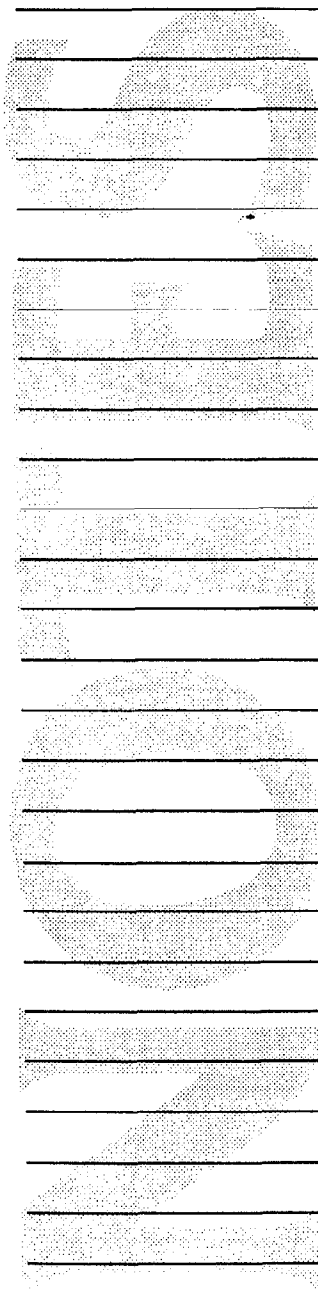
Many of us generally eat a lot more meat than this at a meal. However, by eating a smaller portion, we are considerably reducing the fat we consume.

A general recommendation is to eat 6 ounces or less of meat, poultry, or fish per day. For example, a 3-ounce serving is equivalent in size to a small deck of cards.

Another effective way to reduce fat is to choose smaller portions of desserts like cake, pie, or ice cream.

How about trying smaller amounts of salad dressings, cream, and rich sauces you add to foods in cooking and at the table?

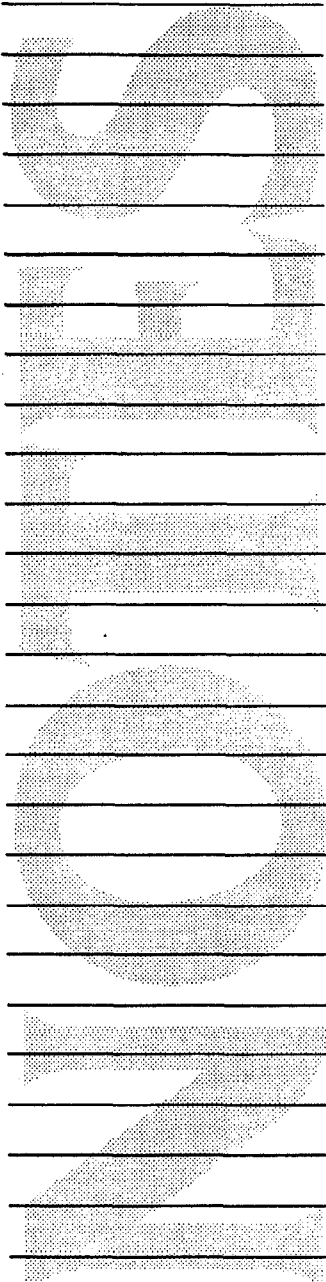
DISPLAY TRANSPARENCY #2-14. Besides eating smaller portions of foods, you can do a lot more to reduce fat through the preparation and cooking of food.



Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Use Preparation and Cooking Techniques to Reduce Fat Intake

MATERIALS: Transparency #2-14
Transparency #2-15



One way of preparing food to reduce fat is to cut the visible fat off meat and take the skin off poultry before cooking.

You can also use cooking methods that add little or no fat to foods. **READ TRANSPARENCY #2-14.** Some additional tips are:

Use a rack when broiling or roasting meats or poultry so that the fat drains off.

Chill soups, stews, casseroles, and gravies so that you can remove hardened fat from the surface before reheating and serving.

Drain the fat off pan-cooked ground meat and rinse in a colander.

In today's session, we have discussed many easy ways to cut fat from the diet. It can become second nature to incorporate one, a few, or all these each time you eat. Remember, the goal is to cut back fat to 30 percent or less of total calories. Each time you use one of these fat-cutting techniques, you're moving closer to that goal.

Now let's recap "Where We've Been." **DISPLAY AND READ TRANSPARENCY #2-15.** Any questions so far?

Just learning about cutting fat from the diet is interesting, but it's worthwhile only if we put it into practice by setting goals.

Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Smart Goals

MATERIALS: Transparency #2-16
Transparency #2-17

We find that using SMART goals increases the rate of success in changing behavior. **DISPLAY TRANSPARENCY #2-16.**

SMART goals are Specific, Measurable, Attainable, Realistic, and Timed.

- S** = Specific goal
- M** = Measurable—meaning observable
- A** = Attainable—something you can succeed at doing, yet challenging enough to be interesting
- R** = Realistic—small, gradual changes that are maintained permanently
- T** = Timed—allows for a feeling of accomplishment, increased self-esteem, and the opportunity to move on to new goals

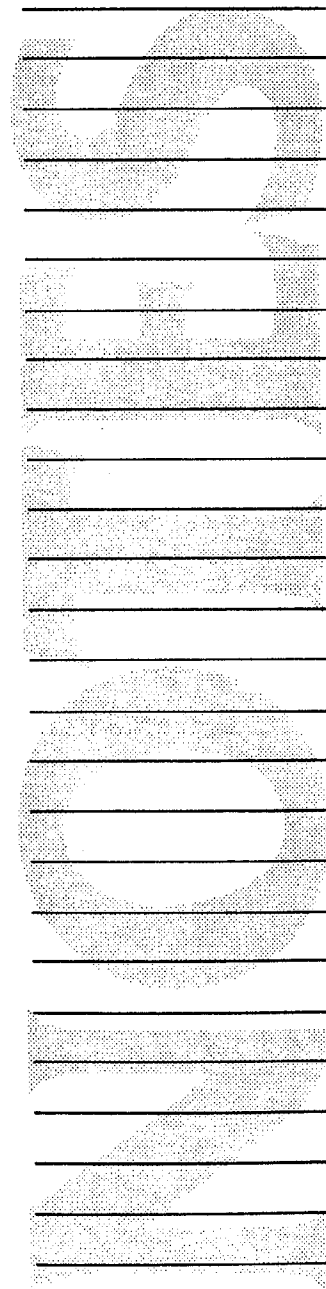
DISPLAY TRANSPARENCY #2-17. To help with setting up SMART goals, we are providing a Goal Contract. You'll find a contract on page 2-13 in your Manual.

Begin by focusing on a specific behavior. An example of a nonspecific behavior may be "I want to eat low-fat foods." How about a SMART goal like "I am going to change from whole milk to buying and drinking 2 percent milk this week." Or changing a nonspecific goal like "I will cut down on red meat in my diet" to "I will choose leaner cuts of red meat and eat them only three times this week."

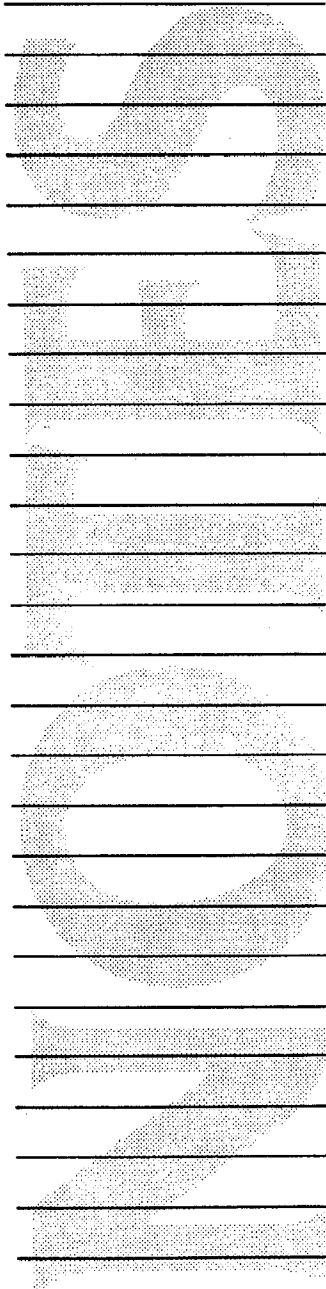
You may want to look at your "Food for Thought" sheet for some ideas for goals.

This week, however, please try to choose goals that will help you reduce the fat in your diet.

Would anyone like to share an idea for a "cutting fat" goal? (**TAKE SEVERAL MINUTES TO ELICIT IDEAS FROM PARTICIPANTS ON SETTING GOALS FOR CUTTING FAT FROM THE DIET—AND ASSIST IN FORMULATING EACH GOAL.**)



Module 2: **CUTTING THE FAT AND ALL THAT**



Please refer to page 2-14 (“Before You Return to the Leaner Weigh”) for a reminder of what to complete before our next meeting, and for a bibliography for further reading.

Also, on pages 2-15 through 2-25 (“Extras”), we have some additional charts and recipes that may help in “Cutting the Fat and All That.”

I encourage you to read all the materials in this module.

Finally, I’m providing a magnet for your refrigerator and a feedback card to help reinforce your goals this week.

This meeting’s message is: “What goes inside me goes inside you!” Use this message as a reminder to begin stocking your refrigerator with lower-fat foods.

Module 2: CUTTING THE FAT AND ALL THAT

TEACHING TOPIC: Conclusion

Any questions?

See you next session, when we'll focus on the fiber part of our low-fat, high-fiber course, called "Fiber Up Your Life."

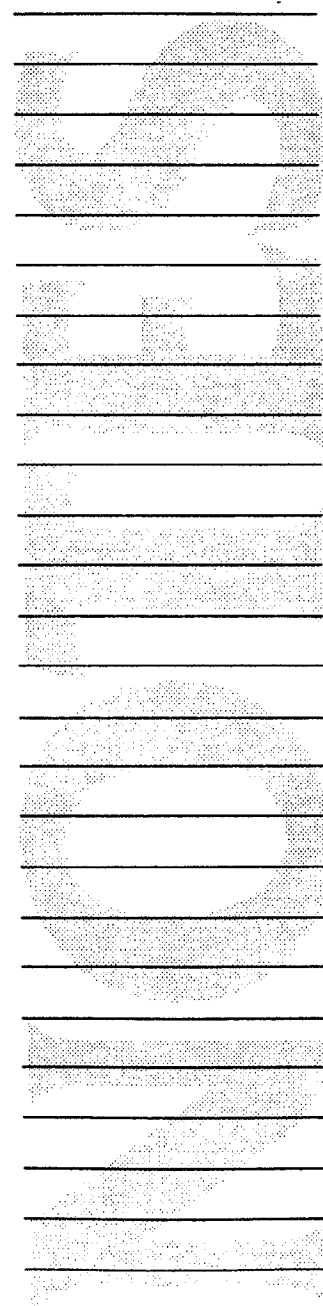
A vertical column of horizontal lines for writing, with a faint circular watermark in the background.

Module 3: FIBER UP YOUR LIFE

WHERE WE ARE GOING

In this session we will review the previous meeting's assignments and you will learn to:

- Identify sources of fiber.
- Eat a wide variety of fruits, vegetables, grains, cereals, and legumes to increase dietary fiber.
- Maintain dietary fiber intake at 20 to 30 grams a day.
- Increase dietary fiber gradually over a period of weeks and months.
- Add high-fiber foods to your shopping list and menus.
- Set realistic goals for increasing fiber in the diet.



Module 3: FIBER UP YOUR LIFE

MATERIALS CHECKLIST

- _____ Attendance roster
- _____ Instructor script
- _____ Participant manual modules
- _____ Overhead projector
- _____ Transparencies #3-1 through #3-14
- _____ Refrigerator feedback cards—"The first step in achieving your goals..."
- _____ Fiber Demonstration materials
 - _____ 1 13.8 oz. box Kellogg's All Brand Cereal
 - _____ 1 small box (1 1/2 oz.) raisins
 - _____ 1 small can (8.5 oz.) vegetarian baked beans in tomato sauce
 - _____ 1/4-, 1/3-, 1/2-cup size measuring cups
 - _____ can opener
 - _____ 2 bowls
 - _____ spoon
 - _____ plastic container to store the opened can of beans

Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Welcome
Introductory Message
Past Meeting Assignment
Review

MATERIALS: Transparency #3-1
Fiber Demonstration (page 3-7):
1 box (13.8 oz.) Kellogg's All Bran cereal
1 bowl
1 small box (1.5 oz.) raisins
1 small can (8.5 oz.) vegetarian baked beans in tomato sauce
1/4-, 1/3-, and 1/2-cup size measuring cups
can opener
spoon
plastic container

Welcome back to the "Leaner Weigh." At our last meeting we discussed "Cutting the Fat and All That." This session is the second part of our low-fat, high-fiber course, called "Fiber Up Your Life."

Why talk about fiber in a class focusing on cancer prevention? Because, like cutting fat, increasing fiber in the diet may actually decrease your risk for the development of certain kinds of cancers—colon and rectal cancers in particular. Dietary fiber is important for keeping the intestinal tract (where colon and rectal cancer develop) healthy and strong.

Before we begin looking at today's topic on fiber, let's go over last session's assignments. How successful were you in cutting some of the fat from your diet?

Would someone be willing to share some of their SMART Goals for cutting fat with us, and some of the methods used to accomplish these goals?

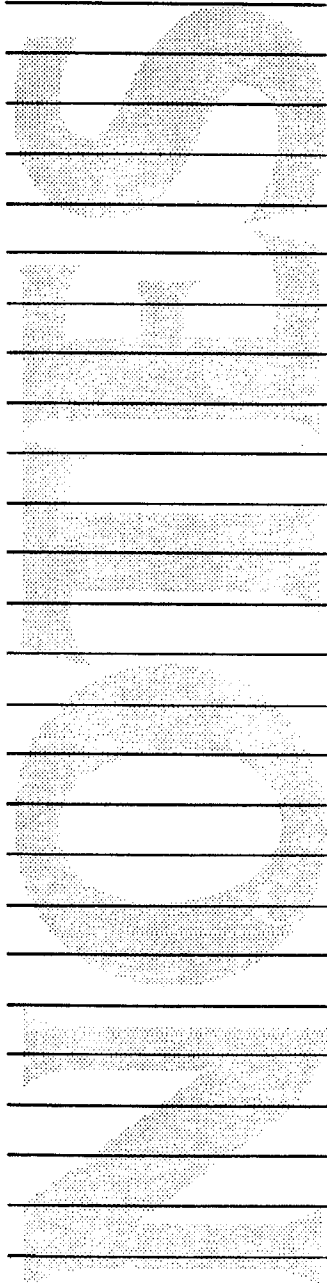
Did you try some lower-fat versions of high-fat foods? Did you eat smaller portions of high-fat foods?

Were you able to engage a spouse or significant other in joining you with some of your goals?

Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Identify Sources of Fiber

MATERIALS: Transparency #3-2



Americans eat an average of only 11 grams of fiber per day. Fiber intake is measured in grams. Experts recommend that our diet consist of between 20 and 30 grams a day. More than 35 grams may cause adverse side effects. Too much fiber may prevent absorption of necessary dietary minerals and cause intestinal discomfort.

DISPLAY TRANSPARENCY #3-2. In order to increase fiber so that you eat the recommended amount, you need to identify sources of fiber.

Does this transparency look familiar? Isn't it interesting that a lot of these fiber-rich foods are identical to the foods low in fat we looked at last time? If you eat foods that are good sources of fiber, which are typically low in fat, you may be killing two birds with one stone.

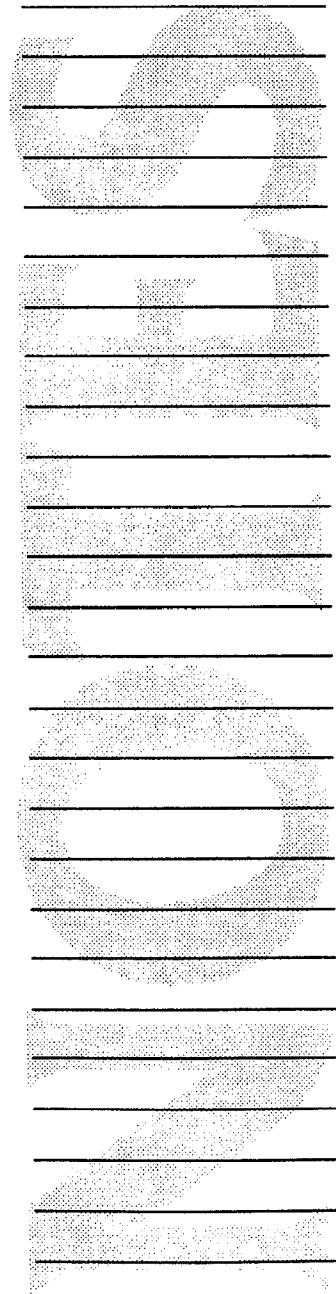
READ TRANSPARENCY #3-2.

Module 3: FIBER UP YOUR LIFE

form gels. They may help lower cholesterol and assist in weight loss (because you feel full longer). Beans, oatmeal, barley, broccoli, and citrus fruits all contain soluble fiber, and oat bran is an especially rich source.

The jury is still out regarding the exact role that each type of fiber plays in the prevention of cancer.

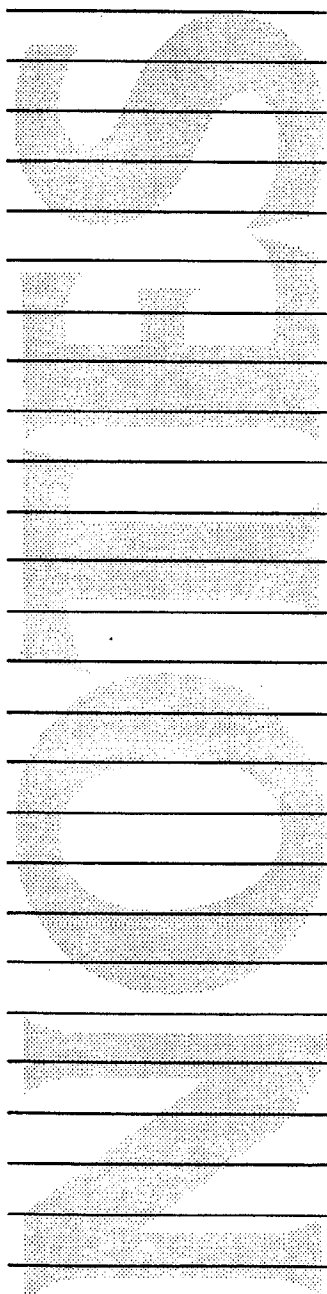
Experts recommend that we eat a variety of foods with both kinds of fiber for the maximum health benefits. Foods high in fiber may have additional protective effects against cancer that we're not aware of. This is a major reason fiber supplements in the form of pills are not recommended. The actual foods you consume may have certain attributes you would miss if you just took pills.



Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: **Introductory Message**

MATERIALS: **Transparency #3-1**



Let's get back to today's topic—fiber—and take a look at “Where We Are Going.” **DISPLAY AND READ TRANSPARENCY 3-1.** First you'll get some background on the subject, and then you'll learn some techniques to “Fiber Up Your Lives.”

First, some background on fiber. For the past 25 years, scientific research has been focused on the effects of fiber and its role in reducing the risk of cancer and other chronic diseases, such as diabetes and coronary heart disease.

What exactly is fiber? What do you think of when you think of fiber?

Fiber is the part of whole grains, vegetables, legumes (beans, peas, and lentils), fruits, and nuts that humans cannot completely digest, and is therefore excreted from the body. Meats, milk, and oil products do not contain fiber.

As we mentioned earlier, there is growing evidence that suggests fiber plays a dual role in cancer prevention:

Fiber helps to move food through the intestines and out of the body, thus reducing the time that potentially damaging substances are in contact with intestinal surfaces. This makes it less likely that cancer-causing toxins will come into prolonged contact with the bowel or will be absorbed.

It is estimated that with a diet low in fiber, food materials can take two to three times longer to pass through the body than with a fiber-rich diet. Think about it: We each have about 20 to 26 feet of intestine coiled up in our bodies. That's a lot of room to harbor these food waste materials for any length of time.

Different types of fiber act differently in our bodies. There are two basic types of fiber:

Insoluble fiber is usually referred to as “roughage.” It includes the woody or structural parts of plants, such as fruit and vegetable skins and the outer coating (bran) of wheat kernels. These fibers speed the progress of the stool through the bowel.

Soluble fibers are substances that dissolve and thicken in water to

Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Eat a Wide Variety of Fruits, Vegetables, Grains, Cereals, and Legumes to Increase Dietary Fiber

MATERIALS: Transparency #3-3
Transparency #3-4

DISPLAY TRANSPARENCY #3-3. Let's take a look at some easy ways to increase fiber in the diet. We can do this by eating a wide variety of fruits, vegetables, grains, cereals, and legumes to increase dietary fiber.

Here are some examples of high-fiber foods in these categories.

As you can see in the Cereal listing, cereals can be a good to excellent source of fiber. As a matter of fact, whole-grain and bran cereals are the single most concentrated source of fiber in our daily diet. They can contribute as much as 12 grams of fiber at one meal.

This transparency shows three examples of cereals and their fiber content. **READ CEREAL LISTING ON TRANSPARENCY #3-3.**

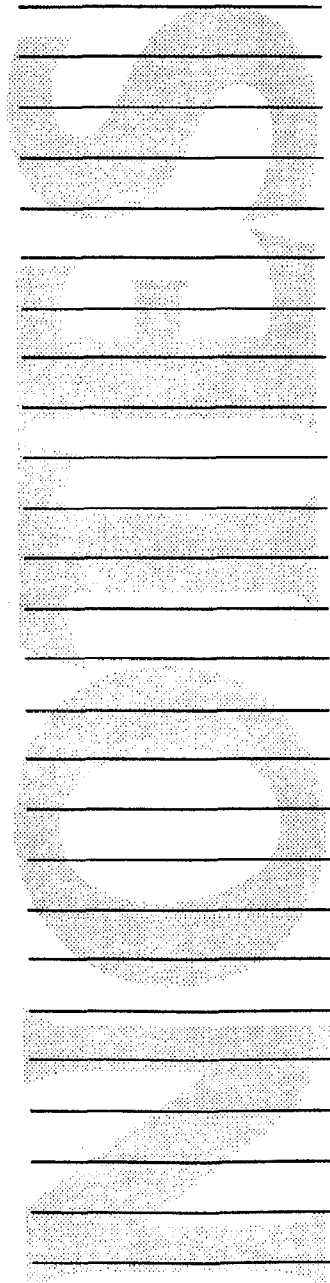
As a general guideline, choose fiber-rich whole-grain cereals that include bran. High-fiber cereals generally have 5 or more grams of fiber per ounce. Three or 4 grams of fiber per ounce is considered a moderate amount of fiber.

You can also add a sprinkling of wheat or oat bran or wheat germ to cereal. A tablespoon of wheat bran provides 2 grams of fiber. Two tablespoons of wheat germ provide 3 grams.

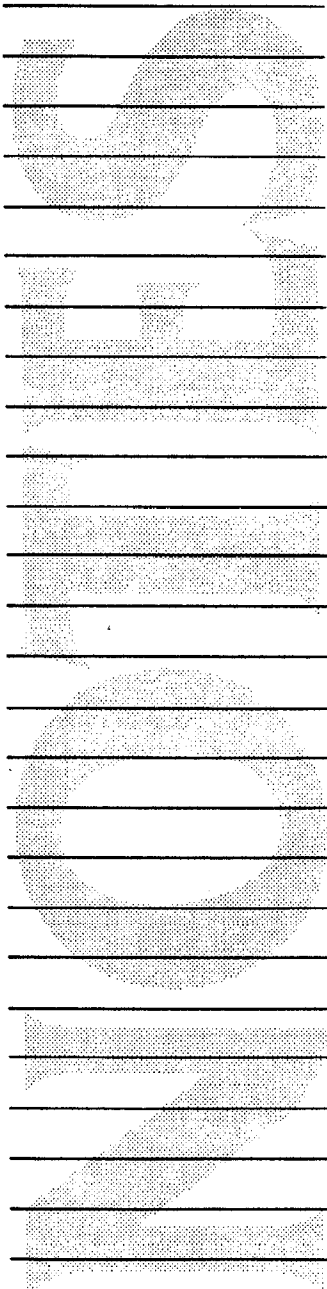
Another simple way to increase fiber is to include more fruit and vegetables in your daily diet.

Here are some examples of fruits and vegetables and their fiber content. **READ FRUITS AND VEGETABLES LIST ON TRANSPARENCY #3-3.** Most fruits and vegetables have more fiber when they are not peeled, so try not to peel them whenever possible. (Be sure to wash the produce before eating.)

Grains are another important source of fiber, especially whole-grain products. Whole-grain foods contain more fiber than refined foods. Refined foods, such as refined white bread, rolls, rice, and pasta, undergo a process that removes the germ and the bran from the whole grains. Several vitamins and minerals are lost as well. While "enriching" the refined flour products restores some vitamins and minerals, these nutrients do not make an enriched grain equivalent



Module 3: FIBER UP YOUR LIFE



to a whole grain.

Under the grain list are examples of whole-grain products and their fiber content. **READ GRAIN LIST ON TRANSPARENCY #3-3.** For more fiber, choose these types of whole-grain products. We'll talk more about this later.

Legumes (beans, peas, and lentils) are also a great source of fiber. **READ LEGUME LIST ON TRANSPARENCY #3-3.**

You'll find a Fiber Guide on pages 3-3, 3-4, and 3-5 of your manuals that lists these foods and others with the grams of fiber in descending order.

You may be surprised at the amount of fiber found in some foods. **DISPLAY AND READ TRANSPARENCY #3-4.** See how easy it is to add fiber to the diet? For example, fruit like the raspberries listed here can be added to cereal to increase fiber intake at breakfast. And just a half cup of canned baked beans can provide as much as 9 grams of fiber.

Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Maintain Dietary Fiber Intake at 20 to 30 Grams a Day

MATERIALS: Transparency #3-5
Transparency #3-6
Transparency #3-7
Transparency #3-8
Demonstration Materials
Transparency #3-9
Transparency #3-10

DISPLAY TRANSPARENCY #3-7. We are beginning to see that it is not all that difficult to follow the experts' recommendation to maintain dietary fiber intake at 20 to 30 grams per day.

You don't even need to worry about menu-planning or calculating a lot of items. If you start the day with a high-fiber cereal and add a couple of pieces of fruit and a couple of servings of vegetables during the rest of the day, you should be able to meet your daily requirement for fiber. For example, if during one day you eat: **READ TRANSPARENCY #3-5.** Eating whole-grain breads, crackers, and pasta also helps you to easily meet that daily requirement.

Let's look at the serving sizes of some fiber-rich foods to demonstrate how a lot of fiber can be found in small portions. **PERFORM DEMONSTRATION.**

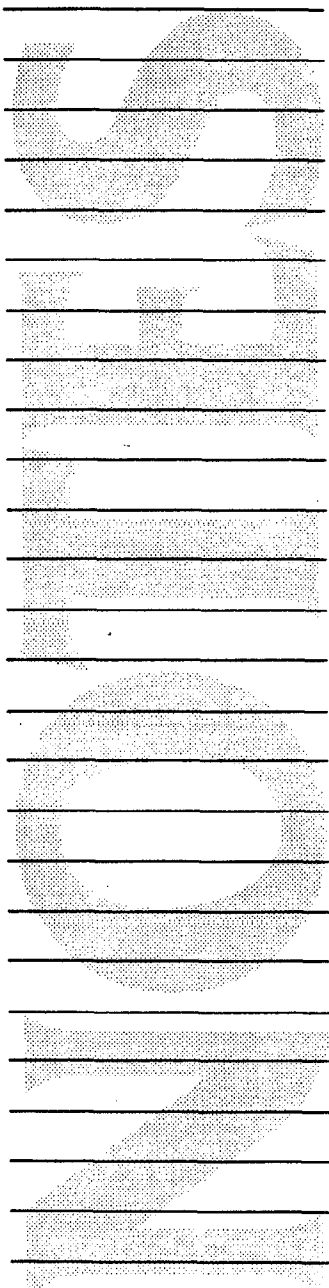
Fiber Demonstration

Materials Needed:

- 1 box (13.8 oz.) Kellogg's All Bran cereal*
- 1 small box (1.5 oz.) raisins*
- 1 small can (8.5 oz.) vegetarian baked beans in tomato sauce*
- 1/4-, 1/3-, and 1/2-cup size measuring cups*
- can opener*
- 2 bowls*
- spoon*
- plastic container to store the opened can of beans*

Measure and pour a 1-oz. (1/3 cup) serving of the All Bran cereal into a bowl and show participants. Comment that this small portion contains 9 grams of fiber. Mention that a high-fiber cereal is the single most concentrated source of fiber. Add 1/4-cup raisins (another 3 grams of fiber) to the bowl. (But be aware that raisins are a high-

Module 3: FIBER UP YOUR LIFE



calorie food—1/4 cup = 110 calories.) We now have a breakfast meal containing 12 grams of fiber.

