



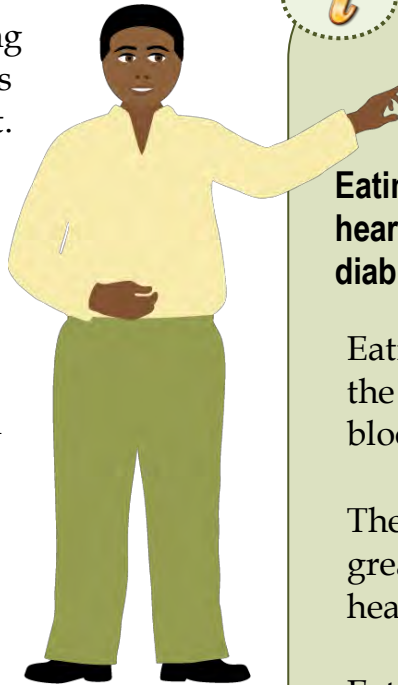
Session 3: Overview

Weighing and Measuring Food

Weighing and measuring food are important ways of knowing what we eat. Measuring helps us make healthier choices.

Eating even a slightly smaller amount can make a big difference in fat grams and calories.

Many people feel they do not need to weigh or measure their food because they think they know how much they eat. But most of us are surprised when we actually do measure. Our eyes can play tricks on us!



Quick Fact

Eating too much fat can cause heart disease and type 2 diabetes.

Eating a lot of fat can increase the amount of cholesterol in our blood.

The higher our cholesterol, the greater our chances of having a heart attack.

Eating a lot of fat also increases our chances of getting type 2 diabetes.

Estimating Fat and Calorie Content

It is hard to know the amount of fat and calories in our food, but with practice, we can make a good guess.

Eating Less Fat and Fewer Calories

In this program, we will learn three ways to help us eat less fat and fewer calories. We will –

- Eat high-fat and high-calorie foods less often.
- Eat smaller amounts of high-fat and high-calorie foods.
- Eat low-fat and low-calorie foods instead of high-fat, high-calorie foods.

Menu Makeovers

Choosing low-fat and low-sugar foods will help you reduce the fat and calories you eat.



Measurement Basics

Measurement	Abbreviation	Equivalent
Cup	c	8 ounces or 16 tablespoons
Tablespoon	T or Tbsp	3 teaspoons
Teaspoon	t or tsp	The amount in a regular size spoon
Ounce	oz	28 grams
Gram	g	The weight of a paper clip





Tips for Weighing and Measuring Food

Weighing and measuring foods is important for keeping track of how much you eat. Use the following tips to figure out the most exact amount.



Use a metal or plastic measuring cup for solid foods.

- ✓ Fill and level off the ingredient before you write down the amount.

Use a glass measuring cup for liquids.

- ✓ Read the line showing how much is in the cup at eye level.

Use a scale for meat, fish, cheese, bread, pasta, rice.

- ✓ Weigh meat after it is cooked.
- ✓ Remove the fat and bone before you weigh meat or fish.
- ✓ Remember: 4 oz of raw meat equals 3 oz cooked meat. 3 oz is about the size of a deck of cards.

Use measuring spoons for both solids and liquids.

- ✓ Level off solid ingredients before you write down the amount.



Guess What?

Most people are surprised when they weigh and measure food. We're now going to do an exercise. For this exercise, follow these steps to guess the amount of food shown.

1. Write down the name of each food on display.
2. Guess the amount using cups, tablespoons, teaspoons, ounces, or grams.
3. Weigh or measure the food. Write down the actual amount.
4. Figure out the fat grams and calories for the actual amount.

Food	Guessed Amount	Actual Amount	Fat Grams	Calories



Three Ways to Eat Less Fat and Fewer Calories



In this session, we discuss three simple ways to eat less fat and fewer calories.

1. Eat foods high in fat or calories *less often*.

Example: Eat French fries once a week instead of every day. That would mean about 132 fewer grams of fat per week!

2. Eat *smaller amounts* of high-calorie foods. Cutting back even a little on the amount you eat can make a big difference.

Example: At the salad bar, use a regular spoon instead of the ladle to pour on salad dressing. Most ladles hold 4 tablespoons, but most spoons hold 1 tablespoon or less. So you'll eat only a quarter of the fat. You'll eat 24 fewer grams of fat!

