

FAT OUT!

Target Audience:

Adults

Topic Areas

Improving My Weight

The participants will:

- Limit foods that are high in fat
- Replace snacks that are high in Calories and/or high in fat with fresh fruits and vegetables

Eating Less Fat

The participants will:

- Consume fat-free, low-fat and/or reduced-fat foods

FAT OUT!

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Purpose:

The purpose of this lesson is to help participants consider behaviors they will be willing to adopt to reduce their fat intake.

What The Nutrition Educator Needs To Know To Answer Questions:

Fat and Calories

In general, foods that come from animals, like dairy foods and meats, are higher in fat than foods that come from plants. Foods that are high in fat are also high in Calories. Calories are units that measure the amount of energy that the body gets from foods. The Calories we eat give us energy to keep moving like gasoline keeps a car running.

Foods have different amounts of Calories based on the amount of carbohydrate, protein and fat they contain. Fat has more than two times the Calories as an equal amount of carbohydrate or protein. A food that is mostly fat will have more Calories than a food that is mostly protein or carbohydrate. You can eat larger portions of foods with carbohydrate or protein and get fewer Calories than you would from eating foods high in fat.

Fat, carbohydrate and protein are measured in grams. A gram is a small unit of weight equal to about 1/30 of an ounce. A gram of fat has 9 Calories, and a gram of carbohydrate or protein only has 4 Calories.

When people eat more Calories in a day than they use in their daily activities, they gain weight. For example, if you eat 2,500 Calories in one day, but only use

2,000, that is an extra 500 Calories that will be stored as fat. About 3,500 Calories equal one pound. If you eat an extra 500 Calories a day for seven days, you may gain one pound in that seven days. If you did this for one year, that would mean 52 extra pounds! To see how many Calories you should eat, see the chart on page 5.

Fat and Disease

Eating large amounts of high-fat foods has been linked to obesity, heart disease and certain cancers. Fat from food affects the blood cholesterol levels. There are two types of cholesterol. LDL (Low-density lipoprotein) often called the “bad cholesterol” causes clogged arteries. This increases the risk for heart disease, stroke and high blood pressure.¹ HDL (High-density lipoprotein) often called the “good cholesterol” helps to keep this from happening.

Types of Fat

Foods have different types of fat. Each type of fat has the same number of Calories, but has a different effect on blood cholesterol levels. Common terms used to talk about fat and blood cholesterol include:

- **Total fat** - All of the saturated, unsaturated and trans fats in a food. Foods with fat can be a mix of saturated fat, unsaturated fat and trans fat.
- **Saturated fat** - A type of fat found in foods from animals. Some examples of foods with large amounts of saturated fats are whole-milk dairy products, the skin of poultry, meats and lard. It is also in some plant products: coconut, cocoa butter, palm kernel and palm oils. Research has shown that a diet high in saturated fat can raise “bad” blood cholesterol, which is a major risk factor for heart disease.²
- **Unsaturated fat** - Unsaturated fats are found in most cooking oils, nuts, olives, avocados and fatty fish, like salmon. Studies show that unsaturated fats may lower “bad” blood cholesterol levels and may raise “good” blood cholesterol levels. Unsaturated fats can be monounsaturated fats or polyunsaturated fats.
 - Monounsaturated fat - Vegetable oils like olive, canola, sunflower and peanut are high in this kind of fat.
 - Polyunsaturated fat - Vegetable oils like soybean oil, corn oil, and cottonseed oil, some fish such as salmon, and many kinds of nuts are good sources of this kind of fat.

¹ Paul Insel, Elaine R. Turner, and Don Ross, Nutrition. (Massachusetts: Jones and Bartlett Publishers, 2001).