Next, comment that legumes (beans, peas, and lentils) are also a great source of fiber. As an example, show 1/2 cup of baked beans in a bowl. (Label will read anywhere from 7 to 9 grams of fiber in 1/2 cup of beans.)

Conclude with the overall message that small portions of fiber-rich cereals and legumes can be high in fiber content.

Let's go over some other ways you can increase fiber in the diet. **DISPLAY AND READ TRANSPARENCY #3-6.**

Please turn to pages 3-9 and 3-10 in your manuals and let's look at the two sample menus we saw last time in the "Cutting the Fat and All That" session. This time, let's compare their fiber content. **DISPLAY TRANSPARENCY #3-7.**

Menu A shows a day's worth of meals totaling about 10 grams of fiber. Remember, the recommendation is 20 to 30 grams of fiber per day in the diet. So you can see that 10 grams of fiber is low.

DISPLAY TRANSPARENCY #3-8. Menu B shows a fiber-rich menu totaling about 26 grams of fiber. By simply substituting whole grains, fruits, and vegetables for the lower-fiber items in Menu A, Menu B more than doubles the fiber content of Menu A, and is the healthier choice.

DISPLAY TRANSPARENCY #3-9. Let's compare the two breakfast meals from Menu A and B for fiber content. The breakfast in Menu A provides only about 1 gram of fiber. Choosing the oatmeal and whole-wheat toast breakfast in Menu B instead provides 6 grams of fiber.

Here's one more lunch menu comparison. **DISPLAY TRANSPARENCY #3-10.** The only fiber provided in Menu A is about 2 grams—from the two slices of white bread and the potato chips. However, by substituting two slices of whole-wheat bread and an apple, as well as a later snack of peanut butter and a banana, you increase your fiber intake to almost 10 grams.

Module 3: FIBER UP YOUR LIFE

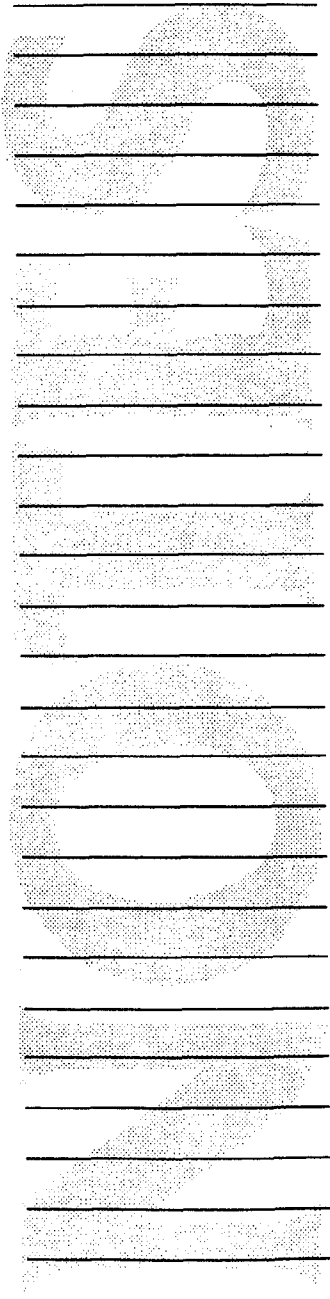
TEACHING TOPIC **Increase Dietary Fiber Gradually Over a Period of Weeks and Months**

MATERIALS: **Transparency #3-11**

It's very easy to boost your fiber intake at each meal by just a little planning. **DISPLAY TRANSPARENCY #3-11.** An important thing to remember when increasing fiber in the diet is to begin slowly, adding more fiber gradually over a period of weeks and months.

Adding too much fiber to the diet too rapidly can cause gas, diarrhea, and discouragement.

Be sure to drink plenty of water or other fluids (6 to 8 glasses per day) when eating a fiber-rich diet. Fiber absorbs lots of water, so we need this additional fluid to help effectively move food materials through the intestinal tract.



Module 3: FIBER UP YOUR LIFE

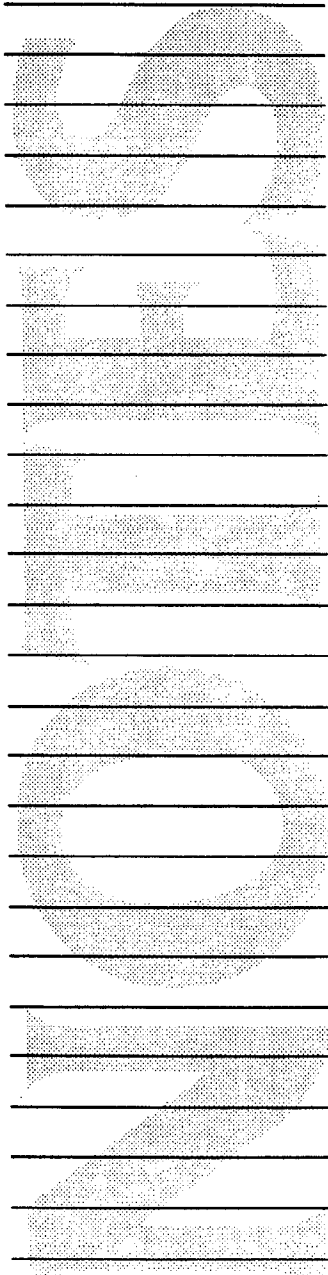
TEACHING TOPIC:

Add High-Fiber Foods to Your Shopping List and Menus

MATERIALS:

Transparency #3-12

Transparency #3-13



As we have demonstrated, there are a lot of fiber-rich, tasty foods on the market. Why do Americans, on the average, eat only 11 grams of fiber per day?

To save time and effort, we often eat refined, processed convenience foods—many of which are low in fiber. As a result, we eat fewer whole grains, fresh fruits, and vegetables.

DISPLAY TRANSPARENCY #3-12. Our recommendation is to add high-fiber foods like whole grains, legumes, fresh fruits, and vegetables to our shopping lists and use them whenever possible in food preparation.

We are not suggesting that you never eat refined foods—we may still get some fiber from these foods. However, try to choose fiber-rich foods whenever possible.

Here are just a few of the many ways to substitute some unrefined, high-fiber foods for refined foods. **READ TRANSPARENCY #3-12.** You'll find this same chart on page 3-8 of your manuals.

Another way to add more fiber to the diet is to use legumes (peas, beans, and lentils) to replace meats in meals. Or add legumes to a smaller amount of meat to make a meal.

On pages 3-14 through 3-21 in your manuals, you'll find a listing of some common legumes, as well as easy, shortcut ways to cook them and delicious recipes to help fiber up your life.

Again, the key is to include a wide variety of fresh fruits, vegetables, legumes, and whole-grain products in our daily diet. Doing this should provide you with the recommended daily requirement.

As we mentioned earlier, experts agree that a combination low-fat, high-fiber diet may reduce the risk of developing certain types of cancers. What's nice to know is that by increasing fiber, you are usually cutting back on fat as well.

You don't have to give up the foods you like to help protect yourselves against cancer. Instead, you can choose the foods that may reduce your risks of cancer *more* often, and choose the foods that might increase your risks of cancer *less* often.

To sum up today's session: **DISPLAY AND READ TRANSPARENCY #3-13.**

Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Smart Goals

MATERIALS: Transparency #3-12

For next week, set up a minimum of two SMART Goals for increasing fiber in the diet—and try them out at home and at work. Again, you may want to refer to the “Food for Thought” exercise that was completed in the “Preparing for Success” section. Please refer to page 3-12 for your SMART Goal contracts.

DISPLAY TRANSPARENCY # 3-14. Would anyone like to share an idea for a “fiber” goal? **(TAKE SEVERAL MINUTES TO ELICIT IDEAS FROM PARTICIPANTS ON SETTING GOALS FOR INCREASING FIBER IN THE DIET—AND ASSIST IN FORMULATING EACH GOAL.)**

Now, please turn to page 3-13, “Before You Return to the Leaner Weigh,” for a reminder of what to complete this week and a bibliography for further reading.

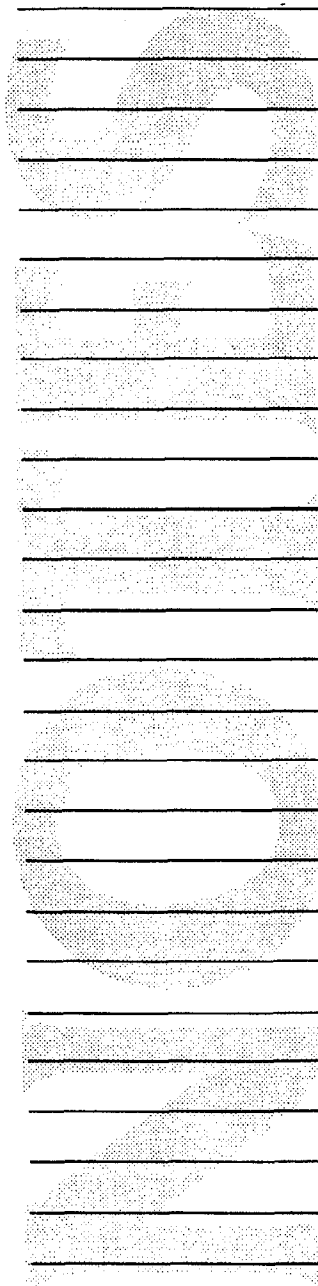
On pages 3-14 to 3-21 in the “Extras” section, we have some additional charts and recipes that may help to “Fiber Up Your Life.”

We encourage you to read all the materials in this module.

Next week we will look at the section called “Supermarket Smarts.” We’ll look at some name-brand items and get further into the details of figuring out fat and fiber content through label reading. We’ll also explore deceptive advertising of some food items.

Even if you are not the one doing the shopping, the techniques you learn next week will be very valuable to you in selecting foods.

The last home activity is the use of your Refrigerator Feedback Card. Put your card on the refrigerator to help reinforce your goals this week. This week’s message: “The first step in achieving your goals is to recognize that *someday* is not a day of the week.” So take action—set your goals for increasing fiber in your diet, and begin today!



Module 3: FIBER UP YOUR LIFE

TEACHING TOPIC: Conclusion

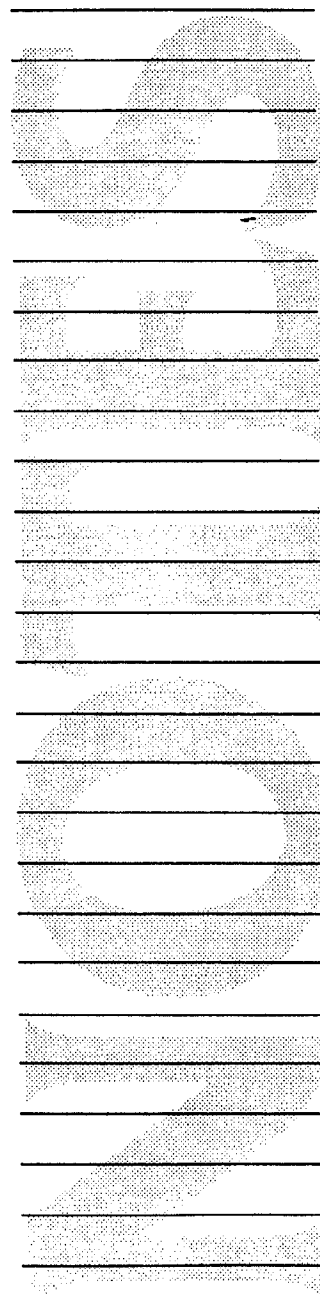
Any questions? See you next week, when you'll learn your "Supermarket Smarts."

Module 4: SUPERMARKET SMARTS

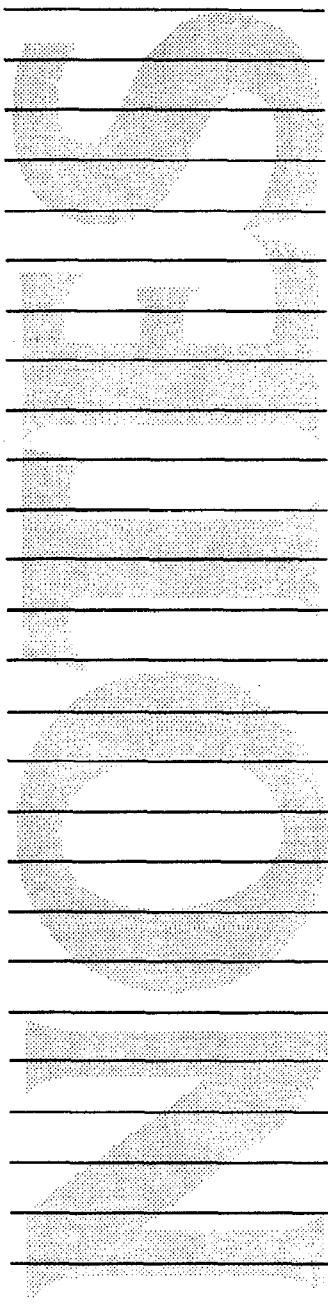
WHERE WE ARE GOING

In this session we will review the previous meeting's assignments and you will learn to:

- Shop for a wide variety of low-fat, high-fiber foods.
- Use labels to help identify low-fat, high-fiber foods.
- Tell the difference between promotional and informational labels.
- Compare products for low-fat and high-fiber content, just as you would compare prices.



Module 4: SUPERMARKET SMARTS



MATERIALS CHECKLIST

- _____ Attendance roster
- _____ Instructor script
- _____ Participant manual modules
- _____ 35mm slide projector
- _____ Slides #4-1 through #4-20
- _____ Fat calculation examples sheet (for Instructor use)
- _____ Chalkboard and chalk or flip chart and markers
- _____ Shopping Guide cards
- _____ Refrigerator feedback cards—"Read it before you eat it"
- _____ Food Additives brochure for participants

Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Welcome
Introductory Message
Past Meeting Assignment Review
Chalkboard and chalk or
Flip chart and markers

MATERIALS: Slide #4-1

Welcome back to the "Leaner Weigh." At our last session, Fiber Up Your Life, we discussed how to increase fiber in the diet. This session is the third part of our low-fat, high-fiber course, called "Supermarket Smarts"—a skill-building session on the art of low-fat, high-fiber grocery shopping.

Why a whole session devoted to supermarket shopping? From the previous sessions, you've learned a lot about fat and fiber. Now we're going to help you use that knowledge to build a set of skills that will help you to use what you've learned.

How many of you grocery-shop? (**ASK FOR A SHOW OF HANDS.**) Even if someone else does the shopping, you can still make low-fat, high-fiber food choices by making out the shopping list, sharing the information from this class with the shopper, or simply telling the shopper what you would like.

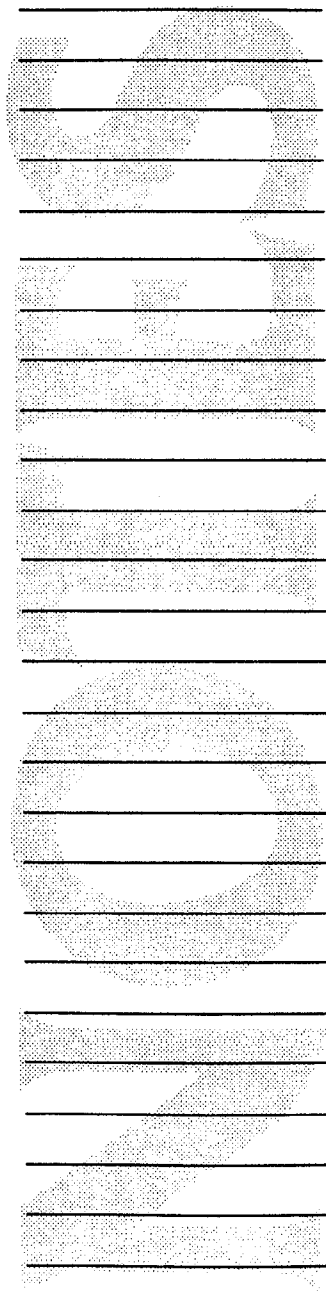
Before we begin looking at today's topic, let's review the assignments from the last session.

Would someone be willing to share with us one of their SMART goals for increasing fiber? Did your methods work? Did you try any new high-fiber foods for breakfast? Are you including more fruits and vegetables in your daily diet?

Did you experience any discomfort in increasing the fiber in your diet? Remember to drink plenty of water and to add fiber slowly to your diet.

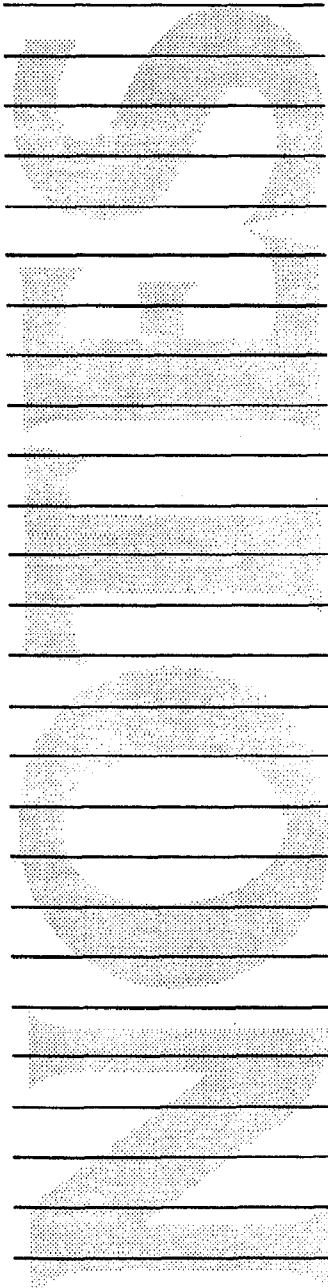
Were you able to get your spouse or significant other to join you in meeting some of your goals?

Let's get back to today's topic, supermarket shopping, and take a look at "Where We Are Going." **DISPLAY AND READ SLIDE # 4-1.**



Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Introduction



In the last two sessions, you learned that ideally you should limit your fat intake to 30 percent or less of total calories per day in your diet, and increase fiber intake to 20 to 30 grams a day.

Today you'll learn some techniques for cutting fat and increasing fiber in your diet through the art of label reading.

By label reading, we mean determining the fat and fiber content of specific products, and recognizing terms used in all kinds of labels.

You'll also learn to read your way through some of the confusing and deceptive food-labeling information confronting you every time you shop, turn on the television, or open a magazine.

The government is in the process of changing some aspects of food-labeling requirements, to go into effect in May 1993. The aim of these new labeling laws is to provide more nutritional information and make food manufacturers more honest and consumers less confused.

Module 4: SUPERMARKET SMARTS

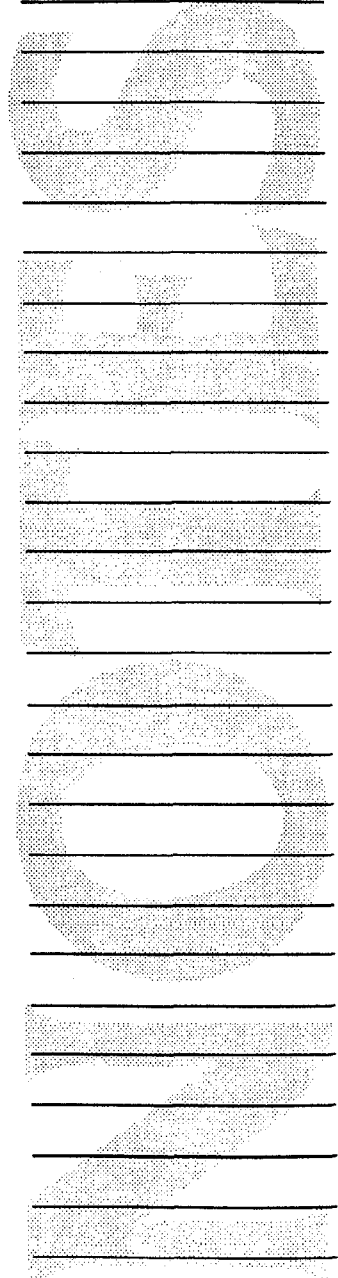
TEACHING TOPIC: Learn to Shop for a Wide Variety of High-Fiber, Low-Fat Foods

MATERIALS: Slide #4-2
Slide #4-3

For right now, trying to feed yourself or your family healthfully means you have to be a supermarket detective and read labels. **DISPLAY SLIDE #4-2.** With a little education, you can learn to shop for a wide variety of low-fat, high-fiber foods in each department of the supermarket.

The easiest place to shop for low-fat, high-fiber foods that require no label reading is the fresh produce department, usually located on the “edges” of the supermarket. Selecting from a wide variety of fresh fruits and vegetables in this department provides the optimum in choices for low-fat, high-fiber shopping—with the exception of coconuts and avocados, which are high in fat.

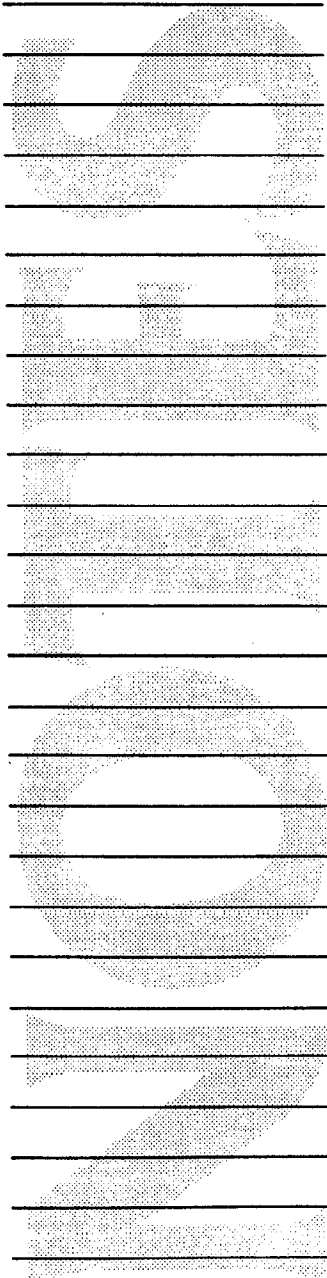
Your detective work comes into play when you want to choose a wide variety of healthful foods in other departments of the supermarket, such as the dairy case, the meat counter, or the frozen foods section. Foods in these departments, as well as in other sections, are generally labeled. **DISPLAY SLIDE #4-3.** Before we discuss selection of foods in these departments, you’ll first learn how to use labels to help identify low-fat, high-fiber foods.



Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Use Labels to Help Identify Low-Fat, High-Fiber Foods

MATERIALS: Slide #4-4
Slide #4-5
Slide #4-6
Slide #4-7
Slide #4-8



Labels can be puzzling. While they may tell you the truth, they may not tell you the whole truth—or you may have to work to determine a specific nutritional content.

For example, how can you know how much fat is in a product if the food labels fail to give the percent of total calories from fat? There is a way, and it's easy.

First, you need to know that calories come from three sources:

- Fat
- Protein
- Carbohydrate

A gram of fat has 9 calories. A gram of protein or carbohydrate has only 4 calories. **DISPLAY SLIDE #4-4.** Just like the Porsche here, it's 9:4:4. As you can see, fat has more than twice the calories per gram than protein or carbohydrate.

Let's now look at a portion of a typical nutrition label. **DISPLAY SLIDE #4-5.**

This label shows the number of calories per serving of the product. It also shows how many grams of fat there are in one serving. With this information, you can now calculate the percent of calories from fat.

Percent, of course, is a proportion. The percent of calories from fat is the proportion of fat calories to total calories.

DISPLAY SLIDE #4-6. You can calculate the percent of calories from fat by using a simple formula. First, take the number of grams of fat as listed on the food label and multiply that number by 9—the number of calories in one gram of fat. Then, divide the number of fat calories by the total calories per serving of the product and multiply by 100. You now have the percent of calories from fat.

Now, let's go back to our nutrition label. **RETURN TO SLIDE #4-5.** In this example, the serving size is 90 calories, and there are 5 grams of fat in the serving. So that's 5×9 , or 45 calories from fat out of a total of 90 calories. This means that 50 percent of the calories are from fat. Easy? Please turn to page 4-2 in your manual and

Module 4: SUPERMARKET SMARTS

let's look at a couple more examples for calculating fat. **ILLUSTRATE THE EXAMPLES ON FLIP CHART OR BOARD.**

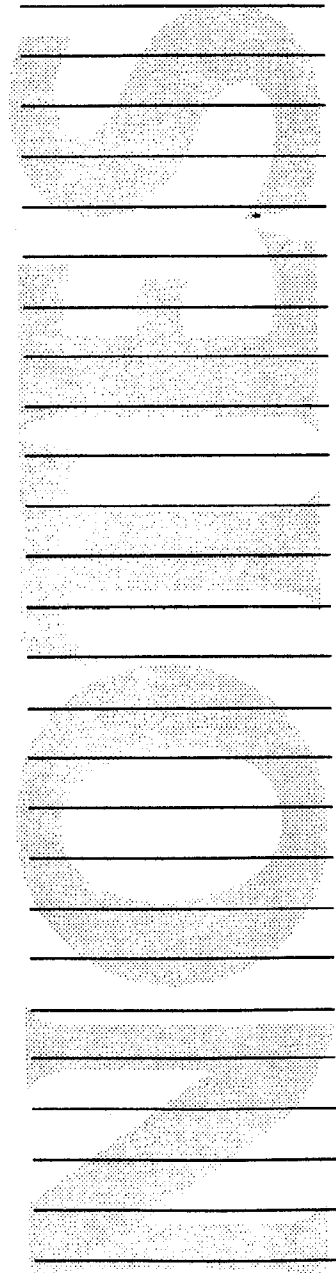
DISPLAY SLIDE #4-7. Fiber grams are listed on many nutrition labels, and reading them is fairly straightforward. Simply look for the number of grams of fiber in one serving size.

DISPLAY SLIDE #4-8. Another label found on most packaged and processed foods is the "list of ingredients." Ingredients are listed by weight, with the item present in the greatest amount listed first and the item present in the least amount listed last.

This slide shows ingredient listings for two cereals. Cereal #1 lists sugar as its primary ingredient. It also contains fat in the form of partially hydrogenated vegetable oil.

Cereal #2 lists whole wheat as its first ingredient. Additionally, it has no fat. Looking for the term "whole" as the first ingredient is a good guideline for selecting fiber-rich foods. Cereal #2 is the better choice for a low-fat, high-fiber breakfast.

Another guideline for determining fat content is to look for sources of fat in the list of ingredients and see where the fat appears in the list. Refer to the "Identify Sources of Fat" section in "Cutting the Fat and All That" on pages 2-2 and 2-3 of your manual for a list of fats.