3. Eat *lower-fat* and *lower-calorie* foods instead.

Example: Choose non-fat milk instead of whole milk.



Three Ways to Eat Less Fat and Fewer Calories (continued)

Use the table below to help you find examples of lower-fat and lower-calorie foods.

Instead of this food:	Fat (g)	Calories	Choose this food:	Fat (g)	Calories
Potato chips, 1-ounce bag	11	161	Pretzels, 1-ounce bag	1	108
Regular margarine, 1 tsp	4	34	Low-fat margarine, 1 tsp	2	17
Roast beef (chuck), untrimmed, 3 ounces	22	286	Roast beef (top round), trimmed, 3 ounces	4	153
Baked potato with 2 Tbsp sour cream	6	56	Baked potato with 2 Tbsp salsa	0	8
Chicken breast, with skin, breaded, fried	24	439	Chicken breast without skin, grilled	9	205



Warning: Low-fat or fat-free products often contain a lot of calories.

For example –

½ cup low-fat frozen yogurt can have between 110- 180 calories.

Some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Be careful. Check the label.

Session 3: Three Ways to Eat Less Fat and Fewer Calories



Menu Makeover

These examples show how small changes make big differences in fat grams and calories.

High-fat, high-calorie meal	Makeover meal	Fat grams saved	Calories saved
Breakfast			
Fried eggs, 2	Corn flakes, 1 cup	15	90
Whole milk, 1 cup	Skim milk, 1 cup	8	60
Toast, 1 slice, with 1 tsp margarine or butter	Toast, 1 slice, with 1 tsp jam or jelly	4	17
Coffee, 1 cup, with 2 Tbsp half & half	Coffee, 1 cup, with 2 Tbsp nonfat creamer	4	20
Snack			
Doughnut, glazed, yeast, 1 (4" diam.)	Apple, 1 (2-3/4" diam.)	12	180
Lunch			
2 slices bread, with 1 Tbsp mayonnaise	2 slices bread, with 1 tsp mayonnaise	4	64
Bologna, beef, or pork, 1 oz	Turkey breast, 1 oz	7	60
American cheese, 1 oz	American cheese, low-fat, 1 oz	5	40
Potato chips, 1-oz bag	Potato chips, ½ of a 1-oz bag	5	75
Dinner			
Flounder, deep fried, 3 oz	Flounder, baked without fat, 3 oz	4	64
Mashed potatoes, ½ cup with milk and butter	Mashed potatoes, ½ cup, with milk, no butter	4	35
Gravy, ¼ cup	Gravy, from mix, using water, ¼ cup	4	80
Green beans, with bacon, ½ cup	Green beans, with nonfat broth, ½ cup	2	15
Salad with 2 Tbsp French dressing	Salad with 2 Tbsp fat-free dressing	11	100
Dessert			
Ice cream, premium, ½ cup	Orange, 1 (Eat ice cream rarely)	18	210
Total Daily Savings:		107	1,110



Menu Makeover Practice Sheet

Next week, use this table to practice cutting the fat and calories from meals and snacks.

Meal	High- fat, high-calorie meal	Fat grams	Makeover meal	Fat grams	Fat grams saved
Breakfast					
Lunch					
Dinner					
Snacks					



To-Do Next Week

Next week, I will –

- Keep track of my weight and what I eat.**
 - ✓ Keep track of **all** the fat grams I eat each day.
 - ✓ Come as close as I can to my fat gram goal.

- Make a plan to eat less fat and follow it.**
 - ✓ In the table below, write down five foods you eat that are high in fat. Circle one.
 - ✓ Pick one of the three ways to eat less fat from the food you circled. Write down in the space below how you will cut fat next week. **Be sure you write something you can do.**



My top 5 high-fat foods	The 3 Ways to Eat Less Fat		
	I will eat it less often:	I will eat a smaller amount:	I will eat a lower-fat food instead:

What I will need to do to carry out this plan: _____

Problems I might have cutting down on these foods, and what I will do to solve them:



To-Do Next Week (continued)

Before the next session, answer these questions:

1. Did you follow your plan? Yes ___ No ___ Almost ___

2. What did you do well?

3. What problems did you have following your plan?

4. What could you do differently next week?