²“Revealing Trans-Fats. FDA Consumer Magazine. September-October 2003. Accessed at: http://www.fda.gov/FDAC/features/2003/503_fats.html 5792

- **Trans fat** - Trans fats are often called trans fatty acids. They are formed when liquid fats like oils are made into solid fats such as margarine or shortening. Very small amounts are found naturally in some foods, like beef, lamb, pork, butter and milk. Most of the trans fats in foods are made when oils are processed by food companies to make the shortening and margarine used in baked goods and spreads.² Foods high in trans fats tend to raise “bad” blood cholesterol and lower “good” cholesterol. Eating trans fat increases the risk of heart disease and stroke and can increase the risk of getting type 2 diabetes.³ The American Heart Association now recommends that you only have 1% of your total calories per day from trans fat. This means if you eat 2000 Calories each day, you should not have more than 2 grams of trans fats a day.⁴

Foods high in trans fats are:

- Deep-fried foods like fried chicken
- Doughnuts, cookies, crackers and cakes
- French fries
- Margarine and shortening
- Peanut butter
- Snack chips

Foods containing trans fats may have the words “partially hydrogenated vegetable oil” in the ingredients’ listed on the label.⁵

Cutting Back on Fat

One way to limit the amount of Calories you eat in a day is to replace high-fat foods with lower fat foods. Use MyPlate at: www.choosemyplate.gov/myplate/index.aspx to get your personal eating plan. This will help you make smart choices from every food group. It will help you balance food and physical activity each day. The goal is to eat more foods that are low in solid or saturated fat and added sugar and salt from each food group. MyPlate will also help you stay within your daily calorie needs.

These tips can help you to lower your total fat intake:

- Eat smaller amounts of foods high in fat to avoid getting too many Calories.
- Replace high-fat foods like doughnuts and deep-fried foods with low-fat foods like whole grains, fruits and vegetables.
- Use fewer fatty toppings like high-fat salad dressings, mayonnaise, butter, sour cream and gravy. Choose these foods less often or use smaller amounts.
- Cut back on high-fat snack foods like potato chips, snack cakes, cookies and

³F.B. Hu, R.M. VanDam, “Diet and Risk of Type II Diabetes: the role of types of fat and carbohydrate,” *Diabetologia* (2001) 44: 805-817.

⁴ American Heart Association, “Trans Fat.” Available at: <http://www.americanheart.org/presenter.jhtml?identifier=3045792>. Accessed 6/16/09.

⁵Nutrition and Your Health: Dietary Guidelines For Americans (Washington, D.C: U.S. Government Printing Office, 2005).

full-fat ice cream. Instead, choose the low-fat versions of these foods or eat fruits and vegetables.

- Use small amounts of fat while cooking. Use fats that are low in saturated fat and trans fat like canola oil in place of those that are high in saturated fat. Use a cooking spray instead of butter, margarine or oil to grease pans.
- Cut back on fried and deep-fried foods, like French fries and fried chicken.
- Replace high-fat meats with rice, noodles, or dried beans in sauces, chili and casseroles.
- Eat low-fat breakfast foods. Have hot and cold cereals, yogurt and fruits, like bananas and berries. Cut back on high-fat foods like sausage, bacon, eggs and hash browns.
- Reduce the amount of whole milk, salad dressing, mayonnaise and cheese that you use. Try the low-fat or fat-free products, like fat-free milk, low-fat cottage cheese and low-fat salad dressings and mayonnaise.
- Choose fish instead of meats, which are higher in saturated fat.
- Choose low-fat meats chicken or turkey more often than higher-fat meats like beef and pork.
- Remove visible fat and skin from meat and poultry.
- Use lean cuts of beef like loin or round, and lean ground beef like 90% and 93% lean.
- Order vegetable toppings on pizza instead of pepperoni, sausages or extra cheese.
- Cut back on processed meats high in saturated fats like bologna, salami, liverwurst, bacon, hot dogs and sausages. When you eat these foods, choose those that are labeled as fat-free or 98% fat-free.
- Try replacing whole eggs with egg whites in recipes. Use two egg whites for every whole egg needed in a recipe. Try this when making pancakes, cakes and cookies.