Module 4: SUPERMARKET SMARTS

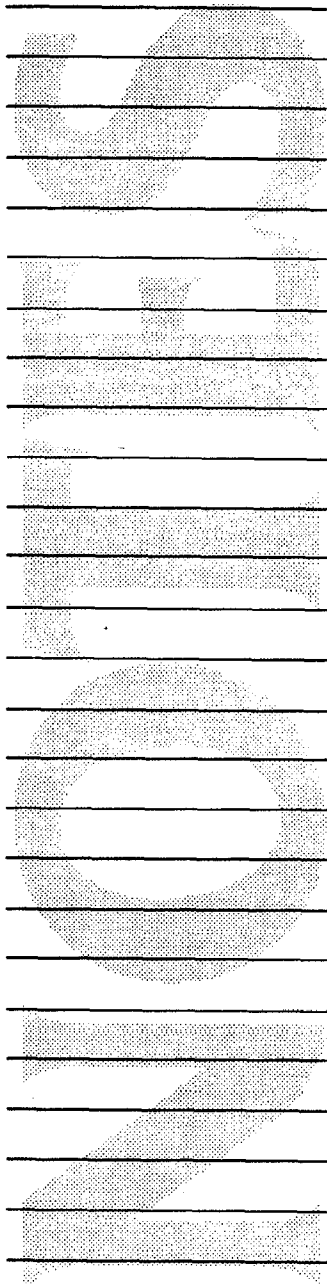
TEACHING TOPIC:

Learn to Tell the Difference Between Promotional and Informational Labels

MATERIALS:

Slide #4-9
Slide #4-10
Slide #4-11
Slide #4-12

Slide #4-13
Slide #4-14



We've been talking about nutrition or informational labels, which are intended to provide the consumer with information on the content of the product. These labels are usually on the side or back of a product.

Let's now take a look at how you can tell the difference between informational and promotional labels. **DISPLAY SLIDE #4-9.** Promotional labels are generally displayed on the front of a product package.

Promotional labels focus the consumer's attention on the product and are intended to advertise, hype, and sell the product. Here is where you, as consumers, may be misled or confused about what you're actually purchasing.

The FDA (Food and Drug Administration) presently has no rules on the use of some popular terms used by manufacturers in their promotional labeling. (This will change in May 1993.)

These popular but potentially misleading terms are: **DISPLAY AND READ SLIDE #4-10.**

Watch out for the claim "lite" or "light." The FDA does not have a legal definition for this term. One manufacturer may use the term to mean "light" in color, while another may use the term to describe the texture of a product. Some companies shave a few grams of fat from a traditional product and then call it light.

For example, let's look at cream cheese. **DISPLAY SLIDE #4-11.** In this traditional cream cheese, 90 percent of the calories come from fat. In the light version, 79 percent of the calories come from fat. That's not a whole lot lower in fat.

That's because cream cheese is really what the name says it is—*cream* cheese. This lighter version has less fat (a better choice), but you are still eating a lot of fat when you select this product. If you choose to eat the cream cheese, you may want to watch what you eat at other meals, since your goal is 30 percent or less of the total day's calories from fat.

You just need to be aware that some labeling claims can be mis-

Module 4: SUPERMARKET SMARTS

leading.

DISPLAY SLIDE #4-12. Another popular claim you often see, particularly in luncheon meats, is a fat-free claim like “93% Fat-Free” or “82% Fat-Free.” From reading the label, you could infer that the product must be low in fat.

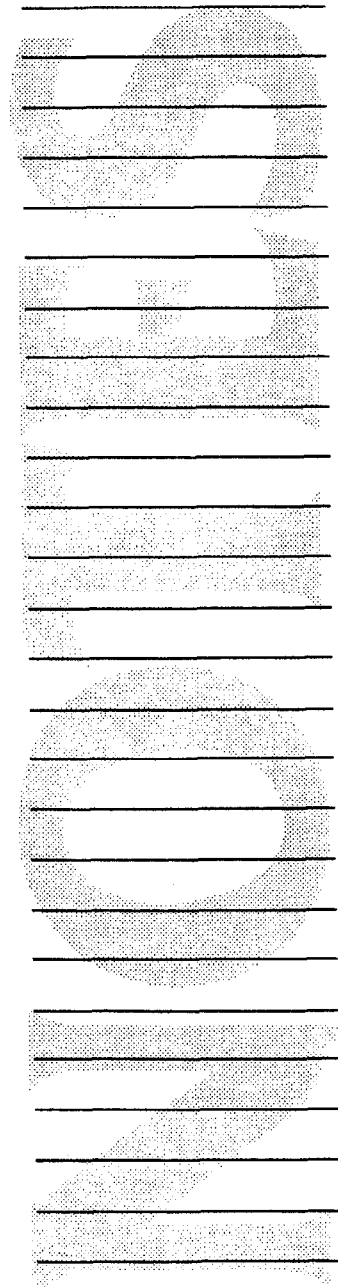
The “percent Fat-Free” term refers to measurement of fat by weight and not by calories. For example, if we add a pat of butter to a glass of water, together they are 95 percent fat-free (most of the content is water), but the butter is still 100 percent fat diluted by the water.

DISPLAY SLIDE #4-13. In this luncheon meat example, a slice of turkey bologna that is 82 percent fat-free and contains 60 calories per slice may sound nutritious, but again the percent fat-free is measured by weight.

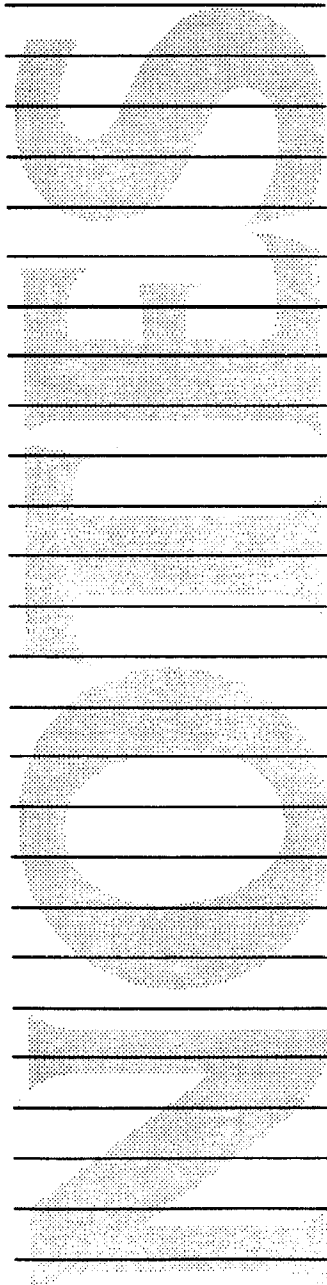
However, the nutrition label tells us that this slice contains 5 grams of fat. Using our handy formula, we find that the fat contributes 45 calories or a hefty 75 percent of the total calories. **(CALCULATE FORMULA ON BOARD WITH CLASS.)** The other luncheon meat, even with the “93% Fat-Free” banner, is a better choice because it has less fat.

But again, don’t go by the percent “fat-free” banner on the front of the package. The only way to know for certain that this luncheon meat is a better choice is by reading the nutrition label and checking the actual fat content. A quick tip for checking out luncheon meats: Choose one with no more than 1 gram of fat in 30 calories. To avoid being misled, always check for the total grams of fat per serving. You can also select lower-fat luncheon meats, such as turkey breast, chicken breast, and lean roast beef, which can be purchased freshly sliced at the deli counter.

Because of consumer demand and interest, many manufacturers are providing us with “fat free” or lower-fat versions of traditionally high-fat products. Unlike “percent Fat Free,” foods labeled “fat-free” are actually fat-free foods. Some of these foods, such as salad dressing, mayonnaise, and sour cream, are easy to identify by read-



Module 4: SUPERMARKET SMARTS



ing the nutrition labels.

Here's another often misused term. **DISPLAY AND READ SLIDE #4-14.**

One bread manufacturer, for example, may call its product "high fiber" when a slice of bread has 1 gram of fiber. Yet another company may add the words *high fiber* to its banner when its product contains 2 grams of fiber. Again, you need to read the nutrition label to find out whether it's high enough in fiber for your taste.

Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Compare Products for Low-Fat and High-Fiber Content, Just as You Would Compare Prices

MATERIALS: Slide #4-15 Slide #4-18
Slide #4-16 Slide #4-19
Slide #4-17 1 deck of playing cards

Now that you know how to read labels, you can compare products for low-fat and high-fiber content just as you would compare prices. **DISPLAY SLIDE #4-15.**

You compare prices for lots of items, looking for the best buy for your dollar. You can also compare food products, looking for the best buy for your health. Let's try some comparisons in various departments of the supermarket.

Let's first go down the cereal aisle. Cereals can provide the greatest concentrated amount of fiber in your diet.

DISPLAY AND READ SLIDE #4-16. As you can see in this slide, cereals can range from having a high-fiber content to a low one—or even to no fiber content at all.

Try to choose cereals that list whole grains in the ingredient label, with at least 3 grams of fiber and no more than 2 grams of fat in the serving.

And speaking of whole grains, let's check out some breads to find ones high in fiber and low in fat. Remember, when choosing a fiber-rich bread, you are looking for the word "whole" to appear first on the ingredient label. **DISPLAY SLIDE #4-17.**

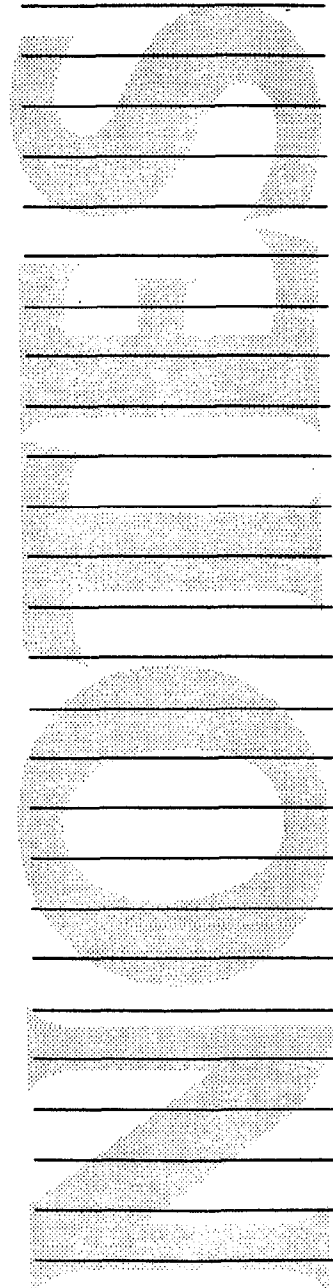
For example, whole-wheat flour will usually be listed in one of three ways: either as whole wheat, 100 percent whole wheat, or 100 percent stone-ground whole-wheat flour. The key word is "whole," and that indicates a high-fiber bread. Most bread labels will list the grams of fiber per serving. Watch for breads that have fat in them.

This concept applies to pasta products as well. Whole-grain pasta products may be found in the same section as the refined pasta products, or in the health food section of some supermarkets.

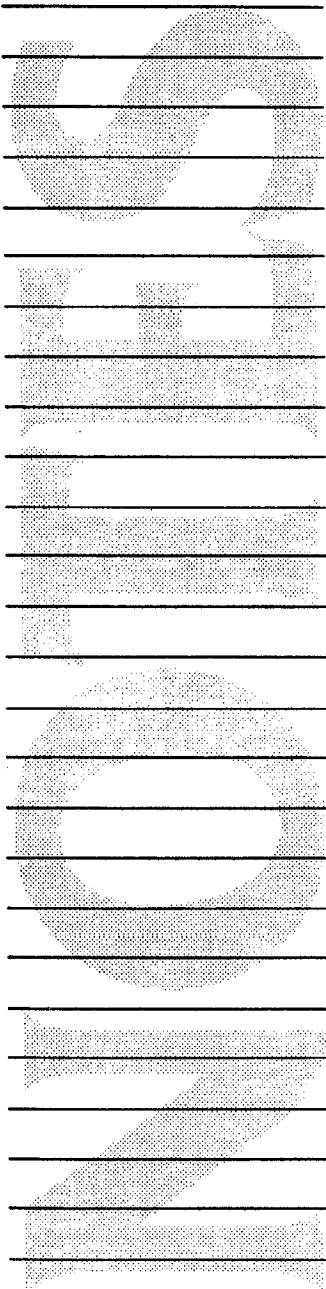
How about comparing products in the dairy case?

You can compare fat content when selecting milk from among whole milk, 2 percent, 1 percent, 1/2 percent, and skim milk varieties. A lower-fat milk is the better choice.

There are many lower-fat and fat-free versions of cheeses on the



Module 4: SUPERMARKET SMARTS



market today. For a listing of some lower-fat choices and some shopping guidelines, see page 4-9 in your manual.

Frozen desserts are a favorite dish for many of us. **DISPLAY AND READ SLIDE #4-18.**

There are a variety of frozen desserts on the market. As a general guideline, choose low-fat frozen desserts more often than those made with whole milk or cream.

Look for a dessert with 4 grams of fat or less per 4-ounce (or 1/2 cup) serving. You'll find more examples of low-fat frozen dessert choices as well as shopping guidelines on page 4-10 of your manual.

Let's check out the meat counter and compare fatty cuts of meat with leaner cuts. **DISPLAY SLIDE #4-19.**

When we choose to eat meat, we can still maintain a low-fat diet by choosing leaner cuts more often.

Beef is frequently graded according to marbling (the visible fat). Three grades are available: prime, choice, and select.

The fattiest cut—the one with the most marbling—is prime and is sold mainly to restaurants. Choice meat has somewhat less marbling and is sold in supermarkets. Look for most of the meat labels to read "USDA Choice." "Select" meat has the least marbling, and some supermarkets may label leaner cuts of ground beef as "Select." Compare cuts of beef and other meats, and choose those low in fat more often.

Examples of leaner cuts of beef are sirloin, round steak, and rump roast.

Also, eating smaller portions of meat will help you to eat less fat. Experts recommend eating between 3 and 3 1/2 ounces of cooked meat (the equivalent of a quarter pound of raw meat) at a meal. On the average, a 3-ounce cooked serving of lean beef, for example, contains about 8 grams of fat.

Just keep in mind the guideline to eat a total of 6 ounces or less of cooked meat, poultry, or fish per day, and remember to trim the fat

Module 4: SUPERMARKET SMARTS

from meat before cooking.

As a guideline, think of a 3-ounce serving as being about the same size as a deck of cards. **HOLD UP DECK OF CARDS.**

We have provided a helpful comparison list of lean cuts of all types of meat in the Meat Counter chart on pages 4-12 and 4-13 in your manuals.

Also, remember that legumes (beans, peas, lentils, etc.) make excellent low-fat, high-fiber substitutes for meat dishes. If you don't have the time or don't wish to prepare legumes from scratch in their dry form, you can buy many legumes (such as baked beans) already prepared and available in jars and cans. Remember to compare labels for fat content, since some manufacturers prepare these foods with fat.

Any questions? So use your "supermarket smarts" next time you go grocery shopping. To sum up today's session, **DISPLAY AND READ SLIDE # 4-1.**

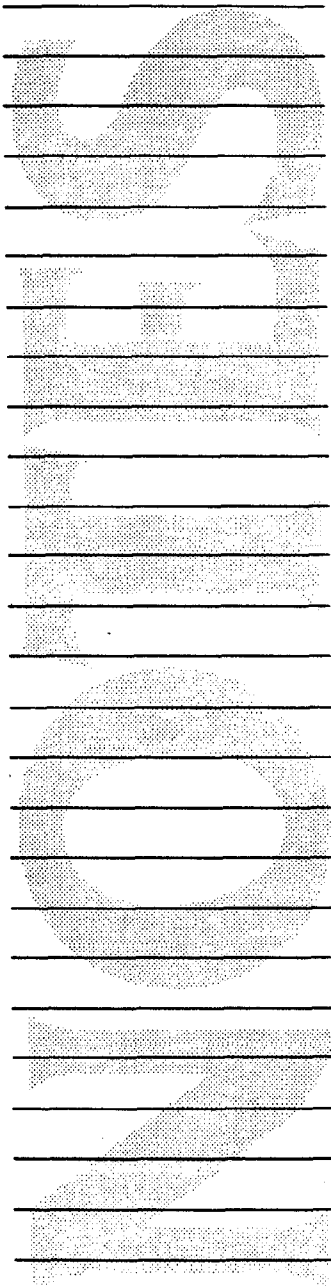
Now let's look at how you can practice applying some of this knowledge in the supermarket.



Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Smart Goals

MATERIALS: Shopping Guide Cards



For our next session, set up a minimum of two SMART Goals for supermarket shopping. If possible, try to set up some goals for label reading, and practice these skills.

Would anyone like to share an idea for a low-fat, high-fiber “supermarket shopping” goal? **(TAKE SEVERAL MINUTES TO ELICIT IDEAS FROM PARTICIPANTS ON SETTING GOALS FOR SUPERMARKET SHOPPING—AND ASSIST IN FORMULATING EACH GOAL.)**

And remember, if you don’t actually do the food shopping, you can still make low-fat, high-fiber food choices by making out the shopping list and sharing information learned in class with the shopper in your family—or just by telling him or her what you want bought.

We also have an easy-to-read, easy-to-use, timesaving tool that will help you with your selection of foods when grocery shopping. It’s called “THE LEANER WEIGH” Shopping Guide. This quick reference card provides you with a general listing of “GO FOODS”—foods you would want to choose more often, which are lower in fat and higher in fiber. There is also a list of “WHOA FOODS”—foods you would want to choose less often, which are higher in fat and lower in fiber. **(HAND OUT FOUR SHOPPING GUIDES TO EACH PARTICIPANT.)** These four guides should help you over the next couple of months of shopping.

This Shopping Guide can be helpful in planning your shopping list. You can also use it to jot down the brand names of lower-fat, higher-fiber foods you discover and enjoy as you expand your food choices. Continue to apply all that you’re learning in “The Leaner Weigh,” and you should see the number of “GO” food selections increase and the number of “WHOA” food selections decrease on your Shopping Guide.

Here are a few more suggestions for shopping:

- Useful planning aids for preparing a food list include recipes, menu plans, cents-off coupons, and of course, your Shopping Guide!
- Don’t shop on an empty stomach. The hungrier you are, the

Module 4: SUPERMARKET SMARTS

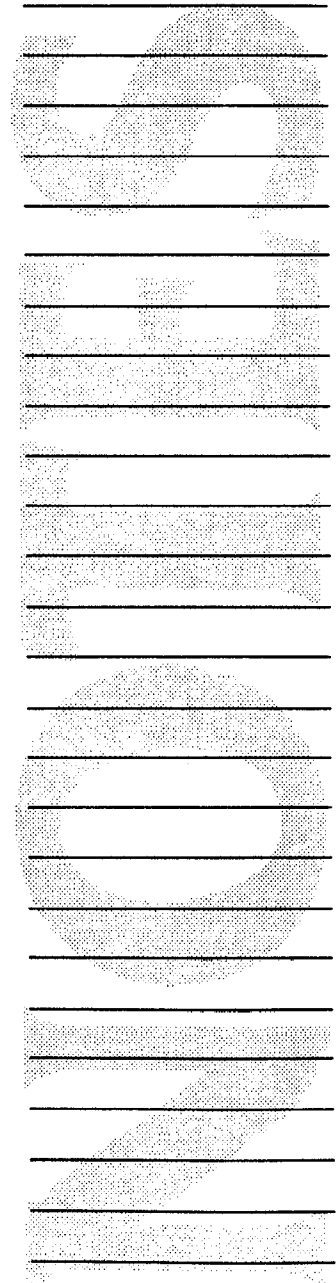
more likely you are to buy food impulsively.

- Buy enough food so that you won't have to make additional trips to a convenience store, where you may be tempted to buy high-fat foods.

And also remember, you don't have to go to specialty stores to purchase low-fat, high-fiber foods. They are readily available at supermarkets and don't have to cost a lot of money.

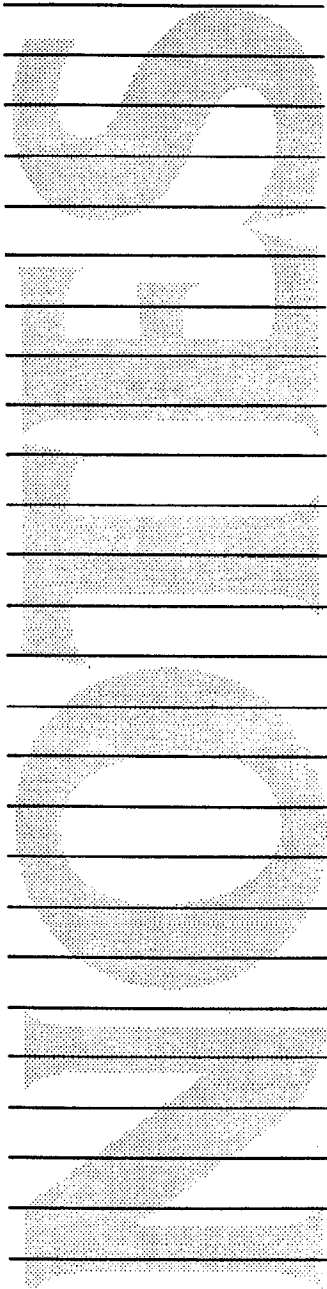
In the next session, we'll be looking at "Eating-Out Smarts"—how you can pack healthful brown-bag lunches and eat healthfully in restaurants and fast-food places.

The last at-home activity is the use of your Refrigerator Feedback Card. Put your card on the refrigerator to help reinforce your goals this week. This week's message: "Read it before you eat it"—a reminder to read labels for fat and fiber content.



Module 4: SUPERMARKET SMARTS

TEACHING TOPIC: Conclusion



There are literally thousands of products available in supermarkets. For most of us, it can be quite confusing to weed through the hype, the advertising, the nutrition labels, and ingredient lists to find a way to eat less fat and more fiber. But not anymore. Now you have the skills with which to easily interpret and select low-fat, high-fiber foods.

Any questions? See you next time for "Eating-Out Smarts."

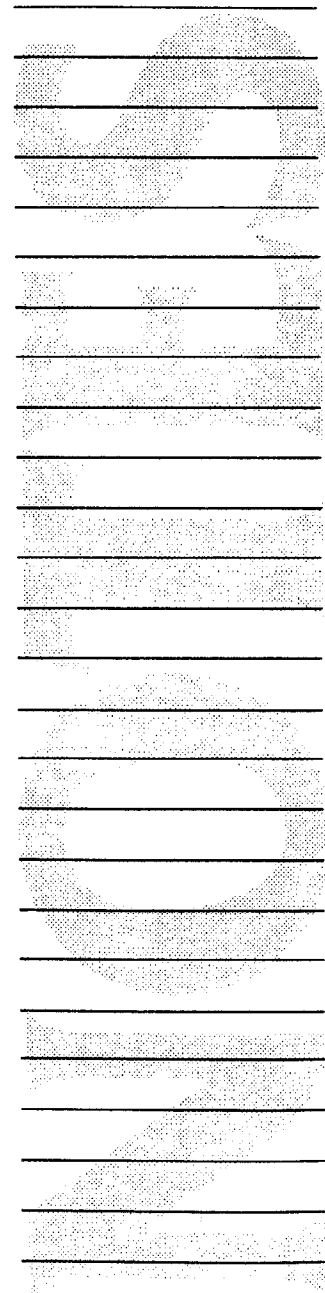
DISCLAIMER: Please note that products used in this slide show are provided as examples only. No endorsements of particular products are intended or implied. Also, manufacturers constantly change formulations in products; the labels shown here may vary from labels on similarly named products.

Module 5: EATING-OUT SMARTS

WHERE WE ARE GOING

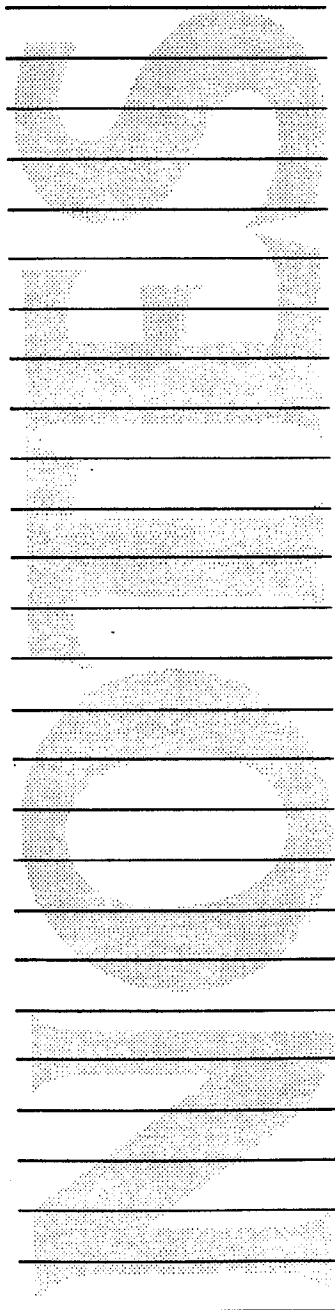
In this session we will review the previous meeting's assignment and you will learn to:

- Choose foods low in fat and high in fiber more often when dining out.
- Evaluate menus to order foods low in fat and high in fiber.
- Learn to identify low-fat, high-fiber menu selections in all types of restaurants.
- Learn to identify low-fat, high-fiber fast-food choices.
- Recognize and use your rights to ask for substitutions, modifications, or special food preparations when dining out.
- Learn to prepare low-fat, high-fiber brown-bag lunches.



Module 5: EATING-OUT SMARTS

MATERIALS CHECKLIST



- _____ Attendance roster
- _____ Instructor script
- _____ Participant manual modules
- _____ Overhead projector
- _____ Transparencies #5-1 through #5-15
- _____ Refrigerator feedback cards— Person who says it cannot be done...
- _____ Sample menus for Menu Evaluation Exercise
- _____ "Eating-Out" booklets for participants
- _____ Graduation certificates

Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Welcome
Introductory Message
Past Meeting Assignment Review

MATERIALS: Transparency #5-1
Sample Menus for
Menu Evaluation Exercise (page 5-7)

Welcome back to the “Leaner Weigh.” At our last session, “Supermarket Smarts,” you learned all about low-fat, high-fiber grocery shopping. This session is the final part of our low-fat, high-fiber course, called “Eating-Out Smarts.”

Since this is our last class together, toward the end of this session we will sum up all the modules in the “Leaner Weigh” and hand out graduation certificates. In addition, we will ask you to fill out a course evaluation.

So far in “The Leaner Weigh,” you’ve learned how to choose a low-fat, high-fiber meal through creative shopping and meal preparation.

In “Eating-Out Smarts,” you will look at how you can still make healthy choices when dining out by applying the knowledge you have gained about cutting fat and increasing fiber. You’ll also learn to pack healthful brown-bag lunches for eating away from home.

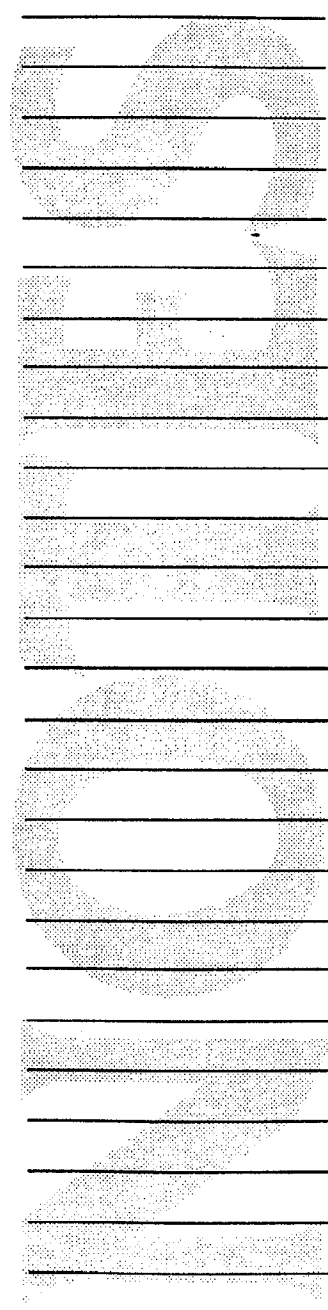
Even though you’re not the ones preparing the food, you can still choose low-fat, high-fiber fare when you dine out in restaurants and fast-food establishments.