It is important to remember that limiting fat is only one part of a healthy diet. You can follow the Dietary Guidelines and get regular exercise to lower the risk of disease, including heart disease and obesity.⁴

Questions Participants May Ask:

Q: How much fat should I eat each day?

A: Many things determine the amount of fat and Calories you need each day. Below is a chart that gives ranges of fat and Calories that are good for most people. If you are very tall or short, are very athletic, or have a serious medical condition, the amount of fat and Calories you should consume may be different. If you need to know the exact amounts you should eat, check with your doctor or a dietitian.

| Active Men | Most Men/ Active Women | Most Women/ Older Adults |
|---|---|---|
| 2600-2800 Calories Up to 87-93 grams fat | 2000-2200 Calories up to 67-73 grams fat | 1600-1800 Calories up to 53-60 grams fat |

Q: What are saturated fats?

A: Saturated fats are found mostly in animal and dairy products, like meat, cheese and butter. Coconut and palm oils are also high in saturated fats. These fats have been linked to diseases such as heart disease and cancer.

Q: What is the difference between fats?

A: Polyunsaturated and monounsaturated fats are often called “good fats” because they do not raise your “bad” blood cholesterol as saturated fats do. Also, they can help raise your “good” blood cholesterol level. Recent studies show diets higher in monounsaturated and polyunsaturated fats and lower in saturated, or “clogging” fats, may help to lower blood cholesterol and the risk of heart disease. The total amount of all fats you eat should be kept within the range for your personal level, which you can find by getting a personal eating plan at MyPlate.gov.

Q: Does removing the skin from chicken after frying reduce its fat content?

A: Yes. Most of the fat in chicken is in its skin. Removing the skin before eating the chicken is a good way to eat less fat. Skin can be taken off before or after cooking. The chicken tends to be less dry if the skin is removed after cooking. It also is easier to remove after cooking.

Q: Are the fats in fish good for you?

A: Some studies have shown that people who eat a lot of fish high in omega-3 fatty acids have less risk of heart disease.⁵ Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in omega-3 fatty acids.⁵ Fish are also very low in saturated fats.

Q: Are there other ways besides fish to get omega-3 fatty acids?

A: Very few foods, other than fish, are rich in omega-3 fatty acids. Some sources are soybean oil and canola oil.

Q: What are trans fats and where do you find them?

A: Trans fats are formed when liquid fats, like vegetable oils are changed by food made into solids. This changes the shape of the fat. Trans fats tend to increase blood cholesterol. Some foods high in trans fats are margarine, shortening, peanut butter, deep-fried foods like fried chicken and snack chips and baked goods like doughnuts, cookies, crackers and cakes.

⁵Kris-ETheron P, Harris WS, Appel LJ. Omega-3 Fatty Acids and Cardiovascular Disease. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 2003;23:151

Q: Which is better, butter or margarine?

A: Experts have not agreed on which one is better for you. Butter and margarine are both made from fats. Margarine is made by turning vegetable oils into solids. This forms trans fats. Trans Fats act in much the same way as saturated fats. Butter contains saturated fats. The American Heart Association now recommends that you only have 1% of your total calories per day from trans fat. This means if you eat 2000 Calories each day, you should not have more than 2 grams of trans fats a day.⁴ Both trans fats and saturated fats raise “bad” blood cholesterol levels.¹ However, some margarines are made without forming trans fats. These are healthier choices because they do not raise blood cholesterol levels, like saturated and trans fats. Look for the words “No trans fats” on the margarine package label. Whether you choose butter or margarine, use small amounts for cooking, as toppings or spreads.

Q: Why do some diets say you can have as much fat as you want?

A: Some diets say that eating foods high in protein and fat, like meats and eggs, and cutting out foods high in carbohydrates, like bread, pasta and fruit will help you lose weight quickly. Because you do lose water weight, you will lose weight if you eat this way.⁶ The myth behind these diets is that foods that are high in protein and fat will not turn into body fat and that high carbohydrate foods will be stored as fat after the body breaks them down. This is not true. Carbohydrates, protein and fat all have Calories. When you eat, your body takes all of the nutrients and energy from the food that it needs. When you eat more Calories than you need, the extra nutrients are stored as fat.

High-protein, high-fat diets may help you quickly lose weight. But, the weight loss almost never lasts. At first, most of the weight you lose is from fluids, like water leaving your body. Later, you lose weight, but this is from some fat, but also loss of muscle tissue which your body uses for energy as well as fat. Losing too much water or muscle tissue can harm your body. Also, these diets may keep you from getting the full range of vitamins and minerals you need from other foods. Over time, high-protein, high-fat diets can hurt your kidneys and liver.⁶ Other side effects may be nausea, weakness, constipation, fatigue, bad breath and dehydration.¹

These diets do not teach you how to change your eating and exercise habits to stay healthy. Any lost weight is usually gained back quickly after you stop following the diet. The best way to lose weight and stay healthy is to eat a low-fat diet based on the Dietary Guidelines and the personal eating plan you can get at www.choosemyplate.gov.

⁶ St. Jeor ST., Howard BV, Prewitt TE, et.al. Dietary Proteins and Weight Reduction: A Statement for Health Care Professionals From the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association. *Circulation*. 2001; 104:1869-1874

Q: What is cholesterol?

A: Cholesterol is a natural, waxy substance found in all parts of your body. It helps with many functions of the body, like digesting the fats you eat, making hormones and carrying out brain and nerve functions. Cholesterol comes from two sources. Your body makes most of it. This is most of what affects the cholesterol that your doctor measures in your blood. The rest of it comes from foods we eat from animals, like meats, poultry, fish, eggs, butter, cheese and whole milk.

The cholesterol level in your blood is affected the most by the total amount of fat you eat, especially saturated fats. High blood cholesterol also can result from obesity, a family history of high cholesterol, little physical activity and eating too many foods that are high in cholesterol. When blood cholesterol is high, some of it may settle in the arteries and clog them over time.

Q: What happens when your blood cholesterol levels become very high? How high is too high?

A: High levels of blood cholesterol are linked with hardening of the arteries and heart disease. A goal for most people is to keep their total blood cholesterol level under 200 milligrams per deciliter (mg/dl) of blood. Milligrams per deciliter is the unit of measurement used for blood cholesterol. You may see it written this way. Doctors often will just refer to the number. According to The National Heart, Lung and Blood Institute, a total blood cholesterol level of 240 milligrams per deciliter of blood is high and increases your risk for heart disease.

Q: How much cholesterol is it safe to get from food?

A: For most people the suggested amount of cholesterol you should get from food is 300 milligrams a day or less. You can find out how much cholesterol is in a food by reading the “Nutrition Facts” label.

Q: Which foods are high in cholesterol?

A: Some foods high in cholesterol are:

- Organ meats, like liver and kidney
- Red meats like beef and pork
- Dark meat from poultry
- Whole milk dairy products
- Shrimp and other shell fish
- Egg yolks
- Butter

Q: What are some lower cholesterol meat and dairy choices?

A: Some foods lower in cholesterol are:

- Round and loin cuts of beef
- Extra-lean ground beef, like 93% or 95% lean
- Non-fat or 1% low-fat milk
- Low-fat and non-fat cheeses and cottage cheese
- Egg whites
- Non-fat and low-fat yogurt
- Fruits, vegetables and grains

For Additional Reading:

Rutgers NJAES Cooperative Extension. "Smart Food Choices - Eat Lean Protein."
Tips to Help You Eat Less Fat. Karen Ensle, 2/20/2007. Accessed at:
<http://njaes.rutgers.edu/pubs/publication.asp?pid=FS1055>

FAT OUT!

Main Themes:

Nutrition & Diet

Shopping

Budgeting

Cooking & Food Storage

Safety & Sanitation

Materials Needed:

Activity 1

Fat Replica 1 lb. (Nasco WA14533H) Order toll free 1-800-558-9595

Activity 2

Food Posters—See directions below to prepare food posters appropriate for the audience you are teaching.