Before we begin, let’s look at our SMART Goals from the last session.

Would anyone like to share some of their SMART Goals for supermarket shopping (or assisting a spouse or partner)?

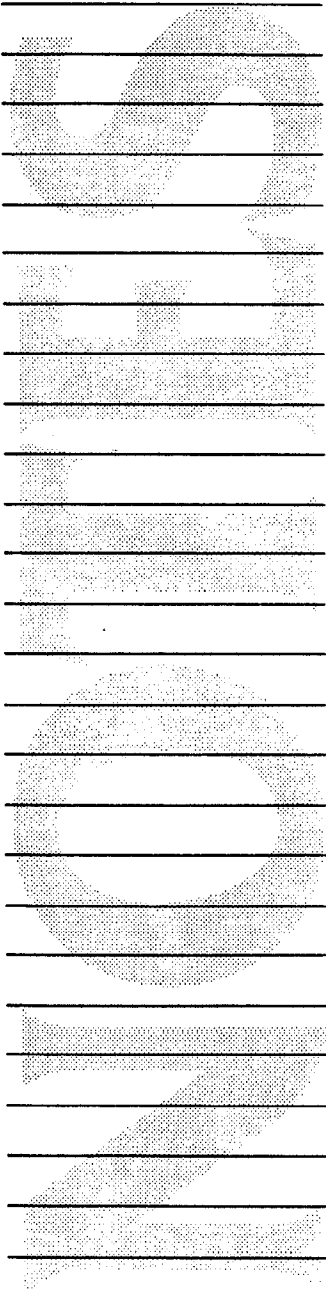
Did you find yourselves becoming more educated consumers while shopping? Did you do any label reading when purchasing products?

Let’s move on to “Eating-Out Smarts” and take a look at “Where We Are Going.” **DISPLAY AND READ TRANSPARENCY #5-1.**



Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Introduction



Americans love restaurant dining. Eating out may mean a chance to meet with friends, a change of scenery from home, an opportunity to experience new foods, or just an excuse not to cook or do the dishes.

Whatever the reasons, dining out is becoming a national pastime. In fact, studies estimate that Americans eat at least one of every three meals away from home.

Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Choose Foods Low in Fat and High in Fiber More Often When Dining Out

MATERIALS: Transparency #5-2

DISPLAY TRANSPARENCY #5-2. This prompts a look at how you can choose foods low in fat and high in fiber more often when dining out.

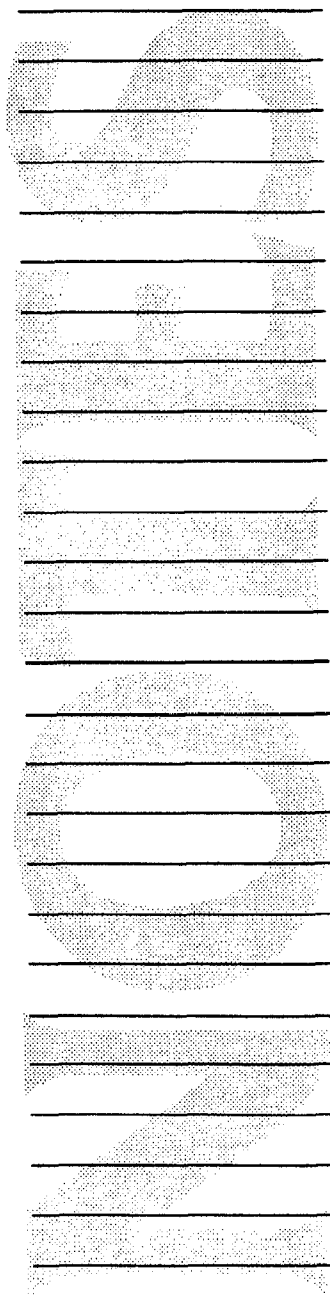
Just about every restaurant has healthful choices, and some offer a larger variety of these choices than others.

It's important to understand that restaurants exist to please the consumer. Most will go out of their way to provide the best service possible, which includes providing both nutritious and delicious food.

Most of the time you will want to choose to eat a more healthful low-fat, high-fiber meal when dining out. Realistically, there will be times when you'll want to select one of your favorite meals and not worry about the extra fat and calories. And that's okay, because in the "Leaner Weigh," you've learned the important concept of balance. Can anyone tell me what I mean by balance? **(Guide class through the concept of balancing eating patterns—that is, choosing lower-fat and higher-fat items throughout one day to equal 30 percent or less of total calories from fat.)**

There are two main ways to balance foods while eating out. For example, (1) throughout the day you can eat lower-fat foods if you know you're going to eat a higher-fat meal for dinner, or (2) when dining out for breakfast, lunch, or dinner, you can make your entire meal lower in fat by choosing to eat lower-fat items along with a higher-fat entree.

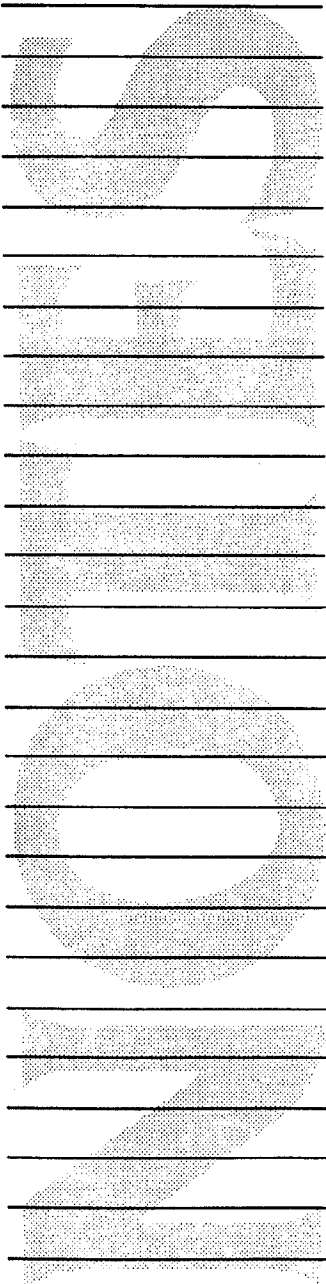
Now, let's get back to looking at how you can make every meal more healthful when dining out or brown-bagging it.



Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Evaluate Menus to Order Foods Low in Fat and High in Fiber

MATERIALS: Transparency #5-3
Transparency #5-4



DISPLAY TRANSPARENCY #5-3. One of the best ways of checking out the fare for healthful choices in restaurants is by evaluating their menus.

You can begin to evaluate menus for low-fat and high-fiber selections by looking at cooking terms used in restaurant menus. These terms are clues to the foods' nutritional make-up.

Here are some cooking terms that describe low-fat preparation methods, as well as those that mean that extra fat has been added in the preparation. **READ TRANSPARENCY #5-3.**

There are other terms used in menus that obviously describe high-fat food items: "in butter sauce," "in cream sauce," "in cheese sauce," and "Parmesan." These terms are often used to describe pasta dishes and casseroles.

One of the pleasures of eating out is trying new cuisines, and there are many different types of restaurants to choose from.

DISPLAY TRANSPARENCY #5-4. Whether you're ordering a quick meal at a drive-through window or celebrating a special occasion at a favorite restaurant, you can learn to identify types of restaurants that will be more likely to offer low-fat, high-fiber menu selections.

Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Learn to Identify Low-Fat, High-Fiber Menu Selections in All Types of Restaurants

MATERIALS: Transparency #5-5
Transparency #5-6
Transparency #5-7
Transparency #5-8
Transparency #5-9
Sample Menus for
Menu Evaluation Exercise

On pages 5-3 and 5-4 of your manual, we have listed a number of different types of restaurants and some tips on choosing healthful foods. Let's look at a few examples of restaurants from that list. **DISPLAY TRANSPARENCY #5-5. (INSTRUCTOR MAY ENHANCE THIS SECTION BY SHARING PERSONAL EXPERIENCES IN CHOOSING LOW-FAT, HIGH-FIBER FOODS WHEN DINING OUT.)**

Since Chinese cooking generally provides large amounts of vegetables and grains and smaller portions of meat, you should easily be able to find low-fat, high-fiber foods in Chinese restaurants.

Here are a few tips when selecting Chinese food: **READ "CHINESE" FROM TRANSPARENCY #5-5.**

Some key words to look for on the menu for lower-fat Chinese food are *steamed*, *poached*, *and stir-fried*. Also look for dishes prepared with assorted vegetables.

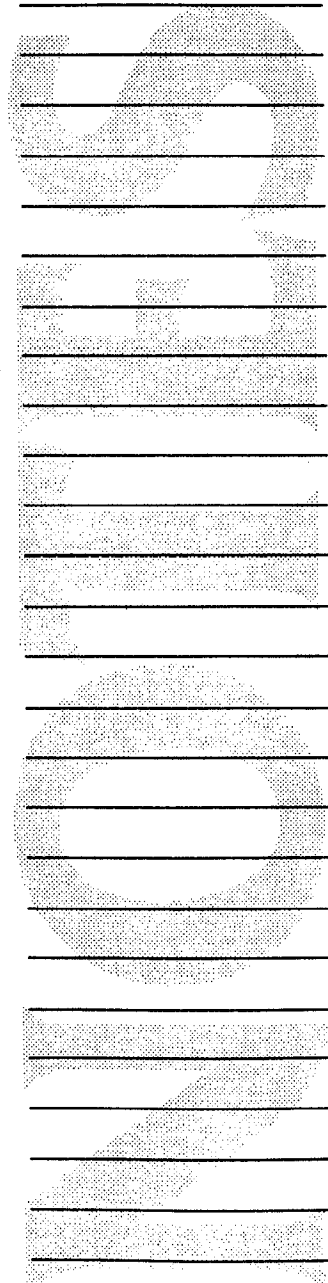
Some Chinese foods may contain a lot of oil, especially deep-fried, breaded dishes such as sweet-and-sour chicken or pork, fried shrimp, egg rolls, and fried rice. Dishes such as Peking Duck are also high in fat because of the high-fat content of the duck itself.

Most Chinese meals tend to be high in sodium. If you wish to limit the amount of sodium in your food, ask that your food be prepared without salt or monosodium glutamate (MSG) and that soy and other sauces be served on the side.

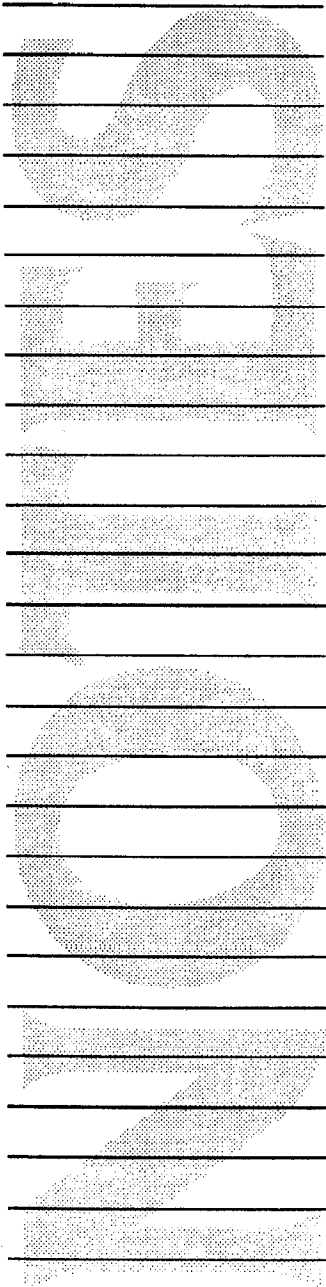
From a nutritional standpoint, pasta dishes are an excellent choice in Italian restaurants—unless they contain a lot of fatty meat or cheese, or are mixed with cream sauces.

Look for pasta dishes with marinara and red or white clam sauces. Pasta made with fresh vegetables sautéed in a small amount of oil is also a good choice.

Other key words to look for on the menu are *lightly sautéed*, *light*



Module 5: EATING-OUT SMARTS



red or white wine sauce, cacciatore (a tomato-based sauce), piccata, and lemon sauce.

Some key words that denote higher-fat dishes are *parmigiana, creamy sauces, with sausage, lasagna, meat sauce, and Alfredo.*

When dining in Italian restaurants: **READ "ITALIAN" FROM TRANSPARENCY #5-5.**

Whole grains are a staple of Mexican cooking, and tortillas made with corn and those baked rather than fried are low in fat and are a good fiber source. Avoid flour tortillas that are made with lard and fried. Chicken enchiladas, fajitas, and soft tacos are great choices.

When making menu selections in Mexican restaurants: **READ "MEXICAN" FROM TRANSPARENCY #5-5.**

You can request that several high-fat ingredients commonly added to Mexican food be minimized or omitted. These include sour cream, guacamole, cheese, and olives. Instead, ask for salsa made of tomato, chiles, and onion, which makes a tasty accompaniment to many Mexican dishes.

Watch out for fried foods like chimichangas, fried tortilla shells, nacho chips, and beans, which are usually prepared with lard.

We've identified some terms used in restaurant menus that describe the fat content in meals. Now, here are a few suggestions for evaluating menus to include more fiber-rich foods in our meals. **DISPLAY TRANSPARENCY #5-6.**

Keep in mind that fruits, vegetables, grains, and legumes are all rich sources of fiber. Try to include them in your meal selections whenever possible.

You may request an additional vegetable besides the vegetable that comes with your meal. (Request that it be prepared without any fat, such as butter, margarine, sour cream, or sauces. You may ask for these items "on the side," or you may choose not to have them.

Ask if additional fresh vegetables can be added to a basic lettuce and tomato salad. As an appetizer, order fresh vegetables with a

low-calorie dressing for dipping.

Select fresh fruit for dessert. If there is none listed on the menu, ask your server if a fruit dish can be prepared for you. Almost all restaurants can accommodate this request.

Look for side dishes of grains or legumes, such as bean salad or rice pilaf. (Wild and brown rice contain more fiber than refined white.)

Broth-based vegetable or bean soups are also fiber-rich choices. Bread, rolls, breadsticks, or low-fat crackers are a great accompaniment and also supply fiber. (Whole-grain products supply more fiber than refined.)

We've provided a list of menu selections that compare typical high-fat, low-fiber meals with better menu choices of low-fat, high-fiber meals (page 5-17 of your manual). Let's go over a few meal examples. **DISPLAY AND READ TRANSPARENCIES #5-7, #5-8, AND #5-9.**

Let's try using some of the knowledge we have gleaned in the "Leaner Weigh" by looking at some sample menus for low-fat, high-fiber dining and by making some menu selections of our own.

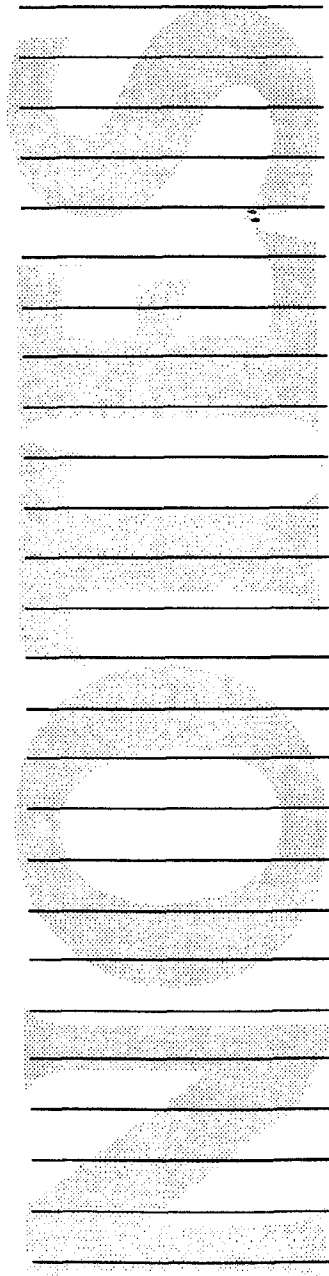
DO EXERCISE ON MENU EVALUATION.

Menu Evaluation Exercise

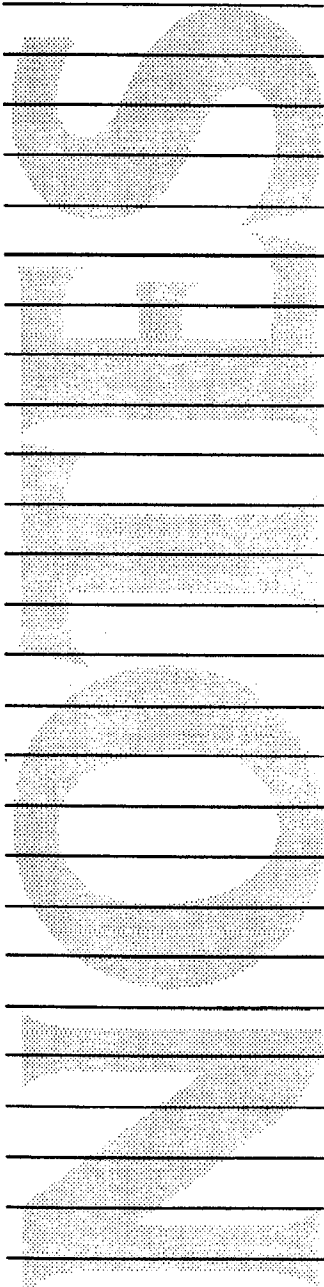
Materials Needed: *Sample menus (preferably from local restaurants)*

Ask participants to pair up with someone else. Pass out a menu to each pair and ask them to select a low-fat, high-fiber meal. Then ask them to:

- (1) Discuss the menu choices and decide what the best bets are.*
- (2) Think about whether they can substitute or leave certain items off a dish.*
- (3) Decide what questions they might want to ask the waiter or waitress regarding any of the items on their menu.*



Module 5: EATING-OUT SMARTS



Visit each pair during this exercise to see if they need help. Have each pair report their selections to the rest of the group.

Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Learn to Identify Low-Fat, High-Fiber Fast-Food Choices

MATERIALS: Transparency #5-10
Transparency #5-11

DISPLAY TRANSPARENCY #5-10. How about healthful eating in fast-food restaurants? Can you find low-fat, high-fiber food selections in these food establishments? The answer is yes. Fast food is changing. Major fast-food companies are responding to public demand for more healthful foods, which makes it easier to find low-fat, high-fiber fast-food choices.

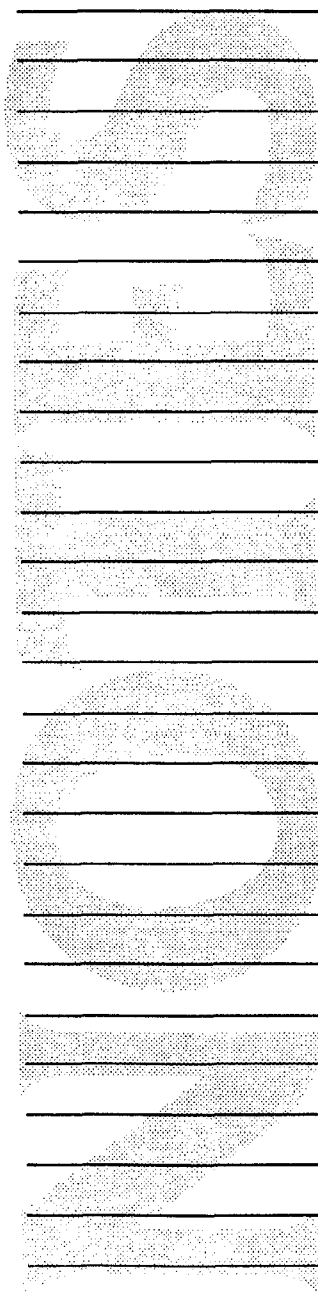
Most of the major franchises have added "light" food selections, such as salads and chicken. Choose chicken carefully. Grilled chicken is lower in fat than breaded and fried types.

In most fast-food restaurants, you should be able to find low-fat choices such as reduced- or low-calorie salad dressings, low-fat milk, and at least one sandwich selection that doesn't contain fried food.

You can also find some good fiber choices in fast-food restaurants. Salad bars may offer fresh fruit, as well as a wide variety of fresh vegetables and beans to dress up a salad.

Many fast-food restaurants also have ready-made garden salads, whole-grain sandwich buns, English muffins, bagels, and pancakes.

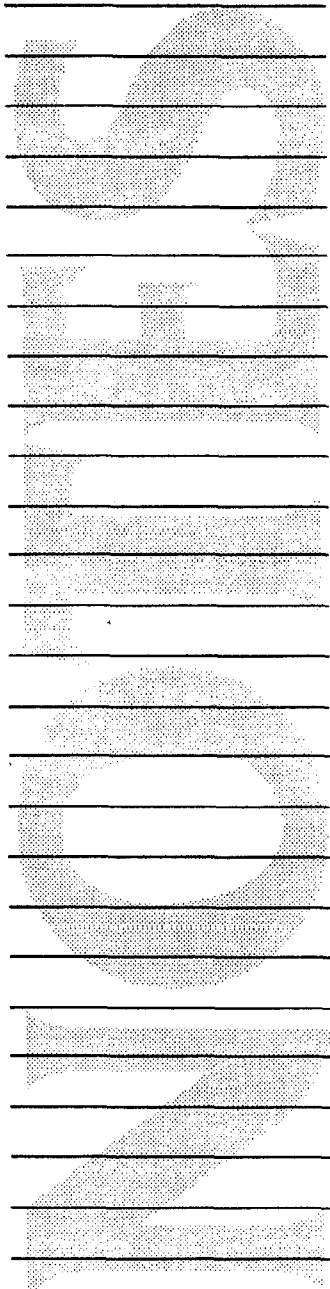
Here are some suggestions for choosing healthful foods in fast-food restaurants. **DISPLAY AND READ TRANSPARENCY #5-11.**



Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Conclusion

MATERIALS: Transparency #5-15
Graduation Certificates



To sum up today's session:

Apply the principles for high-fiber, low-fat eating to dining out.

Be inquisitive, innovative, and assertive when selecting meals in restaurants. And above all...

Enjoy eating out!

This is the final section of the "Leaner Weigh." We'd like to take a little time here to review the major messages on cancer prevention and nutrition you learned in this course: **DISPLAY AND READ TRANSPARENCY #5-15.**

And remember, good nutrition plays a big part in cancer prevention and in experiencing a healthful, high-quality life.

You have a wealth of information in your "Leaner Weigh" manual that's yours to keep and refer to as you continue to lead a more healthy lifestyle. **REFER TO FOOD PYRAMID HANDOUT AS AN ADDITIONAL REFERENCE.**

Let's now turn to page 5-11 for "Accomplishments." Please list at least three things you have learned as a result of taking the "Leaner Weigh" course. Is anyone willing to share some of his or her accomplishments? Now, please list three changes you have personally made as a result of taking the "Leaner Weigh" course. **CONGRATULATE THE PARTICIPANTS.**

Please keep using your SMART Goal contracts to continue to improve health habits—and remember to reward yourselves for a job well done.

Our last refrigerator card reads:

"Person Who Say It Cannot Be Done Should Not Interrupt Person Doing It."

The "Leaner Weigh" has shown you that you can easily make low-fat, high-fiber choices for healthful eating and enjoy it!

Please complete and turn in the "Course Evaluation" before you leave the "Leaner Weigh" today.

Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Learn to Prepare Low-Fat, High-Fiber Brown-Bag Lunches

MATERIALS: Transparency #5-14

Brown-bag lunches provide another way to eat out. For working people, making lunches to take to work can save money, be more convenient, and offer a variety of good foods to eat that may not be available in the building cafeteria. You can apply some of what you've learned in the "Leaner Weigh" to pack your own low-fat, high-fiber lunches.

Guidelines for packing lunches include the following:

DISPLAY TRANSPARENCY #5-14.

Reheat healthful leftovers from your own kitchen in the microwave at work (if one is available).

Pack a vegetable salad with low-fat dressing.

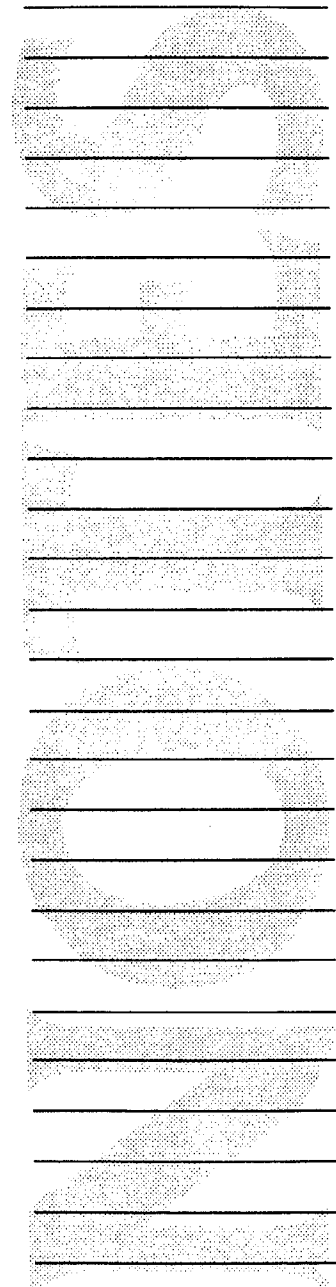
For sandwiches, choose lean meats such as turkey, chicken breast, lean roast beef, or water-packed tuna.

Choose mustard instead of mayonnaise as a sandwich spread, or use less or low-fat mayonnaise.

If your lunch includes dairy or meat products, make sure it is kept refrigerated or cooled in an insulated bag to avoid spoilage.

For dessert, choose from a wide variety of fruits. They are easy to pack and most don't spoil quickly.

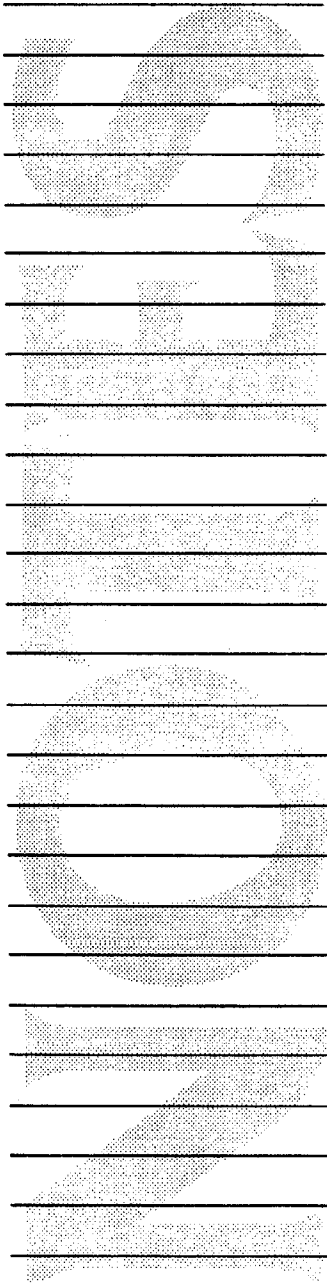
We've also included some brown-bag lunch and midday snack suggestions on pages 5-9 and 5-10 in your manual.



Module 5: EATING-OUT SMARTS

TEACHING TOPIC: Recognize and Use Your Right to Ask for Substitutions, Modifications, or Special Food Preparations When Dining Out

MATERIALS: Transparency #5-12
Transparency #5-13



Once you've selected a restaurant, remember that you are the patron—and restaurants are in the business of pleasing their customers.

DISPLAY TRANSPARENCY #5-12. You should feel comfortable in recognizing and using your right to ask for substitutions, modifications, or special food preparations when dining out.

Here are some handy hints for asserting your rights in restaurants. **DISPLAY AND READ TRANSPARENCY #5-13.**

Be creative. There are many ways to modify menus for healthier eating. For example, you may wish to order two low-fat appetizers instead of one entree, or you may decide to have a salad as a meal. Try some of your own ideas. Also, see page 5-15 in your manual for some additional "Helpful Hints When Dining Out."

Module 5: EATING-OUT SMARTS

It's been a pleasure being here with you. Good luck!!

HAND OUT GRADUATION CERTIFICATES AND "EATING-OUT" BOOKLETS.

A vertical column of 20 horizontal lines, intended for writing or drawing. The lines are evenly spaced and extend across the width of the column.



THE LEANER WEIGH™

TO

LOW-FAT, HIGH-FIBER FARE

TRANSPARENCIES

**The Leaner Weigh™
to
Low-Fat, High-Fiber
Fare**

The Leaner Weigh™ to Low-Fat, High-Fiber Fare

THE MYTHS VS. THE REALITIES OF LOW-FAT, HIGH-FIBER FARE

Myth	Reality
Restrictive	More choices
Time-consuming	Timesaving
Boring, tasteless food	Delicious, tasty, enjoyable food



**Eating the Low-Fat,
High-Fiber Way
Reduces Your Risks for
Developing ...**

CANCER

HEART DISEASE

STROKE

HIGH BLOOD PRESSURE

OBESITY

DIABETES



The Leaner Weigh™ to Low-Fat, High-Fiber Fare

EATING SMART QUIZ SCORES

- | | |
|-------|------------------------------------|
| 0-12 | A warning signal! |
| 13-17 | Not bad! You're partway there. |
| 18-36 | Good for you! You're eating smart. |



The Leaner Weigh™ to Low-Fat, High-Fiber Fare

- Cutting the Fat and All That
- Fiber Up Your Life
- Supermarket Smarts
- Eating-Out Smarts



Cutting the Fat And All That

WHERE WE ARE GOING

In this session, we will review the previous meeting's assignments and you will learn to:

- ◆ Reduce the amount of fat in the diet.
- ◆ Identify sources of fat.
- ◆ Choose foods low in fat more often.
- ◆ Balance high-fat foods with low- or no-fat foods at meals.
- ◆ Eat smaller portions of high-fat foods.
- ◆ Use preparation and cooking techniques to reduce fat intake.
- ◆ Set realistic goals for reducing fat in the diet.





**REDUCE THE
AMOUNT OF
FAT
IN THE DIET**



Identify Sources of Fat

KNOW THE FAT FACTS

Examples:

- ◆ **Animal**—beef, poultry, lamb, pork, fish

- ◆ **Vegetable**—liquid oils, tropical oils, shortening, margarine, nuts

- ◆ **Dairy**—milk, cream, cheese, butter, ice cream



Identify Sources of Fat

FAT IN 1 CUP OF MILK

<u>Type of Milk</u>	<u>Teaspoons of Fat</u>	<u>% Fat by Calories</u>
Nonfat (Skim)	1/8	0
Low-fat (2%)	1	31
Whole	2	47



Identify Sources of Fat

OBVIOUS VS. HIDDEN FATS

Examples:

Obvious Fats

Hidden Fats

butter

milk

margarine

granola bars/cereal

oil

coconut

ice cream

cakes/cookies/muffins

cream cheese

nuts

fat on meat

coffee whitener

avocado



CHOOSE FOODS LOW IN FAT MORE OFTEN

KNOW THE LOW-FAT OR NO-FAT FACTS

Examples of foods generally low in fat or fat-free:

Vegetables—broccoli, carrots, potatoes, corn, squash

Fruits—apples, pears, bananas, peaches, plums

Grains—bran, wheat, rice, oats, pasta

Legumes—navy beans, kidney beans, chickpeas, split peas, lentils



Menu A

High-Fat—Low-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup 2% milk	121	4.7	0.0
4 oz. orange juice	56	0.1	0.3
2 sausage links	96	8.0	0.0
1 slice white toast	67	1.0	0.6
1 pat margarine	36	4.0	0.0
1 tbsp. jelly	50	0.0	0.0
LUNCH:			
2 slices white bread	134	2.0	1.4
1 tbsp. mayonnaise	99	11.0	0.0
1 slice bologna	57	4.6	0.0
1 oz. American cheese	107	9.0	0.0
1 oz. (small bag) potato chips	149	10.0	0.4
12 oz. can cola	160	0.0	0.0
SNACK:			
1 oz. (box) gum drops	101	0.0	0.0
DINNER:			
6 oz. beef	378	17.0	0.0
1 cup mashed potatoes	222	6.0	3.2
1/2 cup corn	83	0.5	3.0
1 pat margarine	36	4.0	0.0
tossed salad with 2 tbsp. Thousand Island dressing	118	11.0	1.2
TOTALS:	2,070 calories	40% fat 93 g. fat	10.1 g. fiber

* Numbers are rounded off.

Menu B

Low-Fat—High-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup oatmeal	145	2.0	3.0
1 cup skim milk	86	0.4	0.0
4 oz. orange juice	56	0.1	0.3
2 slices whole-wheat toast	118	2.0	2.7
2 tsp. margarine	67	8.0	0.0
LUNCH:			
2 slices whole-wheat bread	131	2.0	2.7
1 oz. turkey breast	38	0.2	0.0
1 oz. Swiss cheese	108	8.0	0.0
1 tsp. mustard	6	0.0	0.1
1 oz. (small bag) pretzels	106	1.8	0.0
12 oz. iced tea	0	0.0	0.0
apple	81	0.5	3.0
SNACK:			
banana	105	0.6	2.0
2 tbsp. peanut butter	190	16.0	2.0
DINNER:			
3 oz. skinless chicken breast	140	3.0	0.0
1 baked potato	145	0.2	3.0
1 cup broccoli	46	0.4	4.0
tossed salad with 1 tbsp. low-fat dressing	16	2.0	1.0
1/2 cup fruit cocktail	3	0.1	2.0
1 tsp. soft margarine	33	4.0	0.0
SNACK:			
1 cup sherbet	270	4.0	0.0
TOTALS:	1,890 calories	26% fat 55 g. fat	26 g. fiber

* Numbers are rounded off.

Menu A

High-Fat—Low-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
DINNER:			
6 oz. beef	378	17.0	0.0
1 cup mashed potatoes	222	6.0	3.2
1/2 cup corn	83	0.5	3.0
1 pat margarine	36	4.0	0.0
tossed salad with 2 tbsp. Thousand Island dressing	118	11.0	1.2
TOTAL:		38.5	

Menu B

Low-Fat—High-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
DINNER:			
3 oz. skinless chicken breast	140	3.0	0.0
1 baked potato	145	0.2	3.0
1 cup broccoli	46	0.4	4.0
tossed salad with 1 tbsp. low-fat dressing	16	2.0	1.0
1/2 cup fruit cocktail	3	0.1	2.0
1 tsp. soft margarine	33	4.0	0.0
TOTAL:		9.7	

CHOOSE FOODS LOW IN FAT MORE OFTEN

DEGREASING YOUR LIFE

High Fat

whole milk cheese,
cottage cheese,
yogurt, mayonnaise

salami, bologna,
corned beef, pastrami

ice cream, pastries, pie

rib roasts, rib steaks

potato chips, corn chips

Low Fat

low-fat or fat-free versions

lean chicken, turkey, ham,
tuna

fresh fruit, frozen low-fat
yogurt or dairy desserts,
angel food cake

rump roast, lean sirloin

air-popped popcorn
without butter, pretzels,
rice cakes



BALANCE HIGH-FAT FOODS WITH LOW- or NO-FAT FOODS AT MEALS

A BALANCING ACT

High-Fat Item	With	Lower-Fat Item
Hot dog		Pretzels
Pork sausage		Bagel with jelly
French fries		Turkey sandwich with mustard
Potato chips		Water-packed tuna sandwich with low-fat mayonnaise
Cheddar cheese		Fresh fruit





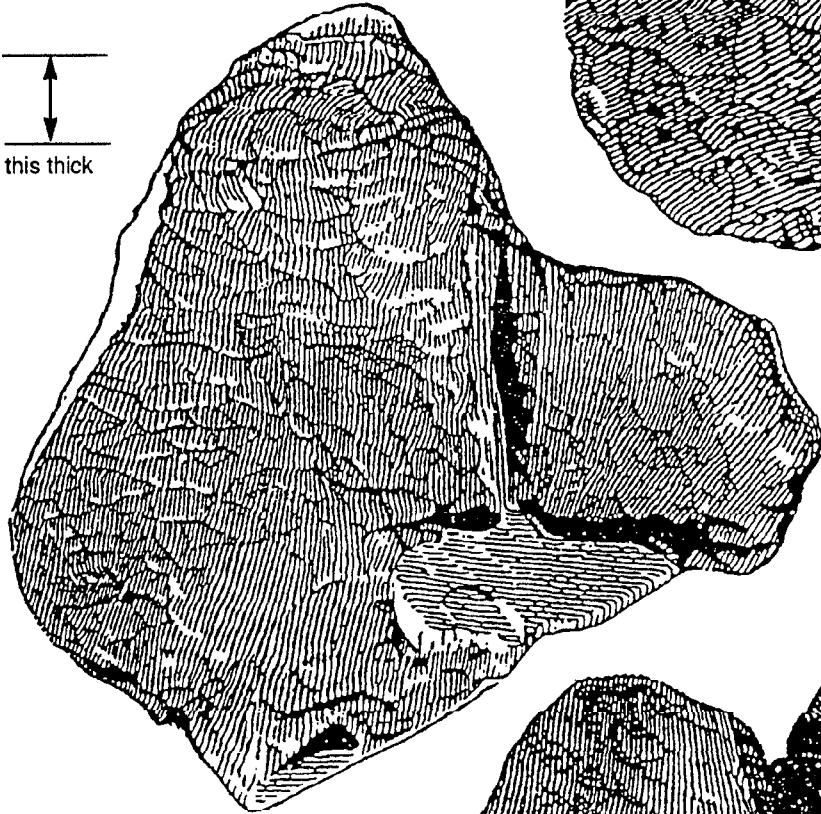
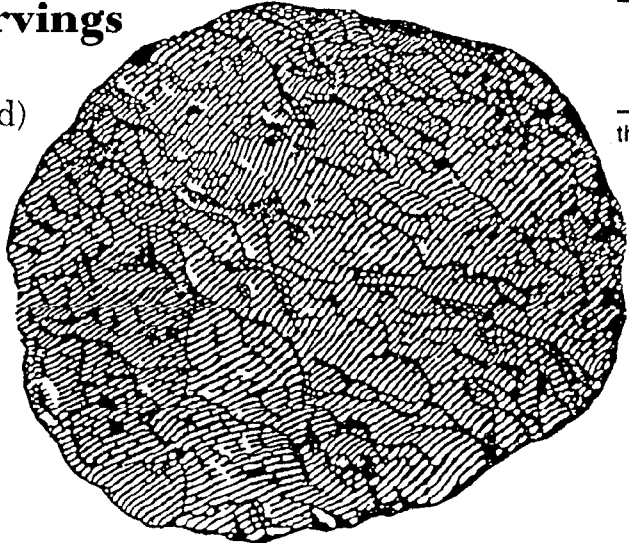
EAT
SMALLER
PORTIONS
OF HIGH-
FAT FOODS



ESTIMATING PORTION SIZES

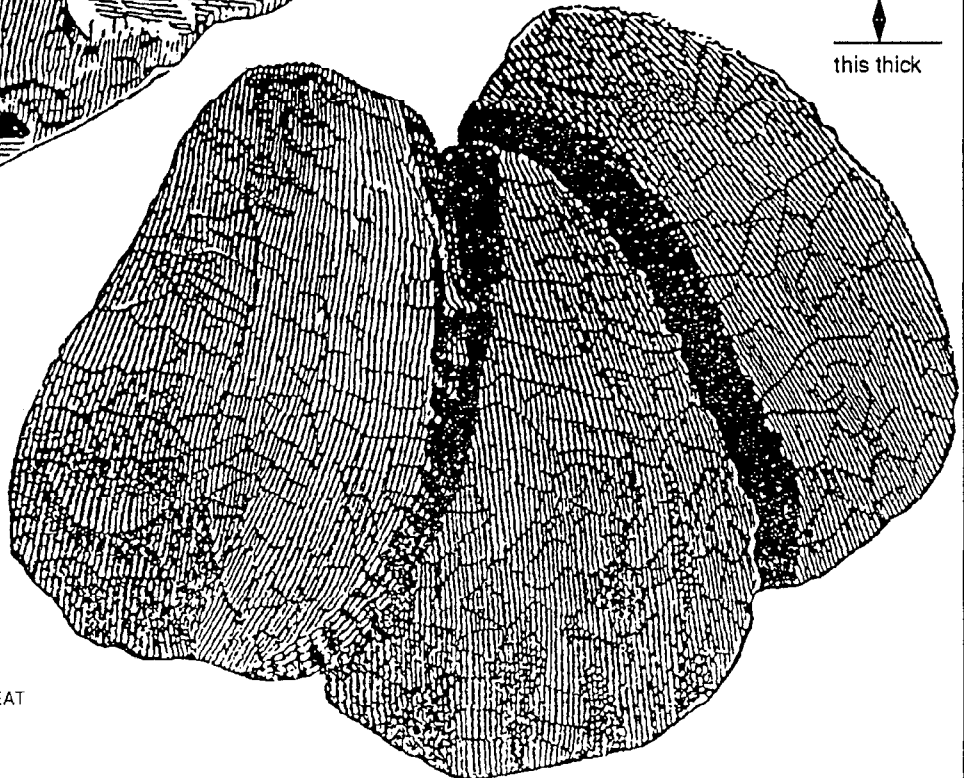
A Guide to 3 Ounce Servings

Ground Beef Patty (85% lean, broiled)
One patty this size
204 calories



Pork Chop (lean only)
One chop this size
196 calories

Beef Eye of Round
(lean only)
Three slices this size
155 calories



USE PREPARATION AND COOKING TECHNIQUES TO REDUCE FAT INTAKE

DEGREASING YOUR LIFE

Cooking Methods

High Fat

Frying
Pan-frying
Deep-fat frying
Sautéing in oil

Lower Fat

Baking
Stir-frying
Broiling
Poaching
Steaming
Microwaving
Roasting



Cutting the Fat And All That

WHERE WE'VE BEEN

- ◆ Reduce the amount of fat in the diet.
- ◆ Identify sources of fat.
- ◆ Choose foods low in fat more often.
- ◆ Balance high-fat foods with low- or no-fat foods at meals.
- ◆ Eat smaller portions of high-fat foods.
- ◆ Use preparation and cooking techniques to reduce fat intake.



SMART GOALS

S = **S**pecific goal

M = **M**easurable—meaning observable

A = **A**ttainable—something you can
succeed at doing

R = **R**ealistic

T = **T**imed—within a certain time frame



SMART GOAL CONTRACT

Week of _____ Goal-Setting Checklist:

- S = Specific goal
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

Fiber Up Your Life

WHERE WE ARE GOING

In this session, we will review the previous meeting's assignments and you will learn to:

- ◆ Identify sources of fiber.
- ◆ Eat a wide variety of fruits, vegetables, grains, cereals, and legumes to increase dietary fiber.
- ◆ Maintain dietary fiber intake at 20 to 30 grams a day.
- ◆ Increase dietary fiber gradually over a period of weeks and months.
- ◆ Add high-fiber foods to your shopping list and menus.
- ◆ Set realistic goals for increasing fiber in the diet.



Identify Sources of Fiber

KNOW THE HIGH-FIBER FACTS

Examples of foods generally high in fiber:

Vegetables—broccoli, carrots, potatoes, corn, squash

Fruits—apples, pears, bananas, peaches, plums

Grains—bran, wheat, brown rice, oats, whole-wheat
pasta

Legumes—navy beans, kidney beans, chickpeas, split
peas, lentils



EAT A WIDE VARIETY OF FRUITS, VEGETABLES, GRAINS, CEREALS, AND LEGUMES TO INCREASE DIETARY FIBER

FIBER GUIDE

Cereals—1 oz. (1/2-3/4 cup)	Fiber (g.)
General Mills Fiber One	13
Ralston Bran Chex	5
Quaker Instant Oatmeal	3
Fruits (1 medium)	Fiber (g.)
Pear with skin	5
Apple with skin	4
Orange	3
Vegetables (1/2 cup cooked)	Fiber (g.)
Carrots	3
Corn	3
Green beans	2
Grains	Fiber (g.)
Whole-wheat bread (2 slices)	3
Ry Krisp (2 triple)	3
Brown rice (1/2 cup cooked)	1
Legumes (1/2 cup cooked)	Fiber (g.)
Kidney beans	7
Split peas	5
Lentils	4

EAT A WIDE VARIETY OF FRUITS, VEGETABLES, GRAINS, CEREALS, AND LEGUMES TO INCREASE DIETARY FIBER

SURPRISE HIGH-FIBER FOODS

Food Item:	Fiber (g.)
1/2 cup baked beans in tomato sauce	9
1/2 cup lima beans	5
1/2 cup blackberries	5
1 cup whole-wheat pasta	4
4 dates	4
2 tbsp. wheat bran	4
1/2 cup raspberries	3



MAINTAIN DIETARY FIBER INTAKE AT 20 TO 30 GRAMS A DAY

FIBER FOR A DAY

If during one day you eat:	Fiber (g.)
1 oz. Kellogg's All Bran cereal	9
1/2 cup raspberries	3
1 medium apple with skin	4
1 medium potato with skin	3
1/2 cup carrots	3
you have eaten...	22 g. of fiber



MAINTAIN DIETARY FIBER INTAKE AT 20 TO 30 GRAMS A DAY

TIPS FOR INCREASING FIBER IN YOUR DIET

Instead of:

Try:

Processed cereals

Whole grain/bran cereals

Orange juice

Orange

Potato chips

Air-popped popcorn

Regular, refined pasta

Whole-wheat pasta

Cream soups

Vegetable and bean soups

Croutons

Salad topping of fiber-rich
beans and vegetables



Menu A

High-Fat—Low-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup 2% milk	121	4.7	0.0
4 oz. orange juice	56	0.1	0.3
2 sausage links	96	8.0	0.0
1 slice white toast	67	1.0	0.6
1 pat margarine	36	4.0	0.0
1 tbsp. jelly	50	0.0	0.0
LUNCH:			
2 slices white bread	134	2.0	1.4
1 tbsp. mayonnaise	99	11.0	0.0
1 slice bologna	57	4.6	0.0
1 oz. American cheese	107	9.0	0.0
1 oz. (small bag) potato chips	149	10.0	0.4
12 oz. can cola	160	0.0	0.0
SNACK:			
1 oz. (box) gum drops	101	0.0	0.0
DINNER:			
6 oz. beef	378	17.0	0.0
1 cup mashed potatoes	222	6.0	3.2
1/2 cup corn	83	0.5	3.0
1 pat margarine	36	4.0	0.0
tossed salad with 2 tbsp. Thousand Island dressing	118	11.0	1.2
TOTALS:	2,070 calories	40% fat 93 g. fat	10.1 g. fiber

* Numbers are rounded off.

Menu B

Low-Fat—High-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup oatmeal	145	2.0	3.0
1 cup skim milk	86	0.4	0.0
4 oz. orange juice	56	0.1	0.3
2 slices whole-wheat toast	118	2.0	2.7
2 tsp. margarine	67	8.0	0.0
LUNCH:			
2 slices whole-wheat bread	131	2.0	2.7
1 oz. turkey breast	38	0.2	0.0
1 oz. Swiss cheese	108	8.0	0.0
1 tsp. mustard	6	0.0	0.1
1 oz. (small bag) pretzels	106	1.8	0.0
12 oz. iced tea	0	0.0	0.0
apple	81	0.5	3.0
SNACK:			
banana	105	0.6	2.0
2 tbsp. peanut butter	190	16.0	2.0
DINNER:			
3 oz. skinless chicken breast	140	3.0	0.0
1 baked potato	145	0.2	3.0
1 cup broccoli	46	0.4	4.0
tossed salad with 1 tbsp. low-fat dressing	16	2.0	1.0
1/2 cup fruit cocktail	3	0.1	2.0
1 tsp. soft margarine	33	4.0	0.0
SNACK:			
1 cup sherbet	270	4.0	0.0
TOTALS:	1,890 calories	26% fat 55 g. fat	26 g. fiber

* Numbers are rounded off.

Menu A

High-Fat—Low-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup 2% milk	121	4.7	0.0
4 oz. orange juice	56	0.1	0.3
2 sausage links	96	8.0	0.0
1 slice white toast	67	1.0	0.6
1 pat margarine	36	4.0	0.0
1 tbsp. jelly	50	0.0	0.0
TOTAL:			0.9

Menu B

Low-Fat—High-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
BREAKFAST:			
1 cup oatmeal	145	2.0	3.0
1 cup skim milk	86	0.4	0.0
4 oz. orange juice	56	0.1	0.3
2 slices whole-wheat toast	118	2.0	2.7
2 tsp. margarine	67	8.0	0.0
TOTAL:			6.0

Menu A

High-Fat—Low-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
LUNCH:			
2 slices white bread	134	2.0	1.4
1 tbsp. mayonnaise	99	11.0	0.0
1 slice bologna	57	4.6	0.0
1 oz. American cheese	107	9.0	0.0
1 oz. (small bag) potato chips	149	10.0	0.4
12 oz. can cola	160	0.0	0.0
SNACK:			
1 oz. (box) gum drops	101	0.0	0.0
TOTAL:			1.8

Menu B

Low-Fat—High-Fiber Menu

	Calories	Fat (g.)*	Fiber (g.)*
LUNCH:			
2 slices whole-wheat bread	131	2.0	2.7
1 oz. turkey breast	38	0.2	0.0
1 oz. Swiss cheese	108	8.0	0.0
1 tsp. mustard	6	0.0	0.1
1 oz. (small bag) pretzels	106	1.8	0.0
12 oz. iced tea	0	0.0	0.0
apple	81	0.5	3.0
SNACK:			
banana	105	0.6	2.0
2 tbsp. peanut butter	190	16.0	2.0
TOTAL:			9.8



**INCREASE DIETARY
FIBER GRADUALLY
OVER A PERIOD
OF WEEKS AND
MONTHS**



ADD HIGH-FIBER FOODS TO YOUR SHOPPING LIST AND MENUS

FIBER CONTENT

Refined	Fiber (g.)	Unrefined	Fiber (g.)
White bread (2 slices)	1	Whole-wheat bread (2 slices)	3
Cooked regular pasta (1 cup)	1	Cooked whole-wheat pasta (1 cup)	4
Cooked white rice (1/2 cup)	0.2	Cooked brown rice (1/2 cup)	1



Fiber Up Your Life

WHERE WE'VE BEEN

- ◆ Identify sources of fiber.
- ◆ Eat a wide variety of fruits, vegetables, grains, cereals, and legumes to increase dietary fiber.
- ◆ Maintain dietary fiber intake at 20 to 30 grams a day.
- ◆ Increase dietary fiber gradually in the diet over a period of weeks and months.
- ◆ Add high-fiber foods to your shopping lists and menus.



SMART GOAL CONTRACT

Week of _____ Goal-Setting Checklist:

- S = Specific goal
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

EATING-OUT SMARTS

WHERE WE ARE GOING

In this session, we will review the previous meeting's assignments and you will learn to:

- ◆ Choose foods low in fat and high in fiber more often when dining out.
- ◆ Evaluate menus to order foods low in fat and high in fiber.
- ◆ Learn to identify low-fat, high-fiber menu selections in all types of restaurants.
- ◆ Learn to identify low-fat, high-fiber fast-food choices.
- ◆ Recognize and use your rights to ask for substitutions, modifications, or special food preparations when dining out.
- ◆ Learn to prepare low-fat, high-fiber brown-bag lunches.
- ◆ Continue SMART Goals for low-fat, high-fiber healthy eating.



**CHOOSE FOODS
LOW IN FAT
AND HIGH IN
FIBER
MORE OFTEN
WHEN DINING
OUT**



Evaluate Menus to Order Foods Low in Fat and High in Fiber

Cooking Terms Used In Restaurant Menus

Higher Fat

Low Fat

Fried

Steamed

Sautéed

Broiled (without butter)

Au gratin

Baked

Breaded

Grilled

Scalloped

Roasted





**LEARN TO
IDENTIFY LOW-
FAT, HIGH-FIBER
MENU SELECTIONS
IN ALL TYPES OF
RESTAURANTS**



RESTAURANT CHOICES

Choose Less Often

Choose More Often

Chinese

Deep-fried dishes

Egg rolls

Fried rice

Stir-fried or steamed dishes

Chop suey

Plain rice

Italian

Veal scallopini

Veal parmigiana

Pesto sauce

Lasagna

Pasta with red clam,
marinara, or wine-based sauces

Chicken cacciatore

Minestrone

Mexican

Chimichangas

Flour tortillas

Guacamole

Refried beans
(prepared with lard)

Chips

Seafood or chicken burritos or
tostados, or corn tortillas
(not fried)

Rice

Fajitas

Salsa



INCLUDE MORE FIBER WHEN DINING OUT

Ask for ...

- additional vegetable side dishes
- fresh vegetable appetizer or salad
- fresh fruit for dessert
- side dish of grains or legumes, such as rice pilaf or bean salad
- vegetable or bean soups
- whole grain bread, rolls, or breadsticks

COMPARISON MENU SELECTION

Typical Choice

Better Choice

Breakfast

2 fried eggs

4 links sausage

1 cup hash browns

3 coffees with
cream and sugar**1/2 grapefruit** or melon

1 cup low-fat milk

1 slice whole-wheat toast

1 pat butter

1 poached egg

1 black coffee

Comparison Menu Selection

Typical Choice

Better Choice

Lunch

“Diet Plate” with:

8 oz. ground beef

1/2 cup cottage cheese

2 canned peach halves

1/2 cup Jell-O

2 packages melba toast

2 coffees with
cream and sugar

3 oz. turkey on

2 slices whole-wheat bread

1 tsp. mustard

Sliced tomatoes

1 black coffee

COMPARISON MENU SELECTION

Typical Choice

Better Choice

Dinner

2 martinis

1 martini

Salad

Salad

2 ladles blue cheese
dressing

1 tbsp. Italian
dressing

2 slices French bread

1 slice whole-wheat bread

4 pats butter

1 pat butter

10 oz. steak

5 oz. filet mignon

1 baked potato

1 baked potato

1/4 cup sour cream

2 tbsp. sour cream

12 oz. wine (3 glasses)

4 oz. wine (1 glass)

2 coffees with
cream and sugar

1 black coffee

Total calories: 4,770

Total calories: 1,830

Calories fat: 2,565

Calories fat: 495

**Percent of calories
from fat: 54%**

**Percent of calories
from fat: 27%**

Dietary fiber: 10 g.

Dietary fiber: 28 g.



**LEARN TO
IDENTIFY LOW-
FAT, HIGH-FIBER
FAST-FOOD
CHOICES**



YOUR BEST BETS IN THE FAST-FOOD LANE

Choose Less Often

Biscuits

Croissants

“Double” burger

Breaded, fried chicken

Mayonnaise, sauces

Milkshake

Choose More Often

English muffin

Pancakes

[Small burger

Grilled chicken

Catsup, mustard, pickles

Low-fat milk



**Bring fresh fruit from home
to round out a fast-food meal.**





**RECOGNIZE AND USE
YOUR RIGHTS TO
ASK FOR
SUBSTITUTIONS,
MODIFICATIONS,
OR SPECIAL FOOD
PREPARATIONS
WHEN DINING OUT**



RESTAURANT PATRON'S BILL OF RIGHTS

- ◆ Ask how your selections are prepared.
- ◆ Request that a cooking method or ingredient be modified.
- ◆ Request substitutions, and ask for dressings or sauces on the side.
- ◆ Order à la carte.
- ◆ Send food back if it is not served the way you requested.
- ◆ Leave the restaurant if it cannot fulfill your requests.



PREPARING LOW-FAT, HIGH-FIBER BROWN- BAG LUNCHES

- ◆ Reheat leftovers.
- ◆ Pack a vegetable salad with low-fat dressing.
- ◆ Choose lean meats for sandwiches.
- ◆ Choose mustard instead of mayonnaise.
- ◆ Choose fruit for dessert.
- ◆ Use an insulated bag or refrigerate to avoid spoilage.



WHERE WE'VE BEEN

You have learned to:

- ◆ Eat a wide variety of foods.
- ◆ Eat less fat.
- ◆ Eat more fiber.
- ◆ Use the skills taught in the “Leaner Weigh” for shopping and dining out.
- ◆ Choose foods that reduce your risk of cancer more often.
- ◆ Choose foods that may increase your risk of cancer less often.