Fat Tubes—See directions below to prepare fat tubes.

Activity 3

Handouts:

What Can I Do to Reduce My Fat Intake? 1 per participant

Easy Ways to Eat Less Fat and FAT OUT! Your Guide to Eating Less Fat—1 per participant; copy these handouts back to back

Preparation Needed Prior To Lesson:

Food Posters

Glue

Markers

Food pictures (For Example: The Dairy Council Food Models for General Audiences)

Order toll free 1-800-426-8271 or write:

Dairy Management, Inc.

10255 West Higgins Road Suite 900

Rosemont, IL 60018-5616

Cardboard

1. Look at your participants' diet recalls and see which foods they regularly eat that are high in fat.
2. Make a list of high-fat foods. Think of good substitutes for these foods that your participants might be willing to eat. Look at the table on pages 13 and 14 for examples of common high-fat foods and low-fat substitutes.
3. Choose pictures, like the Dairy Council Food Model pictures, of these foods or pictures below. Glue them onto the cardboard.

4. Write the amount of fat and Calories of the food items under each picture.

Fat Tubes

Test tubes

Shortening

Small heatproof bowl or pot

Hot plate

Funnel

Graduated cylinder (10 ml)

Test tube holder

1. Get a box of test tubes.
2. Melt shortening in a small heatproof bowl or pot on a hot plate.
3. Pour the melted shortening through the funnel and into the graduated cylinder and measure the right amount of shortening for each tube following the chart below.
4. Cool the tubes and let the shortening harden.
5. Label the amount of fat in each tube. Each gram of fat is equal to about one milliliter of fat.
6. Make enough fat tubes to show the item with the highest amount of fat.

| Amount of fat to be put in each tube | Amount of fat in milliliters (ml) | Number of tubes to be made of each amount |
|---|--|--|
| 0 grams (empty tube) | 0 | 1 tube |
| 1 gram | 1 | 1 tube |
| 2 grams | 2 | 1 tube |
| 3 grams | 3 | 1 tube |
| 4 grams | 4 | 1 tube |
| 5 grams | 5 | 1 tube |
| 6 grams | 6 | 1 tube |
| 7 grams | 7 | 1 tube |
| 8 grams | 8 | 1 tube |
| 9 grams | 9 | 1 tube |
| 10 grams* | 10 | 4 tubes |

*To show an amount of fat in foods that are greater than 10 grams, add as many tubes as needed. For example, if you are showing the amount of fat in a CHEESEBURGER, you will show $27\text{g} = 10\text{g} + 10\text{g} + 7\text{g}$. You will need three tubes to present this dish: two tubes holding 10 grams of fat and one tube with 7g.

Table 1: Examples of High-Fat Foods and Their Substitutes

| High-Fat Food | | | | Low-Fat Option | | | |
|--|---------------------|-----------------|----------------|---|---|-----------------|----------------|
| Food | Serving Size | Calories | Fat (g) | Food | Serving Size | Calories | Fat (g) |
| eggs scrambled with milk and sausage links | 2 eggs 4 links | 393 | 31 | egg white omelet with peppers and cheddar cheese | 2 egg whites ¼ cup bell pepper 2 Tbsp. low-fat cheese | 96 | 5 |
| McDonald’s Big Mac hamburger | 1 sandwich | 540 | 29 | McDonald’s grilled chicken sandwich no mayonnaise | 1 sandwich | 331 | 7 |
| chocolate chip cookies | 2 cookies | 110 | 5 | Goya Maria cookies | 5 cookies | 110 | 2.5 |
| McDonald’s French fries | 1 large | 500 | 25 | McDonald’s French fries | 1 small order | 230 | 11 |
| Wendy’s baked potato with bacon and cheese | 1 potato | 450 | 13 | Wendy’s baked potato with fat-free sour cream | 1 potato 2 Tbsp. sour cream | 300 | 0.5 |
| sliced ham (luncheon meat) | 4 slices | 208 | 12 | sliced turkey ham, honey cured | 4 slices | 100 | 3 |