Module 1: PREPARING FOR SUCCESS

WHERE WE ARE GOING

In this session you will learn that:

- Diet is one way to maintain or improve health.

- A low-fat, high-fiber diet may decrease risks of developing certain cancers.

- You can learn ways to modify your eating patterns to make yourself more healthy.

- By setting and implementing short- and long-term goals, you can incorporate more healthful eating patterns.

Eating Smart Quiz

ASSESS YOURSELF

Oils and Fats	Points
<i>butter, margarine, shortening, mayonnaise, sour cream, lard, oil, salad dressing</i>	
I always add these to foods in cooking and/or at the table.	0
I occasionally add these to foods in cooking and/or at the table.	1
I rarely add these to foods in cooking and/or at the table.	2

SUBTOTAL _____

I eat fried foods 3 or more times a week.	0
I eat fried foods 1-2 times a week.	1
I rarely eat fried foods.	2

SUBTOTAL _____

Dairy Products

I drink whole milk.	0
I drink 1%-2% low-fat milk.	1
I drink skim milk.	2

SUBTOTAL _____

I eat ice cream almost every day.	0
Instead of ice cream, I eat ice milk, low-fat frozen yogurt and sherbet.	1
I eat only fruit ices, seldom eat frozen dairy dessert.	2

SUBTOTAL _____

Module 1: PREPARING FOR SUCCESS

I eat mostly high-fat cheese (jack, cheddar, colby, Swiss, cream).	0	_____
I eat both low- and high-fat cheeses.	1	_____
I eat mostly low-fat cheeses (pot, 2% cottage, skim-milk mozzarella).	2	_____
SUBTOTAL	_____	_____
Snacks		_____
<i>potato/corn chips, nuts, buttered popcorn, candy bars</i>		_____
I eat these every day.	0	_____
I eat some occasionally.	1	_____
I seldom or never eat these snacks.	2	_____
SUBTOTAL	_____	_____
Baked Goods		_____
<i>pies, cakes, cookies, sweet rolls, doughnuts</i>		_____
I eat them 5 or more times a week.	0	_____
I eat them 2-4 times a week.	1	_____
I seldom eat baked goods or eat only low-fat baked goods.	2	_____
SUBTOTAL	_____	_____
Poultry and Fish*		_____
I rarely eat these foods.	0	_____
I eat them 1-2 times a week.	1	_____
I eat them 3 or more times a week.	2	_____
SUBTOTAL	_____	_____

Module 1: PREPARING FOR SUCCESS

Low-Fat Meats*

extra-lean hamburger, round steak, pork loin roast, tenderloin, chuck roast

I rarely eat these foods.	0
I eat these foods occasionally.	1
I eat mostly fat-trimmed red meats.	2
SUBTOTAL	_____

High-Fat Meats*

luncheon meats, bacon, hot dogs, sausage, steak, regular and lean ground beef

I eat these every day.	0
I eat these foods occasionally.	1
I rarely eat these foods.	2
SUBTOTAL	_____

Cured and Smoked Meat and Fish*

luncheon meats, hot dogs, bacon, ham and other smoked or pickled meats and fish

I eat these foods 4 or more times a week.	0
I eat some 1-3 times a week.	1
I seldom eat these foods.	2
SUBTOTAL	_____

* *If you do not eat meat, fish or poultry, give yourself a 2 for each meat category.*

Module 1: PREPARING FOR SUCCESS

Legumes

dried beans and peas: kidney, navy, lima, pinto, garbanzo, split-pea, lentil

I eat legumes less than once a week.	0	
I eat these foods 1-2 times a week.	1	
I eat them 3 or more times a week.	2	
SUBTOTAL		

Whole Grains and Cereals

whole-grain breads, brown rice, pasta, whole-grain cereals

I seldom eat such foods.	0	
I eat them 2-3 times a day.	1	
I eat them 4 or more times daily.	2	
SUBTOTAL		

Vitamin C-Rich Fruits and Vegetables

citrus fruits and juices, green peppers, strawberries, tomatoes

I seldom eat them.	0	
I eat them 3-5 times a week.	1	
I eat them 1-2 times a day.	2	
SUBTOTAL		

Vegetables of the Cabbage Family

broccoli, cabbage, brussels sprouts, cauliflower

I seldom eat them.	0	
I eat them 1-2 times a week.	1	
I eat them 3-4 times a week.	2	
SUBTOTAL		

Module 1: PREPARING FOR SUCCESS

Dark Green and Deep Yellow Fruits and Vegetables**

broccoli, greens, carrots, peaches

I seldom eat them.	0
I eat them 3-5 times a week.	1
I eat them every day.	2
SUBTOTAL	<hr/>

** *Dark green and yellow fruits and vegetables contain beta carotene that your body can turn into vitamin A, which helps protect you against certain types of cancer-causing substances.*

Alcohol

I drink more than 2 oz. daily.	0
I drink alcohol every week but not daily.	1
I occasionally or never drink alcohol.	2
SUBTOTAL	<hr/>

Personal Weight

I'm more than 20 lbs. over my ideal weight.	0
I'm 10-20 lbs. over my ideal weight.	1
I am within 10 lbs. of my ideal weight.	2
SUBTOTAL	<hr/>

TOTAL SCORE

HOW DO YOU RATE?

0-12: A Warning Signal

Your diet is too high in fat and too low in fiber-rich foods. It would be wise to assess your eating habits to see where you could make improvements.

13-17: Not Bad! You're Partway There

You still have a way to go. The "Leaner Weigh" will help you determine where you can make a few improvements.

18-36: Good for You! You're Eating Smart

You should feel very good about yourself. You have been careful to limit your fats and eat a varied diet. Keep up the good habits and continue to look for ways to improve.

This quiz was developed by the American Cancer Society.

Module 1: PREPARING FOR SUCCESS

Food for Thought

IDEAS FOR GOALS

Read each of the behaviors and indicate (X) whether you “already do” this behavior or would find this behavior “easy,” “somewhat difficult,” or “very difficult.”

You will be using this form throughout the program to help you think about what you might want to set as weekly goals.

FOOD FOR THOUGHT

Behavior	Already Do	Easy	Somewhat Difficult	Very Difficult	
Eat fewer fried foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Choose low-fat milk products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Choose lean red meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Trim all visible fat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Remove skin from poultry before eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Choose fish and chicken that hasn't been fried.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Choose 6 oz. (cooked) or less per day of meat, poultry, and fish. (6 oz. is approximately the size of two decks of cards.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Have two or more servings of skim or low-fat milk or milk products, such as non-fat or low-fat yogurt; reduced-fat cheese; low-fat					

Module 1: PREPARING FOR SUCCESS

<i>Behavior</i>	<i>Already Do</i>	<i>Easy</i>	<i>Somewhat Difficult</i>	<i>Very Difficult</i>	
frozen yogurt or ice milk daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Reduce the amount of fats and oils used in cooking and as spreads.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Choose low-fat salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Choose low-fat foods when dining out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Serve low-fat foods for dinner or to party guests in your home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Choose low-fat snacks such as fruit, raw vegetables, plain popcorn and pretzels, and low-fat baked goods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eat 3 or more servings of vegetables every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eat 2 or more servings of fruit every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Use vegetables for main dishes, soups, salads, or snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Module 1: PREPARING FOR SUCCESS

Behavior	Already Do	Easy	Somewhat Difficult	Very Difficult	_____
Use fruit for breakfast, as salads, desserts, or snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Eat high-fiber cereal every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
At each meal, eat one or more servings of whole-grain breads, brown rice and/or dried beans, peas, or lentils.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Eat fewer high-fat and processed foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Read food-package labels for fat and fiber content.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Involve your family in meal planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Now go back to the very first page of the "Food for Thought" form and look at the last column on the right. This column has no heading on it. Write in the heading "Confidence Rating." You now have a list of things you might want to do while trying to improve your eating habits. Go through each behavior listed and ask yourself, "How sure am I that I can do these things?" Give each behavior a confidence rating based upon the following scale, and write the number in the last column:

Module 1: PREPARING FOR SUCCESS

0	1	2	3	4	5
Does not apply	I know I cannot		Maybe I can		I know I can

Save this form. You will be referring to it during class sessions.

**Before You Return
To the Leaner Weigh**

REMEMBER TO:

- Complete the “Food for Thought” sheet.

- Bring your “Preparing for Success” materials to the next session.

Module 2: CUTTING THE FAT AND ALL THAT

Identify Sources of Fat

EXAMPLES OF OBVIOUS VS. HIDDEN FATS

Obvious Fats

Hidden Fats

Margarine

Pudding/Custard

Butter

Milk

Lard

Yogurt

Shortening

Coffee whitener

Oil

Cream soups

Animal fat

Gravy/meat drippings

White rind on meat

Granola bar/cereal

White marbling in meat

Avocado

White fat in bacon

Coconut

Oil droplets on hot liquids

Olives

Pastries (muffin, Danish, doughnut, croissant)

Cakes/Cookies

Spreads

Nuts

Meat (processed, luncheon, loaves)

Module 2: CUTTING THE FAT AND ALL THAT

Choose Foods Low in Fat More Often

KNOW THE LOW-FAT OR NO-FAT FACTS

Foods generally low in fat or fat-free include:

Vegetables

- Broccoli
 - Carrots
 - Potatoes
 - Green beans
 - Green peas
 - Spinach
 - Corn
 - Brussels sprouts
 - Squash
- and others...

Fruits*

- Apples
 - Pears
 - Bananas
 - Grapes
 - Peaches
 - Plums
 - Oranges
 - Grapefruit
- and others...

Grains

- Wheat
 - Rice (or wild rice)
 - Bran
 - Oats
 - Rye
 - Barley
 - Pasta
 - Bulgur
- and others...

Legumes

- Navy beans
 - Great Northern beans
 - Kidney beans
 - Chickpeas
 - Lentils
 - Split peas
 - Black beans
- and others...

* *Except avocados and coconuts, which are high in fat*
Please note: Some foods are higher in fat than others.

Module 2: CUTTING THE FAT AND ALL THAT

WHERE WE ARE GOING

In this session we will review the previous meeting's assignments and you will learn to:

- Reduce the amount of fat in the diet.
- Identify sources of fat.
- Choose foods low in fat more often.
- Balance high-fat foods with low- or no-fat foods at meals.
- Eat smaller portions of high-fat foods.
- Use preparation and cooking techniques to reduce fat intake.
- Set realistic goals for reducing fat in the diet.

Module 2: CUTTING THE FAT AND ALL THAT

Identify Sources of Fat

KNOW THE FAT FACTS

Sources of fat:

Animal	Vegetable	Dairy
Beef/Veal	Liquid Oils	Milk
	Peanut	Buttermilk
	Safflower	Cream
Poultry	Soybean	Half & Half
	Chicken	Cheese
	Turkey	Ice Cream
Duck	Canola	Yogurt
Pheasant	Olive	Butter
Lamb	Sunflower	Sour Cream
	Tropical Oils	
	Pork	Coconut
		Palm
Deer (Venison)	Palm Kernel	
	Cocoa Butter (main ingredient in chocolate)	
Fish		
Shellfish	Mayonnaise	
Organ Meats	Margarine	
Liver		
Kidney	Shortening (e.g., Crisco)	
Brains		
Lard	Nuts	
	Avocado	

Please note: Some foods are higher in fat than others.

Module 2: CUTTING THE FAT AND ALL THAT

Choose Foods Low in Fat More Often

DEGREASING YOUR LIFE

Low-Fat vs. High-Fat Food Choices

High Fat	Lower-Fat Alternatives
Whole milk	Skim, 1%, or 2% milk
Evaporated whole milk	Evaporated skim milk
Whole milk yogurt	Nonfat or low-fat yogurt
Heavy cream	Evaporated skim or light milk
Whipped cream	Light or nondairy whipped topping Whipped yogurt or ricotta cheese flavored with a little vanilla and sugar
Regular sour cream	"Light" sour cream Plain nonfat or low-fat yogurt
Whole milk cheese	Low-fat cheese (6 grams or less fat per ounce) Cheese made with part-skim milk Mozzarella Ricotta cheese
Whole milk cottage cheese	Low-fat cottage cheese
Regular cream cheese	Spread thinly; use half the amount "Light" cream cheese Whipped part-skim milk ricotta cheese
Regular mayonnaise	Nonfat or low-fat mayonnaise Mustard or catsup
Butter, Margarine	Use less; spread thinly
Salad dressing	Nonfat or low-fat dressing

Module 2: CUTTING THE FAT AND ALL THAT

Choose Foods Low in Fat More Often

DEGREASING YOUR LIFE

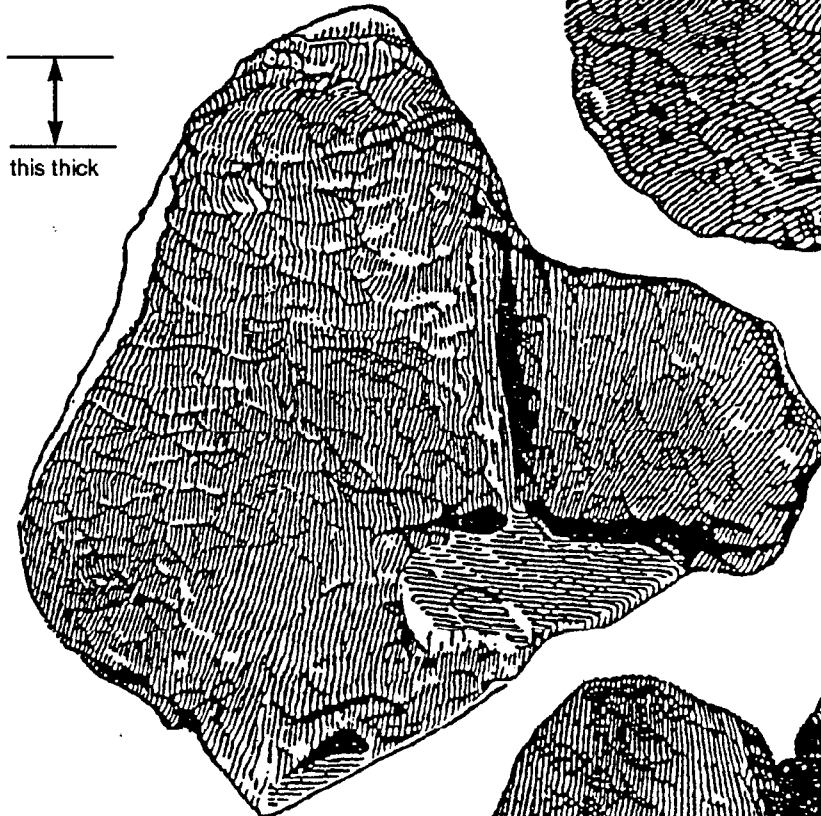
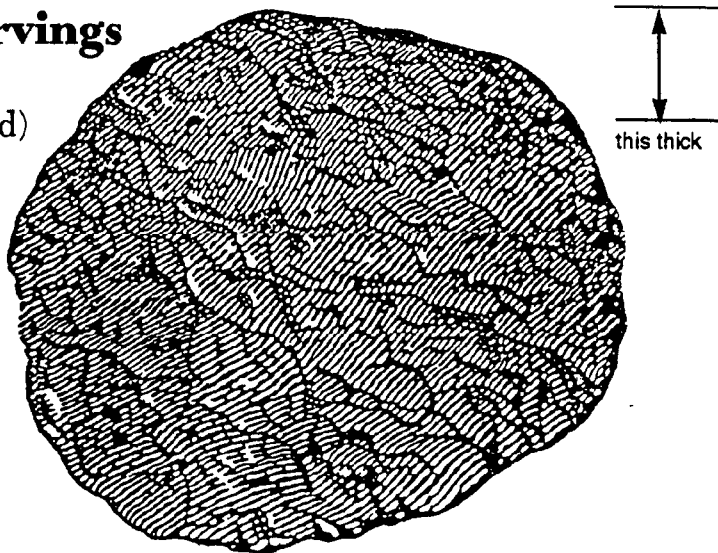
Low-Fat vs. High-Fat Food Choices

High Fat	Lower-Fat Alternatives
Salad dressing	Salsa Flavored vinegar Lemon juice
Red meat	Reduce serving size
Rib steak	Lean cuts*
Club steak	Round tip
Rib roast	Top round Eye of round Round steak Top loin Sirloin Rump roast Flank steak
	Chicken, turkey, pork tenderloin, fish
	Trim all visible fat; remove skin from poultry before eating
Regular ground beef	Lean ground beef Lean ground turkey Cook well, drain, and rinse
Luncheon meats	Lean meats
Salami	Chicken
Bologna	Turkey
Corned beef	Tuna
Pastrami	Lean ham

ESTIMATING PORTION SIZES

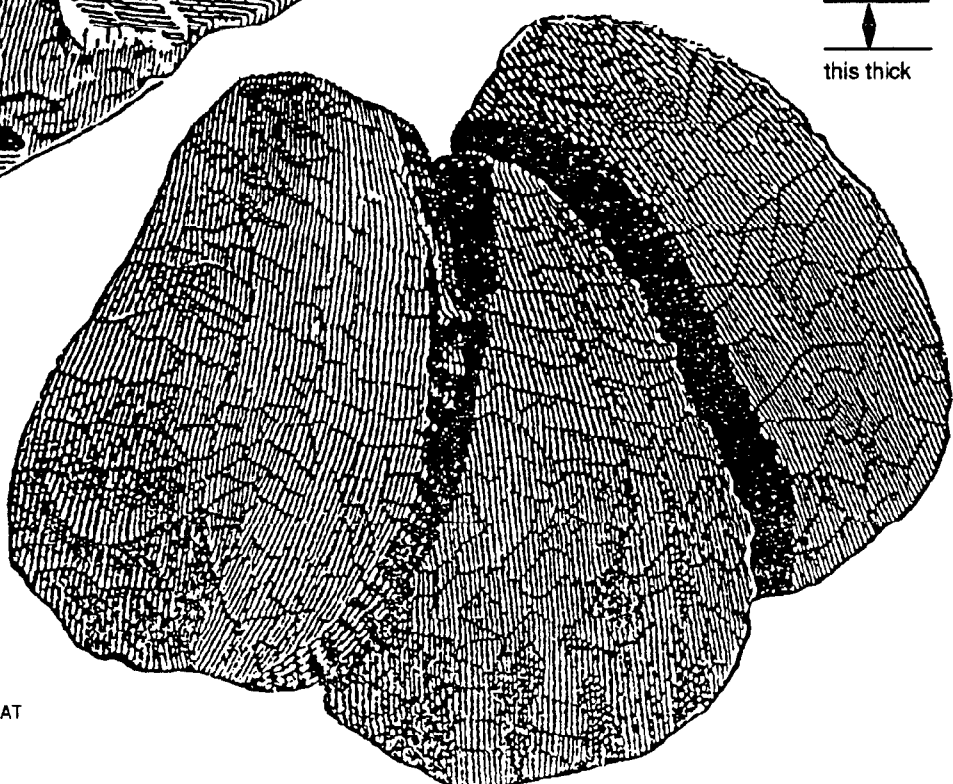
A Guide to 3 Ounce Servings

Ground Beef Patty (85% lean, broiled)
One patty this size
204 calories



Pork Chop (lean only)
One chop this size
196 calories

Beef Eye of Round
(lean only)
Three slices this size
155 calories



© 1988, NATIONAL LIVESTOCK AND MEAT BOARD 17/21 68804
This sheet may be duplicated.

Module 2: CUTTING THE FAT AND ALL THAT

Use Preparation and Cooking Techniques to Reduce Fat Intake

DEGREASING YOUR LIFE	
Cooking Methods	
High Fat	Lower Fat
Pan-frying	Baking
Deep-fat frying	Stir-frying
	Broiling*
	Poaching
	Steaming
	Microwaving
	Roasting*
Sautéing in butter, margarine, or oil	Cut the fat in half
	Sauté with broth or wine
	Use nonstick pans or nonstick cooking spray**
Fat in homemade soups, stews,	Cook a day ahead and chill casseroles and gravies to remove hardened fat from surface before reheating and serving
Basting meats with drippings	Basting with wine, vegetable or fruit juice, or broth
Pan-cooked ground meat	Cook well, drain the fat, and rinse in a colander
Lard, bacon grease, or chicken fat	Omit

Module 2: CUTTING THE FAT AND ALL THAT

High Fat	Lower Fat
Lard, bacon grease, or chicken fat	Use half the amount Use herbs for flavoring instead

- *Use a rack when broiling or roasting meats and poultry so that the fat drains off.*
- *Please be aware that some aerosol sprays may be harmful to the environment—use infrequently.*

Module 2: CUTTING THE FAT AND ALL THAT

TIPS FOR RECIPE PREPARATION AND MODIFICATION

➤ **If the recipe calls for whole milk or cream:**

- Use skim milk or canned evaporated skim or low-fat milk.

➤ **If the recipe calls for sour cream:**

- Substitute low-fat plain yogurt for sour cream in food that is to be heated. (Mix in 1 tbsp. flour for each cup yogurt to prevent separation.)
- Try this “mock sour cream” in any recipe that doesn’t require heating:

1 cup low-fat cottage cheese

2 tbsp. buttermilk

1/2 to 1 tsp. freshly squeezed lemon juice

Blend cottage cheese, buttermilk, and lemon juice in blender or with mixer until smooth. Scrape sides of container often with rubber spatula while blending. Makes 1 cup.

➤ **If the recipe or meal calls for a high-fat cheese:**

- Use half the amount of cheese called for or substitute a lower-fat cheese.

➤ **If the recipe calls for mayonnaise:**

- Use half the amount or less or substitute low-fat plain yogurt.

➤ **If the recipe calls for nuts:**

- Use them sparingly or omit; nuts are almost one-half fat.

➤ **If the recipe calls for baking chocolate:**

- Use 3 tbsp. cocoa powder plus 1 tbsp. vegetable oil for each ounce of baking chocolate.

Module 2: CUTTING THE FAT AND ALL THAT

Smart Goal Contract

Week of _____ **Goal-Setting Checklist:**

- S = Specific goal
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

Module 2: CUTTING THE FAT AND ALL THAT

**Before You Return
To the Leaner Weigh**

REMEMBER TO:

- _____ Try trimming some of the fat from your diet this week.

- _____ Complete your Goal Contract.

- _____ Put the Refrigerator Feedback Card with your magnet on your refrigerator.

IF YOU WOULD LIKE TO READ MORE...

Brody, Jane. *Jane Brody's Good Food Book: Living the High Carbohydrate Way*. New York: W.W. Norton, 1985.

Golbeck, Nikki, and Goldbeck, David. *The Goldbeck's Guide to Good Food*. New American Library, 1987.

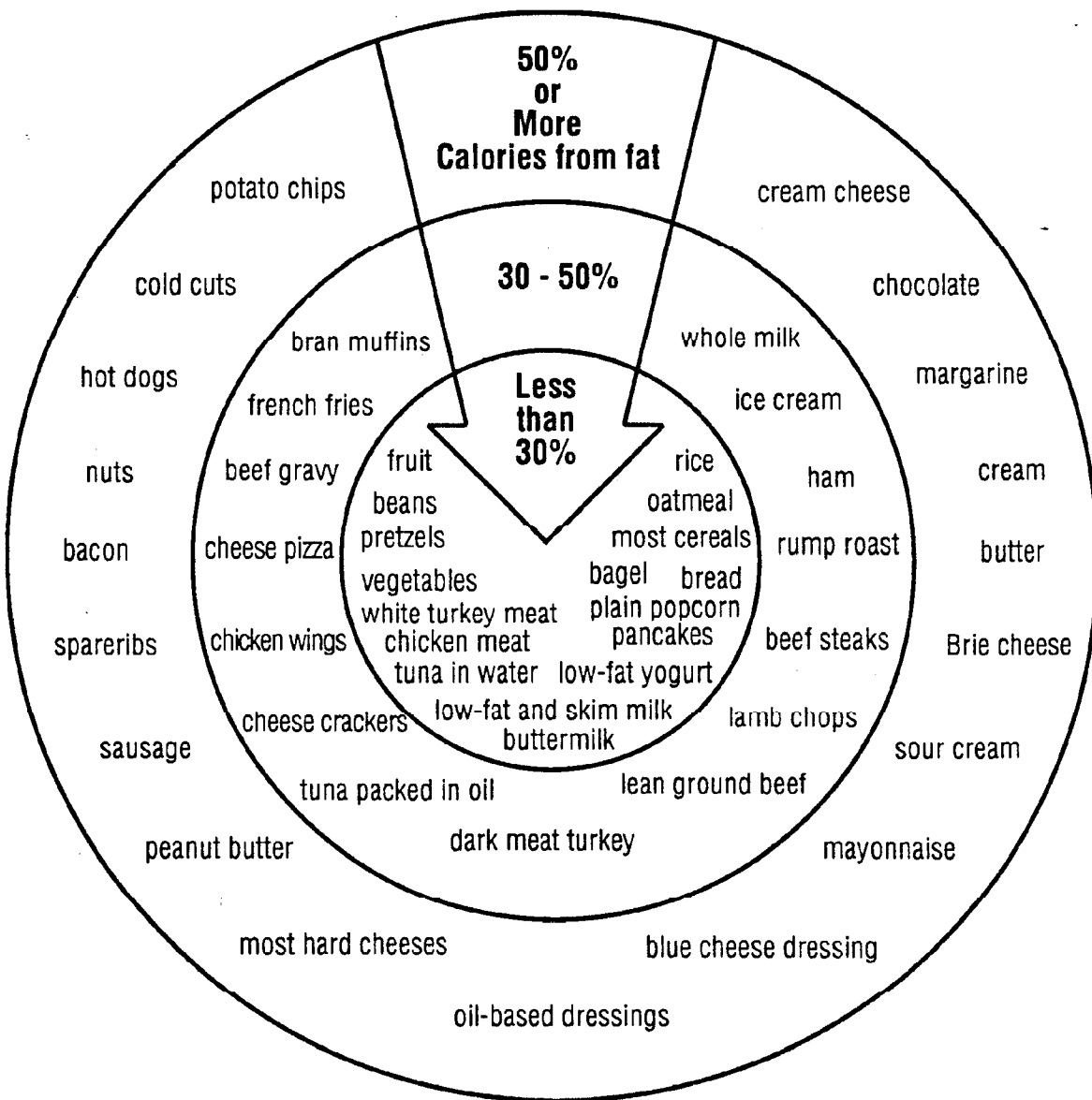
Piscatella, Joseph. *Don't Eat Your Heart Out Cookbook*. Workman Publisher, 1983.

Cooking Light. Magazine of Food and Fitness. Excellent low-fat recipes and nutrition information. Subscription information: Southern Living, 820 Shades Parkway, Birmingham, AL 35209.

EXTRAS...

Module 2: CUTTING THE FAT AND ALL THAT

Target Total Fat



Module 2: CUTTING THE FAT AND ALL THAT

The Cheese Shop

There are a vast array of cheeses available on the market. The majority contain significant amounts of butterfat and sodium. One ounce of a very high-sodium cheese may contain the equivalent of 1/4 teaspoon of salt. One ounce of a high-fat cheese may contain about two tablespoons of butter. Does this mean you need to give up cheese entirely? Not if you know which ones to pick. It is important to be aware that low fat does not insure low sodium. Many low-fat cheeses contain substantial amounts of sodium. Processed cheeses, in particular, are generally high in sodium content.

Cottage Cheese 1%-2% milkfat	Mysost	Primost	Ricotta part-skim	Baker's
Farmer	Hoop	Light & Lively™	SapSago	Mozzarella part-skim
Laughing Cow™	Weight Watchers™	Lite Line™	Pot Cheese	Dorman's Low-Chol™

Low-fat Varieties 1 - 5 grams fat/ounce

Feta	Camembert	Neufchatel	Tilsit	Cheezola™
Mozzarella whole-milk	Liederkrantz	Processed Cheese Spread		

Medium-fat Varieties 6 - 7 grams fat/ounce

Blue	Longhorn	Brie	Brick	Edam	Port du Salat	Swiss	Parmesan
American	Cheddar	Gjetost	Provolone	Romano	Limburger	Ricotta whole-milk	
Colby	Gruyere	Gouda	Gorgonzola	Monterey Jack	Meunster	Cream Cheese	

High-fat Varieties 8 - 10 grams fat/ounce

Module 2: CUTTING THE FAT AND ALL THAT

Menu A High-Fat—Low-Fiber Menu

	CALORIES	FAT (g.)*	FIBER (g.)*
Breakfast:			
1 cup 2% milk	121	4.7	0.0
4 oz. orange juice	56	0.1	0.3
2 sausage links	96	8.0	0.0
1 slice white toast	67	1.0	0.6
1 pat margarine	36	4.0	0.0
1 tbsp. jelly	50	0.0	0.0
Lunch:			
2 slices white bread	134	2.0	1.4
1 tbsp. mayonnaise	99	11.0	0.0
1 slice bologna	57	4.6	0.0
1 oz. American cheese	107	9.0	0.0
1 oz. (small bag) potato chips	149	10.0	0.4
12 oz. can cola	160	0.0	0.0
Snack:			
1 oz. (box) gum drops	101	0.0	0.0
Dinner:			
6 oz. beef	378	17.0	0.0
1 cup mashed potatoes	222	6.0	3.2
1/2 cup corn	83	0.5	3.0
1 pat margarine	36	4.0	0.0
tossed salad with 2 tbsp. Thousand Island dressing	118	11.0	1.2
TOTALS:	2,070 calories	40% fat 93 g. fat	10.1 g. fiber
* Numbers are rounded off.			

Module 2: CUTTING THE FAT AND ALL THAT

Menu B Low-Fat—High-Fiber Menu

	CALORIES	FAT (g.)*	FIBER (g.)*
Breakfast:			
1 cup oatmeal	145	2.0	3.0
1 cup skim milk	86	0.4	0.0
4 oz. orange juice	56	0.1	0.3
2 slices whole-wheat toast	118	2.0	2.7
2 tsp. margarine	67	8.0	0.0
Lunch:			
2 slices whole-wheat bread	131	2.0	2.7
1 oz. turkey breast	38	0.2	0.0
1 oz. Swiss cheese	108	8.0	0.0
1 tsp. mustard	6	0.0	0.1
1 oz. (small bag) pretzels	106	1.8	0.0
12 oz. iced tea	0	0.0	0.0
apple	81	0.5	3.0
Snack:			
banana	105	0.6	2.0
2 tbsp. peanut butter	190	16.0	2.0
Dinner:			
3 oz. skinless chicken breast	140	3.0	0.0
1 baked potato	145	0.2	3.0
1 cup broccoli	46	0.4	4.0
tossed salad with 1 tbsp. low-fat dressing	16	2.0	1.0
1/2 cup fruit cocktail	3	0.1	2.0
1 tsp. soft margarine	33	4.0	0.0
Snack:			
1 cup sherbet	270	4.0	0.0
TOTALS:	1,890	26% fat	26 g.
	calories	55 g. fat	fiber

* Numbers are rounded off.

Module 2: CUTTING THE FAT AND ALL THAT

Prepare for a ... Snack Attack!*

When the SNACK ATTACK sneaks up on you, be prepared with quick and healthy foods. It's often the food characteristic that appeals to you rather than a specific food. Do you want something smooth or crunchy, hot or chilled? When you've identified the food characteristic, then the following list may help you choose the snack you're after!

CRUNCHIES	MUNCHIES
Apples	Flavored popcorn**
Pears	Breadsticks
Carrot sticks	Bagels
Celery sticks	Whole-grain breads
Green onions	Homemade corn tortilla chips**
Zucchini circles	Homemade potato skins**
Green pepper sticks	Low-fat crackers
Radishes	Spicy Taco Dip**
Broccoli spears	Light microwave popcorn
Cauliflower	Swedish flat bread
Rice cakes	
Bagel chips (baked with no added fat)	
SWEET STUFF	SIPPERS
Fresh or dried fruit (e.g. raisins, dates, etc.)	Chocolate cooler**
Baked apple	Low-sodium tomato or vegetable juice
Unsweetened canned fruit	Fruit Spritzer**
Homemade juice popsicles	Sugar-free lemonade
Nonfat yogurt with fresh fruit	Fruit juices

Module 2: CUTTING THE FAT AND ALL THAT

SWEET STUFF

Nonfat or low-fat frozen yogurt

Frozen banana

SIPPERS

Tea (hot or cold)

Low-sodium mineral water

Flavored seltzer water

HOT STUFF

Hot apple cider

English muffin with melted low-fat cheese

Low-sodium tomato juice heated with a lemon slice and dash of Worcestershire sauce

**Adapted from the Family Health Project*

***Recipes included*

Module 2: CUTTING THE FAT AND ALL THAT

Snack Attack Recipes*

Chocolate Cooler

Ingredients

- 1 cup nonfat milk
- 1/3 cup instant nonfat dry milk
- 1 tbsp. unsweetened cocoa powder
- 1 tsp. vanilla
- 2-3 tsp. sugar
- 5-6 ice cubes

Place milk, milk powder, cocoa, vanilla, and sugar in blender. Cover and whirl at high speed until smooth. Remove center of cover and add ice cubes, one at a time, blending until each is thoroughly crushed. Serve immediately. Makes 2 servings.

Per serving: 120 calories; 21 g. carbohydrates (70%); 9 g. protein (30%); trace of fat

Diabetic Exchange: 1 Milk

Fruit Spritzer

Ingredients

- 1 can unsweetened frozen juice concentrate
- club soda (low-sodium)

Mix frozen juice concentrate according to directions on the can, substituting club soda for water.

Per 1 cup serving: 90 calories; 21 g. carbohydrates (93%); 1 g. protein; trace of fat

Diabetic Exchange: 1-1/2 Fruit

Module 2: CUTTING THE FAT AND ALL THAT

Flavored Popcorn

Popcorn is a snack that is good for you. One cup of unbuttered popcorn has 25 to 55 calories and is similar, nutritionally, to a half slice of pumpernickel or bran bread.

There are all sorts of popcorn on the market, including gourmet types that pop bigger and are supposed to be tastier than "regular" popcorn. Be careful when buying some of the newer types of popcorn, particularly microwave popcorn. Most of them are heavily salted and contain fats. Read the labels, and look for the "light" varieties.

The best way to make popcorn is in an air popper because the need for oil is eliminated. Another way is the old-fashioned method: Coat the bottom of a heavy pot with a little bit of vegetable oil, put the pot on the burner, and when the pot is hot, put some popcorn in it, cover the pot, and gently shake over the heat until all the popcorn has popped. You can use a microwave to make popcorn or to freshen it. (To freshen, heat the popcorn on high for about 30 seconds, stirring once.)

Instead of adding butter, try adding some of the following to popcorn:

- | | |
|----------------------------------|---------------------|
| Grated parmesan cheese | Spices and herbs |
| A few drops of hot sauce | Cinnamon |
| Garlic or onion powder (or both) | Butter-flavored mix |

Using a small amount of nonstick cooking spray on the popcorn will help the spices adhere better.

Store raw popcorn kernels in an airtight container. (They can be refrigerated.) Air-popped popcorn will stay fresh for a couple of months in an airtight container because there is no oil to turn rancid.

Module 2: CUTTING THE FAT AND ALL THAT

Spicy Taco Dip

Ingredients

1 cup plain low-fat yogurt

3 tbsp. tomato paste

(If you want to avoid salt, check the label. It must tell you if salt has been added.)

1/2 to 1 tsp. dry mustard (to taste)

1/8 to 1/4 tsp. chili powder

1 tsp. chopped onion

Combine yogurt and tomato paste and blend well. Mix in remaining ingredients. Refrigerate for a few hours, if possible. Serve with taco chips or vegetables.

Per serving (1/4 cup): 49 calories; 6 g. carbohydrates; 2 g. protein; trace of fat

Diabetic Exchange: 1/2 Bread

Homemade Corn Tortilla Chips

Ingredients

1 package 12 corn tortillas, 6-1/2 inch size

1/2 tsp. onion powder (optional)

1/2 tsp. chili powder

Preheat oven to 400 degrees. Cut each tortilla into six wedges. Place wedges on a baking sheet (do not overlap), spray with a non-stick cooking spray and season as desired. Bake 15-20 minutes. Turn and continue baking until golden brown and crisp, about three minutes longer. Store cool chips in airtight container up to

Module 2: CUTTING THE FAT AND ALL THAT

two weeks. Makes 6 dozen chips or 12 servings.

Per serving (1-ounce): 67 calories; 2 g. protein (12%); 12 g. carbohydrate (73%); 1 g. fat (15%)

Diabetic Exchange: 1 Bread

Homemade Potato Skins*

The crusty pulp of potato skins soaks up oil like a sponge. Instead of frying them, oven-roast them. High in fiber, these are less than 50 calories per half-potato.

Ingredients

potatoes
low-fat cheddar or parmesan cheese, grated
paprika

Scrub potatoes; bake at 400 degrees until soft when squeezed. Slice potatoes in half lengthwise; scoop pulp from skins (reserve for mashed potatoes or as an addition to soup). Cut skins lengthwise into quarters; place skin side down on a nonstick baking sheet or a pan sprayed with nonstick cooking spray. Bake at 500 degrees for 10 minutes or until crisp; sprinkle with cheese and paprika. Return to oven for 2 to 3 minutes, or until cheese melts. Skin of 1 potato with 1 oz. cheese serves 2.

Variation: Sprinkle with chili powder, onion powder, garlic powder, or black pepper.

Per serving: 145 calories; 7 g. carbohydrate (57%); 2 g. protein (20%); 1 g. fat (23%)

Diabetic Exchange: 1/2 Bread; 1/4 Meat; 1/4 Fat

* From the Family Health Project

Module 3: FIBER UP YOUR LIFE

WHERE WE ARE GOING

In this session we will review the previous meeting's assignments and you will learn to:

- Identify sources of fiber.
- Eat a wide variety of fruits, vegetables, grains, cereals, and legumes to increase dietary fiber.
- Maintain dietary fiber intake at 20 to 30 grams a day.
- Increase dietary fiber gradually over a period of weeks and months.
- Add high-fiber foods to your shopping list and menus.
- Set realistic goals for increasing fiber in the diet.

**Eat a Wide Variety of Fruits, Vegetables, Grains, Cereals,
And Legumes to Increase Dietary Fiber**

“FIBER UP YOUR LIFE” FIBER GUIDE

To increase your daily intake of dietary fiber, use this Fiber Guide as a reference. The National Cancer Institute recommends that you consume 20 to 30 grams of dietary fiber each day.

Cereals, 1 oz. (1/2—3/4 cup) Fiber (g.)

Brand names such as:

General Mills Fiber One	13
Kellogg’s All Bran	9
Nabisco 100% Bran	9
Kellogg’s Bran Buds	9
Kellogg’s All Bran Fruit & Almonds	8
Quaker Corn Bran	5
Ralston Bran Chex	5
Ralston High Fiber Hot Cereal	5
Kellogg’s and Post Bran Flakes	4
Kellogg’s and Post Raisin Bran	4
Nabisco’s Shredded Wheat & Bran	4
Post Fruit & Fibre	4
Wheatena	4
Quaker Instant Oatmeal	3

Fruits Fiber (g.)

dried figs (10)*	9
blackberries (1/2 cup)	5
pear with skin (1 medium)	5

Module 3: FIBER UP YOUR LIFE

	prunes (4)*	4
	apple with skin (1 medium)	4
	strawberries (1 cup)	3
	raisins (1/4 cup)*	3
	raspberries (1/2 cup)	3
	orange (1 medium)	3
	banana (1 medium)	2
	blueberries (1/2 cup)	2
	peach with skin (1 medium)	2
	* <i>Higher-calorie fruits</i>	
	Vegetables—1/2 cup cooked	Fiber (g.)
	corn	3
	carrots	3
	potato with skin (1 medium)	3
	sweet potato (1 medium)	3
	broccoli	2
	Brussels sprouts	2
	spinach	2
	zucchini	2
	green beans	2
	Beans & Peas (Legumes)—1/2 cup cooked	Fiber (g.)
	kidney beans	7
	navy beans	6

Module 3: FIBER UP YOUR LIFE

Beans & Peas (Legumes)—1/2 cup cooked

pinto beans	5
lima beans	5
split peas	5
green peas	4
lentils	4
black-eyed peas	2

Breads & Pasta

	Fiber (g.)
whole-wheat pasta (1 cup cooked)	4
buckwheat pancakes (2)	3
whole-wheat bread (2 slices)	3
whole-wheat English muffin (1)	3
whole-wheat pancakes (2)	3
brown rice (1/2 cup cooked)	1

Crackers

Brand names such as:	Fiber(g.)
FiberRich Bran (1)	3
Ry Krisp (2 triple)	3
Wasa Fiber Plus (1)	3
Fiber Crisp Bread (2)	2
Finn Crisp (2)	2

Module 3: FIBER UP YOUR LIFE

Eat a Wide Variety of Fruits, Vegetables, Grains, Cereals, And Legumes to Increase Dietary Fiber

SURPRISE HIGH-FIBER FOODS

Food Item	Grams of Dietary Fiber
1/3 cup chickpeas (garbanzo beans)	10
1/2 cup baked beans in tomato sauce	9
2 figs	8
1/2 cup kidney beans	7
1/2 cup lima beans	5
1 medium pear with skin	5
1/2 cup blackberries	5
1 cup whole-wheat pasta	4
1/2 cup green peas	4
1/3 cup oat bran*	4
2 tbsp. wheat bran*	4
4 dates	4
1 medium apple with skin	4
4 prunes	4
2 slices whole-wheat bread	3
2 tbsp. wheat germ*	3
2 squares graham crackers	3
1 cup strawberries	3
1/2 cup raspberries	3
1/4 cup raisins	3

* Can be used as fiber-rich topping for hot or cold cereal, fresh fruit, yogurt, and desserts

**Maintain Dietary Fiber Intake
At 20 to 30 Grams a Day**

FIBER FOR A DAY

If during one day you eat:

- 1 oz. Kellogg's All Bran Cereal
- 1/2 cup raspberries
- 1 medium apple with skin
- 1/2 cup carrots
- 1 medium potato with skin

Fiber (g.)

9
3
4
3
3

You have eaten...

22 g. of fiber

OR if during one day you eat:

- 1 oz. General Mills Fiber One Cereal
- 1 medium banana
- 1 medium orange
- 1 cup whole-wheat pasta
- 1/2 cup green peas

12
2
3
4
4

You have eaten...

25 g. of fiber

OR if during one day you eat:

- 1 oz. Ralston Bran Chex
- 1/4 cup raisins
- 1 medium pear with skin
- 2 slices whole-wheat bread
- 1/2 cup baked beans in tomato sauce
- 1/2 cup corn

5
3
5
3
8
3

You have eaten...

27 g. of fiber

Menu A
High-Fat—Low-Fiber Menu

	CALORIES	FAT (g.)*	FIBER (g.)*
Breakfast:			
1 cup 2% milk	121	4.7	0.0
4 oz. orange juice	56	0.1	0.3
2 sausage links	96	8.0	0.0
1 slice white toast	67	1.0	0.6
1 pat margarine	36	4.0	0.0
1 tbsp. jelly	50	0.0	0.0
Lunch:			
2 slices white bread	134	2.0	1.4
1 tbsp. mayonnaise	99	11.0	0.0
1 slice bologna	57	4.6	0.0
1 oz. American cheese	107	9.0	0.0
1 oz. (small bag) potato chips	149	10.0	0.4
12 oz. can cola	160	0.0	0.0
Snack:			
1 oz. (box) gum drops	101	0.0	0.0
Dinner:			
6 oz. beef	378	17.0	0.0
1 cup mashed potatoes	222	6.0	3.2
1/2 cup corn	83	0.5	3.0
1 pat margarine	36	4.0	0.0
tossed salad with 2 tbsp. Thousand Island dressing	118	11.0	1.2
TOTALS:	2,070 calories	40% fat 93 g. fat	10.1 g. fiber

* Numbers are rounded off.

Module 3: FIBER UP YOUR LIFE

Menu B Low-Fat—High-Fiber Menu

	CALORIES	FAT (g.)*	FIBER (g.)*
Breakfast:			
1 cup oatmeal	145	2.0	3.0
1 cup skim milk	86	0.4	0.0
4 oz. orange juice	56	0.1	0.3
2 slices whole-wheat toast	118	2.0	2.7
2 tsp. margarine	67	8.0	0.0
Lunch:			
2 slices whole-wheat bread	131	2.0	2.7
1 oz. turkey breast	38	0.2	0.0
1 oz. Swiss cheese	108	8.0	0.0
1 tsp. mustard	6	0.0	0.1
1 oz. (small bag) pretzels	106	1.8	0.0
12 oz. iced tea	0	0.0	0.0
apple	81	0.5	3.0
Snack:			
banana	105	0.6	2.0
2 tbsp. peanut butter	190	16.0	2.0
Dinner:			
3 oz. chicken breast	140	3.0	0.0
1 baked potato	145	0.2	3.0
1 cup broccoli	46	0.4	4.0
tossed salad with 1 tbsp. low-fat dressing	16	2.0	1.0
1/2 cup fruit cocktail	3	0.1	2.0
1 tsp. soft margarine	33	4.0	0.0
Snack:			
1 cup sherbet	270	4.0	0.0
TOTALS:	1,890 calories	26 % fat 55 g. fat	26 g. fiber

* Numbers are rounded off.

Add High-Fiber Foods To Your Shopping List and Menus

FIBER CONTENT OF REFINED VS. UNREFINED FOODS

INSTEAD OF:		TRY:	
Refined	Fiber (g.)	Unrefined	Fiber (g.)
White bread (2 slices)	1	Whole-wheat bread (2 slices)	3
Cooked regular pasta (1 cup)	1	Cooked whole-wheat pasta (1 cup)	4
Cooked white rice (1/2 cup)	0.2	Cooked brown rice (1/2 cup)	1

Module 3: FIBER UP YOUR LIFE

Smart Goal Contract

Week of _____ **Goal-Setting Checklist:**

- S = Specific goal
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

Before You Return To the Leaner Weigh

REMEMBER TO:

- _____ Try slowly increasing the amount of fiber in your diet this week.

- _____ Complete your Goal Contract.

IF YOU WOULD LIKE TO READ MORE...

Connor, Sonja L. and William E. *The American Diet*. New York: Simon & Schuster, 1986.

Goor, Ron and Nancy. *Eater's Choice: A Food Lover's Guide to Lower Cholesterol*. Boston: Houghton Mifflin Co., 1989.

Hachfeld, Linda and Eykyn, Betsy. *Cooking à la Heart*. Appletree Press, Inc., 1990.

EXTRAS...

Fiber Up Your Life With Legumes

HOW TO COOK LEGUMES

Soaking Methods:

Long Soak: Dried beans, split peas, and lentils must be cooked before they are eaten. Most legumes, except lentils, black-eyed peas, and split peas, should be soaked in cold water for 6 to 8 hours or overnight at room temperature before cooking. Soaking shortens the cooking time and improves the texture, flavor, and appearance of the beans.

Quick Soak: To “quick soak” legumes, place them in water (6 to 8 cups water for 2 cups of dry beans) and heat to boiling. Cook the legumes for two minutes. Remove from the heat, cover, and let them stand to soak for one hour. Then drain and rinse the legumes and proceed with your recipe.

Cooking Tips:

Adding 1 teaspoon of vegetable oil to simmering legumes will help prevent foaming. Do not add acidic ingredients such as tomatoes, vinegar, or lemon juice while cooking, as the acid slows the softening process. These ingredients, if called for, are normally added toward the end of the cooking process.

Cooking Methods:

Legumes can be cooked *quickly* in a pressure cooker. They will be done in 10 to 35 minutes at 15 pounds of pressure.

Legumes can be cooked *slowly* in a Crockpot, taking 10 to 12 hours to cook at low heat or 5 to 6 hours at high heat.

Legumes can also be cooked on the stove. Use a large kettle or Dutch oven, because legumes expand greatly when cooked. The following table lists the cooking requirements for legumes on top of the range:

Some Commonly Used Legumes

- Baby lima**—mild flavored
- Black-eyed**—also called cowpea
- Garbanzo**—also called chickpea; has a nutlike flavor, firm texture, and is good in salads
- Great Northern**—good baker
- Kidney**—comes in light-red and dark-red varieties; used in chili
- Lentil**—has a nutty flavor; easily digested
- Lima, large**—also called butter bean; has a rich flavor, lends itself well to casseroles
- Navy**—a medium-sized white pea bean
- Pink**—good cooked with spicy seasonings
- Pinto**—used in Mexican dishes
- Red**—a pea-shaped bean used in salads
- Small white**—used in baked beans; has a firm texture
- Soybean**—a great protein base
- Split pea**—tiny flat pea, great for soup

Module 3: FIBER UP YOUR LIFE

Recipes to Fiber Up Your Life

Healthy Bean Toss

- Ingredients (for 5 servings)
- 1 can (16.5 oz.) three-bean salad, drained
 - 2 cups garbanzo beans, drained
 - 1 medium chopped tomato
 - 5 medium chopped scallions
 - 1/4 cup diet Italian dressing
 - 1/4 cup wine vinegar

Toss all ingredients together. Marinate for one hour in refrigerator. Drain and serve over a bed of lettuce.

One serving (1/2 cup): 113 calories, **6 g. fiber**, 22 g. carbohydrate, 5 g. protein, 1 g. fat

Lentil Soup

- Ingredients (for 7 servings):
- 1 lb. lentils, dry
 - 2 large carrots, chopped
 - 3 stalks celery, chopped
 - 2 medium onions, chopped
 - 6 cups water
 - 4 chicken bouillon cubes
 - 1/2 tsp. dry mustard
 - 2 tsp. salt (optional)
 - 2 tsp. pepper
 - 1/4 tsp. horseradish
 - 1/4 tsp. Worcestershire sauce

2 tsp. garlic powder

3 tsp. picante sauce

Rinse the lentils. Put lentils and all other ingredients in a Crockpot. Cook on low for 2 to 3 hours.

One serving (1 cup): 167 calories; **12 g. fiber**, 32 g. carbohydrate, 11 g. protein

Source: Diabetes Forecast, March-April, 1986.

Hearty Pea Soup

Ingredients (for 8 servings):

2 tbsp. vegetable oil

1 onion, chopped

2 bay leaves

1 tsp. celery seed

1 cup dry green split peas

1/4 cup barley

3/4 cup dry lima beans

10 cups water

6 oz. (3/4 cup) diced lean ham

1 carrot, chopped

3 ribs celery, diced

1 potato, diced

1/2 cup chopped fresh parsley

dash pepper

1/2 tsp. dried basil, crushed

1/4 tsp. garlic powder

Module 3: FIBER UP YOUR LIFE

1/4 tsp. whole thyme

In Dutch oven or large saucepan, heat oil. Sauté onion until soft. Add peas, barley, lima beans, bay leaves, celery seed, and water and bring to a boil. Reduce heat, cover, and simmer for about 1½ hours.

Add ham, carrot, celery, potato, parsley, pepper, basil, garlic powder, and thyme. Simmer for another 30 to 45 minutes. Remove bay leaves before serving.

One serving: 251 calories; **4.9 g. fiber**, 5.2 g. fat

Adapted from: Hachfeld, Linda, M.P.H., R.D. and Betsy Eykyn, M.S., Cooking à la Heart Cookbook. Appletree Press, Inc., 1990.

Baked Beans

Use long, slow cooking for these deep-brown, old-fashioned baked beans.

Ingredients (for 8 servings):

2 cups dry navy beans

Oven: 275 degrees

1/3 lb. Canadian bacon

Time: 4 to 5 hours

1/2 cup chili sauce

1 tbsp. vinegar

1 medium onion, chopped

1/2 tsp. dry mustard

6 tbsp. molasses

1/4 cup brown sugar

2 cups bean water

Sort and rinse beans. Cover beans with water and soak overnight. (Or bring beans to a boil, turn off heat, cover, and allow beans to sit in their cooking water for one hour.) Return beans to heat. Add chunk of Canadian bacon and bring beans to a boil. Simmer, cov-

Module 3: FIBER UP YOUR LIFE

ered, for one hour or until beans are tender.

Remove bacon and dice. Drain beans, reserving 2 cups bean water.

Combine chili sauce, vinegar, onion, mustard, molasses, brown sugar, and bean water.

Place beans and diced Canadian bacon in a nonstick-sprayed 2½ quart casserole and pour sauce over beans. Cover and bake in a slow oven.

One serving: 277 calories; **12.6 g. fiber**, 2.2 g. fat

Source: *Hachfeld, Linda, M.P.H., R.D. and Betsy Eykyn, M.S., Cooking à la Heart Cookbook. Appletree Press, Inc., 1990.*

Module 4: SUPERMARKET SMARTS

WHERE WE ARE GOING

In this session we will review the previous meeting's assignments and you will learn to:

- Shop for a wide variety of low-fat, high-fiber foods.
- Use labels to help identify low-fat, high-fiber foods.
- Tell the difference between promotional and informational labels.
- Compare products for low-fat and high-fiber content, just as you would compare prices.

[A series of 18 horizontal lines for taking notes, enclosed in a vertical rectangular border.]

Module 4: SUPERMARKET SMARTS

**Use Labels to Help Identify
Low-Fat, High-Fiber Foods**

Formula

FIGURING PERCENTAGE OF CALORIES FROM FAT

Grams of fat x 9 calories
 _____ x 100 = % Calories from fat
Total calories

FAT CALCULATION EXAMPLES:

Ragu Homestyle Spaghetti Sauce, Plain and Mushrooms

Serving Size	4 ounces (1/2 cup)
Calories	70
Fat (g.)	2

Prego Spaghetti Sauce, Chunky Mushroom and Green Pepper

Serving Size	4 ounces (1/2 cup)
Calories	110
Fat (g.)	6

Ragu: 2 x 9 = 18
 _____ x 100 = 26% Fat
 70

Prego: 6 x 9 = 54
 _____ x 100 = 49% Fat
 170

Use Labels to Help Identify Low-Fat, High-Fiber Foods

READ ANY GOOD LABELS LATELY?

When you're in the supermarket and trying to decide what to buy, the nutrition and ingredient labels can provide you with information to help you make healthy food choices.

NUTRITION LABELING

Nutrition Information Per Serving

Serving Size	9 oz. (255 g.)		
Servings Per Container	1		
Calories	360		
Protein (g.)	14		
Total Carbohydrates (g.)	26		
Simple Sugars (g.)	11		
Complex Carbohydrates (g.)	15		
Fat (g.)	22		
Fiber (g.)	1		

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein	30	Riboflavin	15
Vitamin A	30	Niacin	15
Vitamin C	6	Calcium	4
Thiamine	10	Iron	8

From this information, you can easily figure out what percentage of the total calories comes from fat by using the following steps:

**Use Labels to Help Identify
Low-Fat, High-Fiber Foods**

Lined area for student notes or calculations.

- 1. Find the total grams of fat in a serving. The example on page 4-3 tells us there are 22 grams of fat in one serving.
- 2. Convert the "grams" into "calories." There are nine calories in one gram of fat. Simply multiply the number of grams of fat by nine to get the caloric value. Using the example on page 4-3: $22 \text{ g. fat} \times 9 = 198 \text{ calories}$.
- 3. Calculate the percentage of fat calories by dividing the calories from fat by the total calories per serving and multiplying by 100. Using our example, $198 \div 360 = .55 \times 100 = 55\%$. This means 55 percent of the calories in this item come from fat!

Use Labels to Help Identify Low-Fat, High-Fiber Foods

INGREDIENT LABELS

The labels of most packaged and processed foods include a list of ingredients. Ingredients are listed by weight, with the item present in the greatest amount listed first and the item present in the least amount listed last. For example, the labels below describe two cereals. Cereal #1 has more sugar than any other ingredient. Cereal #2 has less sugar and no added fat.

Cereal #1

Ingredients: **Sugar**, corn flour, wheat and oat flours, salt, corn syrup, dried apples, cinnamon, partially hydrogenated vegetable oil (contains one or more of the following: palm oil, cottonseed oil, or corn oil), sodium ascorbate (C), natural apple flavorings, Vitamin A palmitate, artificial coloring, niacinimide, ascorbic acid (C), baking soda, reduced iron, zinc oxide, thiamin hydrochloride (B1), pyridoxine hydrochloride(B6), riboflavin, folic acid and Vitamin D2, BHA added to preserve freshness.

Cereal #2

Ingredients: **Whole wheat**, wheat bran, raisins, sugar, natural flavoring, salt, BHT added to the package to preserve freshness.

Label Lingo

- **DIETETIC:** Any food intended for “special” dietary use. A loose term that can mean the product is low in an ingredient such as sodium, but not necessarily reduced in fat, sugar, or calories.
- **LOW CALORIE:** Forty calories or less per serving and 0.4 calories or less per gram.
- **REDUCED CALORIE:** Contains 1/3 fewer calories (or less) than the original product (e.g., reduced-calorie mayonnaise contains 60 calories per tablespoon, whereas regular mayonnaise contains 100 calories per tablespoon).
- **% FAT-FREE:** Some manufacturers advertise a product such as hot dogs as 96% or 98% fat-free. This measure is fat-free *by weight*. (You need to calculate the actual percent of total calories from fat using the formula in your manual.)
- **“LITE” OR “LIGHT”:** Beware—“lite” or “light” may be only slightly lighter than the original.
- **NO CHOLESTEROL:** Products without cholesterol may still have a high fat content.
- **ENRICHED:** Some nutrients lost in processing are replaced. For example, in processing wheat flour into white flour, 24 nutrients are lost and 4 are replaced.
- **FORTIFIED:** Nutrients that were never present in original food are added (e.g., iodine to salt, vitamins to cereals, vitamin C to juice drinks).
- **NATURAL:** A marketing term used to imply that the product was prepared with minimal processing. It may also mean that the product contains no artificial flavors, colors, or preservatives. There is no industrywide standard for the use of this term.
- **ORGANIC:** Term used to promote foods grown without synthetic fertilizers or pesticides. Organic foods are usually more expensive.

Module 4: SUPERMARKET SMARTS

- **IMITATION:** Looks and tastes a lot like the original, but has a different nutritional composition. An imitation product may or may not be lower in protein, fat, and vitamins than the original.
- **“HIGH” FIBER:** There is no government definition for what constitutes a high-fiber food.

**Compare Products for Low-Fat and High-Fiber Content
Just as You Would Compare Prices**

THE CHEESE COUNTER

(1 oz., except as noted)

Product	Calories	Fat(g.)	%Calories From Fat
Alpine Lace Free 'N' Lean			
Process Cheddar, shredded	35	0.2	4
Borden Lite-line, Sharp Cheddar (2/3-ounce slice)	35	2	51
Dorman's Light, Cheddar	80	5	56
Heart Beat American Cheese (2/3-ounce slice)	35	1.5	39
Kraft Light Singles, Swiss	70	3	38
Sargento Preferred Light Cheddar, bites	90	5	50
Mozzarella, slices	60	3	45
Weight Watchers Mozzarella	70	4	51
Regular cheddar	114	9	71
Regular mozzarella	80	6	68

SHOPPING GUIDELINES FOR LOWER-FAT CHEESES

- A low-fat cheese has 1 to 5 grams of fat or less per ounce; moderate fat content is 6 to 7 grams per ounce, and high fat is 8 or more grams per ounce.
- Read labels. Many cheeses claiming to be light or low in fat have almost as high a percentage of fat calories as regular cheese.

Module 4: SUPERMARKET SMARTS

Learn to Shop for a Wide Variety Of High-Fiber, Low-Fat Foods

THE MEAT COUNTER

Lean cuts of meat (3.5 oz., cooked and well-trimmed)

Type of Meat	Calories	Fat (g.)	% Calories from Fat
--------------	----------	----------	------------------------

RED MEAT

Beef

Eye of round, select (e.g., minute steak)	178	6	30
--	-----	---	----

Top round, choice (e.g., London broil)	194	6	28
---	-----	---	----

Chuck, select (e.g., pot roast)	222	9	36
------------------------------------	-----	---	----

Top loin, select (e.g., New York or strip steak)	190	8	38
---	-----	---	----

Sirloin, choice (e.g., top sirloin steak)	211	9	38
--	-----	---	----

Tenderloin, select (e.g., filet mignon)	208	10	43
--	-----	----	----

Lamb

Leg	191	8	38
-----	-----	---	----

Loin chop	202	10	45
-----------	-----	----	----

Shoulder	204	11	48
----------	-----	----	----

Pork

Tenderloin	166	5	27
------------	-----	---	----

Center loin	190	8	38
-------------	-----	---	----

Leg (fresh ham)	220	11	45
-----------------	-----	----	----

Veal

Leg	150	3	18
-----	-----	---	----

Sirloin	168	6	32
---------	-----	---	----

Loin chop	175	7	36
-----------	-----	---	----

Shoulder roast	170	7	37
----------------	-----	---	----

Module 4: SUPERMARKET SMARTS

Type of Meat	Calories	Fat (g.)	% Calories from Fat
POULTRY			
Chicken			
Breast, no skin	165	4	21
Breast, with skin	197	8	36
Drumstick, no skin	172	6	31
Thigh, no skin	209	11	47
Wing, with skin	290	19	59
Turkey			
Breast, no skin	135	1	7
Breast, with skin	153	3	18
Leg, no skin	108	2	17
Wing, no skin	207	10	43

SHOPPING GUIDELINES

- **Look for “select” and “choice” grades of beef.** “Prime” meats are the fattiest.
- **Don’t assume that meat labeled “lean” or “lite” really is lean.** Read the label; as a rough guide, there should be fewer than 10 grams of fat in a 3.5-ounce cooked serving.
- **Trim all visible fat from meats before cooking.**
- **Limit portion sizes to 3 to 4 ounces after cooking.** Try to think of meat sometimes as a side dish, an accompaniment to healthful grains and vegetables.

Source: Adapted from the University of California at Berkeley Wellness Letter, August 1991.

Module 4: SUPERMARKET SMARTS

Smart Goal Contract

Week of _____ Goal-Setting Checklist:

S = Specific goal
M = Measurable
A = Attainable
R = Realistic
T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

**Before You Return
To the Leaner Weigh**

REMEMBER TO:

- ___ Begin label reading.
- ___ Put your Refrigerator Feedback Card on the refrigerator.
- ___ Remember to use your Shopping Guides.
- ___ Complete your Goal Contract.

IF YOU WOULD LIKE TO READ MORE...

Heart Smart Cookbook. Detroit Free Press and Henry Ford Health System, 1991.

Lowfat Lifeline. Monthly newsletter. (Lowfat Lifeline, 52 Condolea Court, Lake Oswego, Oregon 97035.)

Module 5: EATING-OUT SMARTS

WHERE WE ARE GOING

In this session we will review the previous meeting's assignment and you will learn to:

- Choose foods low in fat and high in fiber more often when dining out.
- Evaluate menus to order foods low in fat and high in fiber.
- Identify low-fat, high-fiber menu selections in all types of restaurants.
- Identify low-fat, high-fiber fast-food choices.
- Recognize and use your rights to ask for substitutions, modifications, or special food preparations when dining out.
- Learn to prepare low-fat, high-fiber brown-bag lunches.

Module 5: EATING-OUT SMARTS

Evaluate Menus to Order Foods Low in Fat and High in Fiber

	COOKING TERMS USED IN RESTAURANT MENUS	
	High Fat	Low Fat
	Fried	Steamed
	Buttered	Poached
	Sautéed (in butter or oil)	Broiled (without butter)
	Creamed	Roasted
	Au gratin	Baked
	Scalloped	Stir-fried
	Marinated in oil	Grilled
	Braised	In its own juice
	Breaded	Garden fresh
	Basted	
	Casserole	

Learn to Identify Low-Fat, High-Fiber Menu Selections in All Types of Restaurants

RESTAURANT CHOICES

Choose Less Often

Choose More Often

General Restaurant Jargon

Au gratin, basted, breaded, butter sauce, cheese sauce, creamed, crispy, fried, in gravy, marinated in oil, meat sauce, scampi-style.

Boiled, broiled, charbroiled, grilled, in its own juice, marinara, marinated in juice or wine, poached, roasted, steamed, tomato sauce.

Chinese

Sweet-and-sour pork; egg rolls; deep-fried items; fried rice; egg foo yong; Peking duck.

Stir-fried dishes (vegetable, chicken, or seafood); bean curd with mixed vegetables; chop suey; moo goo gai pan; plain rice.

Indian

Dishes made with coconut milk and ghee (clarified butter); pooris and parathas (fried breads).

Dal (legume dish); vegetable curries; pilafs; tandoori chicken or fish; chapatis (baked breads); raita (cucumber and yogurt).

Japanese

Tempura, tonkatsu, torikatsu, and katsudon (deep-fried dishes).

Chicken or fish teriyaki; tofu dishes; sashimi; sushi; "yaki-mono" (means broiled); broth-based soups; udon (noodles); Japanese casseroles (nabe-mono); noodles used in soups (menrui).

Module 5: EATING-OUT SMARTS

Middle Eastern and Greek

Kibbeh (lamb and butter); lamb; baklava; dishes made with phyllo dough (they are usually prepared with lots of butter); spanakopita; tyropita; falafel. Many dishes in these types of restaurants are prepared with oil and butter and are high in salt.

Shish kabob; couscous; pilaf; tabbouleh; tzatziki (yogurt and cucumbers); plaki (fish cooked with tomatoes, onions, and garlic); pita bread; Greek salad (but go easy on the olives, feta cheese, and olive oil); dolma; imam bamaldi; bulgur.

Italian

Veal scallopini or parmigiana; pesto sauce; cream sauces; meatballs, lasagna; dishes that are made with lots of cheese or butter. Watch out for antipasto salads: They have chccsc, olives, and Italian cold cuts.

Pasta with the following sauces: red or white clam, marinara, or wine-based; chicken cacciatore; minestrone; Italian ices.

French

French onion soup; hollandaise, bearnaise, and bechamel sauces; au gratin and creamed dishes; ris de veau (sweetbreads); boudin (sausage); foie gras (goose liver); quiches; cassoulet; fondue; duck à l'orange; tripe à la mode.

Steamed mussels; salad (with dressing on the side); wine sauces (without cream); bouillabaisse; poached fish and fish in papillote; coq au vin; poulet aux fines herbes.

Mexican

Beef and cheese chimichangas;
tacos; tostadas; guacamole;
refried beans (made with lard);
sour cream; flour tortillas; chips.

Ceviche; seafood or chicken
burritos; cabbage salad; salsa;
rice; corn tortillas, fajitas.

Vegetarian

Cheese dishes; omelettes;
dairy products; nuts and seeds;
deep-fried foods.

Steamed or stir-fried vegta-
bles; salads; yogurt dishes;
bean dishes; pita sandwiches;
vegetable soups; tofu dishes;
fruit.

Cajun and Creole

Deep-fried dishes; sausage;
dirty rice; étouffée.

Fish (without melted butter);
shrimp creole; seafood
jambalaya.

Module 5: EATING-OUT SMARTS

Pancakes without butter
Low-fat milk

Lunch or Dinner:

Roasted or broiled chicken breast sandwich
Lean beef, ham, or chicken sandwiches on whole-grain bread
(or buns if available) without added sauces and fats
Vegetable and fruit salad bar with low-fat or fat-free dressing
and minimal cheese, bacon, pasta and potato salads, seeds and
nuts
Baked potato with salad bar toppings and minimal butter,
cheese, sour cream
Salads: oriental, shrimp, side salad

Module 5: EATING-OUT SMARTS

3. _____

4. _____

5. _____

6. _____

Module 5: EATING-OUT SMARTS

Smart Goal Contract

Week of _____ **Goal-Setting Checklist:**

S = Specific goal
M = Measurable
A = Attainable
R = Realistic
T = Timed

GOAL: _____

DAYS I ACCOMPLISHED MY GOAL (X)

_____ Monday	Comments: _____
_____ Tuesday	_____
_____ Wednesday	_____
_____ Thursday	_____
_____ Friday	_____
_____ Saturday	_____
_____ Sunday	_____

Signature: _____

Support Person: (Optional) _____

Instructor Comments: _____

EXTRAS...

Module 5: EATING-OUT SMARTS

Helpful Hints When Dining Out

- Plan ahead (type of restaurant, food choices, what you will eat and do prior to going out, how much you will eat).
- Call the restaurant ahead of time to find out what is on the menu.
- Don't arrive at the restaurant extremely hungry. If you know you will be eating late, have a light snack beforehand.
- Sparkling water, vegetables, and salads with small portions of dip or dressing are good alternatives to hors d'oeuvres, appetizers, and alcoholic beverages.
- Request that sandwiches be served with mustard instead of mayonnaise.
- Request that poultry, fish, and lean meats be broiled without butter ("dry") or look for terms, such as steamed, in its own juice, roasted, poached, or baked, that indicate low-fat preparation.
- Request that salad dressings be served on the side. Ask if a low-fat dressing is available.
- Limit the amount of high-fat toppings added to baked potatoes (e.g., sour cream and butter).
- Ask if the restaurant has fresh fruit, sherbet, sorbet, or frozen yogurt for dessert; most do.

Module 5: EATING-OUT SMARTS

Comparison Menu Selection

	Typical Choice	Better Choice
	Breakfast	
	2 fried eggs	1/2 grapefruit or melon
	4 links sausage	1 cup low-fat milk
	1 cup hash browns	1 slice whole-wheat toast
	3 coffees with cream and sugar	1 pat butter
		1 poached egg
		1 black coffee
	Lunch	
	"Diet Plate" with:	3 oz. turkey on
	8 oz. ground beef	2 slices whole-wheat bread
	1/2 cup cottage cheese	1 tsp. mustard
	2 canned peach halves	Sliced tomatoes
	1/2 cup Jell-O	1 black coffee
	2 packages melba toast	
	2 coffees with cream and sugar	
	Dinner	
	2 martinis	1 martini
	Salad	Salad
	2 ladles blue cheese dressing	1 tbsp. Italian dressing
	2 slices French bread	1 slice whole-wheat bread

Module 1: PREPARING FOR SUCCESS

TEACHING TOPIC: Logistics

The "Leaner Weigh" is a four-session course that meets for an hour each session.

You'll receive this participant's manual (**SHOW PARTICIPANT'S MANUAL TO GROUP**), which consists of four modules containing a wealth of information that you can use on a daily basis. At each meeting, you'll receive the module we address in that session. You'll participate in an activity at each session.

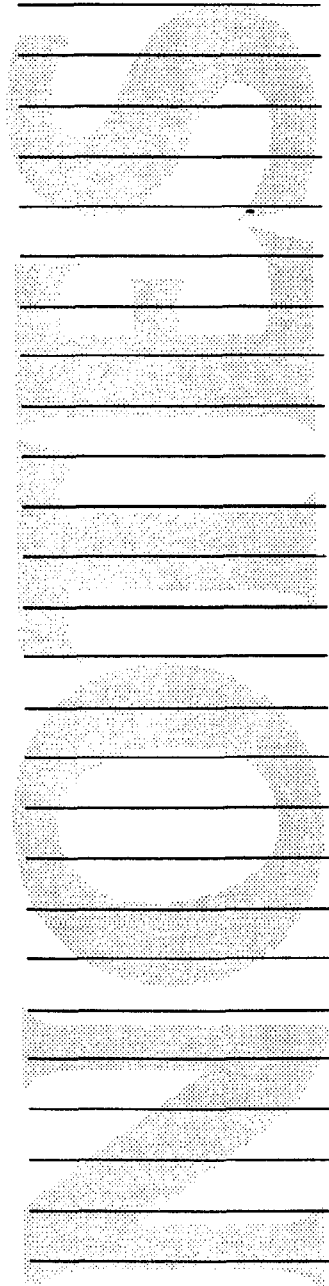
The "Leaner Weigh" sessions will be conducted on ____ (DAY) at ____ (TIME), at _____ (LOCATION), starting _____ (WHEN). You'll find a class schedule in your folders.

Also in your folders is a registration card we would like you to fill out and turn in before you leave today if you have not already done so. This card will register you for the course.

There are several three-hole-punched sheets in your folders. They are entitled "Where We Are Going"—a summary of today's class; "Before You Return to the Leaner Weigh"—a reminder of what to do for the next session; and a form entitled "Food for Thought." Bring these sheets to the next class for inclusion in the Leaner Weigh manual you will receive.

Now let's talk about the cost of the program. How much would a class like this—one that could make a major impact on both the quantity and the quality of your life—be worth to you? The cost of this program is (**DESCRIBE COST STRUCTURE FOR THIS COURSE**). This is a small price to pay for a lifetime of big-time benefits.

Before I summarize today's session and answer your questions, I would like to briefly explain the "Food for Thought" form. Please fill out this form at home and bring it to our first session. We will be going over the form together, and will refer to these answers throughout the course for purposes of goal-setting. (**READ INSTRUCTIONS FOR FILLING OUT FORM.**)



WHAT AM I EATING

Write down the foods you eat or drink in a full day on the form on the back of this page. It is important to record **all** foods eaten at any time of the day. You might find it easier if you write the food down immediately after each meal and snack. Be sure the list includes the type of food, how it was prepared and the amount.

Look up the foods in the **Fat-Fiber Counter** and write down the fat and fiber in each food. If you cannot find the food in the **Fat-Fiber Counter**, choose a food that is very similar. For fiber, if the item is not listed in the **Fat-Fiber Counter**, it probably has very little.

Add the values in each column to estimate your total fat or total fiber intake for the day.

HELPFUL HINTS IN KEEPING A FOOD RECORD

1. Write down amounts in common measures (cup, tablespoon, teaspoon, 1 slice, ounce, etc.)
2. Remember: 1 cup = 16 tablespoons 1 tablespoon = 3 teaspoons
3. Describe foods such as skim or 2% milk, whole wheat bread, diet cola, tuna in oil, dark chicken meat, fried egg, etc.
4. Foods like casseroles, salads, and mixed dishes should be broken down into separate parts.
Example: Ground Beef Casserole — macaroni, 1/2 cup; tomato sauce, 1 tablespoon; hamburger, 1 ounce, etc.
5. Don't forget butter, gravy, salad dressings, etc. added to foods
6. How was the food cooked? Fried, broiled, baked, steamed, etc.

WHAT ARE YOUR PLANS?

The goals of this information packet are to help you lower fat and increase fiber in your diet.

Your daily intake of fat should be close to the value you read from the chart **How Much Fat Should I Eat?** Your intake of fiber should be 25 - 30 grams per day.

Now that you are familiar with the food choices you can make to **increase the fiber and decrease the fat** in your diet, what are your plans?

Look over the food intake record **What Am I Eating?** you kept earlier and circle the food items that are high in fat. Use the information in this packet and list foods you can eat in the place of the circled items.

Was your total fiber intake for the day too low? What foods could you add or change to increase fiber?

Write down 3 ways you plan to change your diet this week. It will be easier to make a few changes at a time.

1. _____
2. _____
3. _____

Once you have gotten used to the changes you decided to make, come back to this page and plan 3 more changes. It may be helpful to use the check sheet **How Am I Doing?** again.

Over the next few weeks and months you can slowly change your and your family's diet to one that is more healthful and to one that decreases your chance of getting cancer.

Diet can make a difference!

HOW AM I DOING?

The following check sheet will help you evaluate the fat and fiber in your own diet. Please check the box that is most like your usual intake at home.

Be honest! You are the one who best knows your food habits. Your goal is to have most of the checks in the column labeled always/frequently.

Re-do this inventory every 4 to 6 weeks to see if your food habits are improving. You may find it helpful to keep a score for comparison.

Key: ALWAYS = 95–100% of the time
 FREQUENTLY = 75– 95% of the time
 SOMETIMES = 50– 75% of the time
 RARELY = 25– 50% of the time
 NEVER = less than 25% of the time

Behaviors	Always	Frequently	Sometimes	Rarely	Never
A. FAT IN FOODS					
1. I choose low-fat milk (2% or skim) for cooking and drinking.					
2. I trim visible fat from my meat.					
3. I remove the skin from chicken and turkey.					
4. I broil, stir-fry, or bake meat, poultry, and fish.					
5. I use low-calorie salad dressing.					
6. I choose low-fat cheeses (cottage, ricotta, mozzarella, farmer, "light" processed cheeses).					
7. I choose low-fat desserts (fruit, pudding from skim milk, plain cookie, angel food cake) or skip dessert.					
8. I drink coffee and tea black or add skim milk.					
9. I do not eat potato chips, corn chips, taco chips, corn curls, etc.					
10. I use low-fat breads such as plain bread, English muffins or bagels rather than high-fat breads such as sweet rolls, donuts, cornbread, biscuits, or muffins					

Turn over for more...

Key: ALWAYS = 95–100% of the time
 FREQUENTLY = 75– 95% of the time
 SOMETIMES = 50– 75% of the time
 RARELY = 25– 50% of the time
 NEVER = less than 25% of the time

	Always	Frequently	Sometimes	Rarely	Never
11. I read labels and try not to purchase items with a fat or oil listed as first ingredient.					
12. I avoid adding butter, margarine, or other fat to vegetables, potatoes during cooking or at the table.					
13. I use low-fat yogurt (made from skim milk) in recipes calling for sour cream (dips, sauces, salad dressings).					
14. I eat small portions of meat (once a day or less than 6 ounces per day).					
15. I avoid eating batter-dipped and fried meat, poultry, fish or vegetables.					
B. FIBER IN FOODS					
16. I choose whole grain cooked cereals with a whole grain listed as the first ingredient					
17. I eat whole grain (wheat, rye, bran) breads, cereals, and crackers.					
18. Whenever possible, I choose whole fruits and vegetables with edible skins, peels, and/or seeds.					
19. I eat dried beans or peas or other legumes daily.					
20. When I make soups or casseroles, I add extra vegetables, whole grains (wheat, brown rice, etc.) or bran to increase fiber.					
21. I eat at least 4 to 6 servings (1/2 cup) of fruits and vegetables each day.					
TOTAL CHECKS	___ x 1 =	___ x 2 =	___ x 3 =	___ x 4 =	___ x 5 =
SCORING: a. Add the number of checks in each column. b. Multiply the number of total checks by the value indicated. c. Add total from each column to get a total score. d. Repeat every 2 or 3 weeks and compare your score. A lower score means improved eating behavior.	___ +	___ +	___ +	___ +	___ =
					TOTAL SCORE

WISE LABEL READING: FIBER

PRODUCT: RAISIN BRAN CEREAL

NUTRITION INFORMATION

Serving size: 1.4 ounces or about 3/4 cup cereal, alone
(or with 1/2 cup of skim milk)

Servings per package: 8

	Cereal	Cereal and Skim Milk
Calories	120	160
Protein	3 grams	7 grams
Carbohydrates	30 grams	36 grams
Fat	1 gram	1 gram
Cholesterol	0 milligrams	0 milligrams
Sodium	220 milligrams	280 milligrams
Potassium	230 milligrams	430 milligrams

Ingredients: Wheat bran with other parts of wheat, raisins, sugar, corn syrup, salt, malt flavoring

CARBOHYDRATE INFORMATION

	Cereal	Cereal and Skim Milk
Complex Carbohydrates	16 grams	16 grams
Sucrose & other sugars	10 grams	16 grams
Dietary fiber	4 grams	4 grams
Total carbohydrates	30 grams	36 grams

Compare your usual serving size with the one listed on the label. If you eat more than 3/4 cup of cereal, then you consume more than 120 calories and 4 grams of dietary fiber.

To increase the fiber in your diet, choose products listing bran or whole grains as the first ingredient. The ingredients listed first are present in the greatest amount in this food.

Added information provided by the manufacturer. You will find this on some cereal brands.

A serving (3/4) cup of cereal provides 120 calories. One-half cup of skim milk adds an additional 40 calories to the bowl. If you add sugar to raisin bran and milk, add an extra 16 calories per teaspoon.

Many cereals have added fat. A cereal should have 1 gram of fat or less to be considered low-fat. Skim milk is also low in fat.

Choose products providing 3 grams or more of dietary fiber as part of your high fiber diet.

SAMPLE MENU COMPARISON

Here are two menus — both provide about 2000 calories and both provide a variety of foods from the Basic Four Food Groups (dairy products, meats, breads & cereals, and fruits and vegetables). Compare the two menus to see which is higher in fiber and lower in fat.

MENU A

BREAKFAST

egg, scrambled, 1
toast, white, 1 slice
margarine, 1 tsp.
orange juice, 1/2 cup
bacon, 1/2 slice
whole milk, 1 cup

AM

cheese crackers with peanut butter,
3/4 oz., 1/2 package
coffee, black

LUNCH

cream of chicken soup, 1/2 cup with
milk
grilled cheese sandwich
2 slices bread
2 ounces American cheese
1 pat butter
sandwich cookies, 2
chips, 10
diet coke, 12 ounces

DINNER

ground beef, 3 ounces
mashed potatoes with milk and
butter, 1/2 cup
green beans, 1/2 cup with almonds,
1 tbsp.
lettuce wedge, 1/4 head
thousand island dressing, 2 tbsp.
brownie with nuts
coffee, black

SNACK

whole milk, 1/2 cup
cookie, 1

MENU B

BREAKFAST

egg, soft boiled, 1
whole wheat bagel, 1
preserves, 2 tbsp.
orange wedges, 4
skim milk, 1 cup

AM

rye krisp, 2 triple crackers
coffee, black
apple, 1 medium

LUNCH

bean soup, 1/2 cup
low-fat cheese, 2 ounces
lettuce
whole wheat bread, 2 slices
oatmeal cookies, 2
diet coke, 12 ounces
carrots and cucumber sticks
pudding made with skim milk, 1/2
cup

DINNER

baked chicken, no skin, 3 ounces
baked potato
butter, 1 tsp.
chives
broccoli, 1 cup
corn on cob, 5" ear
butter, 1 tsp.
angel food cake, 1/12 of 10" cake
strawberries, sweetened, 1/2 cup
coffee, black

SNACK

skim milk, 1/2 cup
graham crackers, 2

Turn over for more...

SAMPLE MENU COMPARISON

These menus differ in the amounts of **fat** and **fiber** they provide. **Menu B** is the better selection — low in fat and high in fiber. What are the choices made in planning **Menu B** to result in low-fat, high-fiber meals?

1. Choose low-fat milk to drink and use in preparing foods like pudding.
2. Limit high-fat spreads on breads and vegetables. Use jam or preserves instead of butter on toast. Try chives on baked potatoes.
3. Choose low-fat desserts and breads such as angel food cake, pudding made with low-fat milk, whole wheat crackers.
4. Leave out high-fat chips. Use raw vegetables if you like.
5. Decrease the number of eggs in your diet or prepare eggs without added fat.
6. Choose lean meat, remove the skin from poultry, and prepare without added fat.
7. Choose whole wheat breads and crackers instead of products made with white flour.
8. Eat whole fruits and vegetables (with skins or peels when possible) rather than juices or peeled fruits and vegetables. For example, choose a baked potato with skin rather than mashed potatoes. Try orange wedges for breakfast in the place of juice.

TAKING CHARGE: DIET AND CANCER

CONTENTS		PAGE
<i>LEFT POCKET</i>		
Diet is Important		1
Benefits		2
All About Fats	(front and back)	3
How Much Fat Should I Eat?		4
Myths and Truths about Fat		5
Other Choices — Low-Fat Substitutions		6
Wise Label Reading — Fats		7
Fat and Fiber Counter		
<i>RIGHT POCKET</i>		
All About Fiber	(front and back)	8
Myths and Truths about Fiber		9
Other Choices — High-Fiber Substitutions		10
What Am I Eating?	(front and back)	11
What Are Your Plans?		12
How Am I Doing?	(front and back)	13
Wise Label Reading — Fiber		14
Sample Menu Comparisons	(front and back)	15