| Food | Serving Size | Calories | Fat (g) | Food | Serving Size | Calories | Fat (g) |
|--------------------------------------|--------------------------|-----------------|----------------|------------------------------|---------------------|-----------------|----------------|
| chili with meat | 1 cup | 340 | 16 | chili without meat | 1 cup | 220 | 3 |
| fried chicken with skin | 3.5 oz | 268 | 17 | baked chicken without skin | 3.5 oz | 170 | 4.5 |
| whole milk | 1 cup | 150 | 8 | fat-free milk (skim) | 1 cup | 80 | 0 |
| fish sticks | 6 sticks (about 5-6 oz.) | 456 | 18 | baked flounder fillet | 6 oz. | 198 | 2.6 |
| white rice cooked with water and oil | 1 cup | 333 | 9 | white rice cooked with water | 1 cup | 264 | 1 |
| ice cream | 1 cup | 386 | 24 | frozen yogurt | 1 cup | 230 | 8 |

Table values were taken from Bowes & Church's Food Values of Portions Commonly Used, 16th ed., by Jean A. T. Pennington. Calories and fat values were averaged. McDonald's values were taken from the Nutrition Facts section of the website, www.mcdonalds.com.

Time The Activities Are Expected To Take:

Before You Begin: 2 - 5 minutes

Activity 1: 10 - 15 minutes

Activity 2: 25 - 40 minutes

Activity 3: 15 - 20 minutes

Next Week's Goals: 5 minutes

FAT OUT!

Lesson Plan:

Before You Begin (2 - 5 minutes)

1. Ask the participants if they worked on their goals from the last lesson. Ask them which goals they worked on and how or what they did to work on them. Try to get people to tell the class what they did. If they did not work on the goals, ask them to work on them before the next class.

Activity 1: Talking About Fat (10 - 15 minutes)

1. Begin today's lesson by passing a fat model around the class. If the fat model that you have is labeled with the weight, black out the weight or cover it with your finger.
2. Invite the participants to make comments about it.
3. Ask them how much they think it weighs. Give them a few minutes to answer.
4. After they answer, tell the participants that it is a model of what one pound of fat in their bodies looks like. Invite more comments.
5. Ask participants if they have heard that people should lower the amount of fat, they eat.
6. Ask them if they know of any reasons why you should eat less fat.

Answers will vary. Make sure that the following is mentioned. Eating large amounts of high-fat foods has been linked to obesity, heart disease and certain cancers. Some Fat, like saturated fat from food affects the blood cholesterol levels, which increases the risk of high blood pressure and heart disease.

If participants have questions about these conditions, they should contact their doctors.

7. Ask participants if they know how much fat they should be eating?

Answers will vary. Make sure that the following is mentioned. Things that determine the amount of fat you should eat each day are if you are male or female, how old and how active you are. The maximum amount of fat you

should have is related to the amount of Calories you eat. You can refer to the chart that gives ranges of fat and Calories for most people. If a participant wants to know the exact amount he or she should eat, recommend that he or she check with a doctor or a dietitian.

| Daily Calorie Intake Ranges With Related Maximum Daily Fat Amounts: | | |
|--|---|---|
| Active Men | Most Men/ Active Women | Most Women/ Older Adults |
| 2600-2800 Calories up to 87-93 grams fat | 2000-2200 Calories up to 67-73 grams fat | 1600-1800 Calories up to 53-60 grams fat |

- Let participants know that in the rest of today’s lesson, they will be coming up with ideas for how they could make lower-fat food choices.

Activity 2: Show us the Fat (25 - 40 minutes)

- Divide the class into groups of three or four persons. Hold up the food posters one by one and read the high-fat item aloud. As you read the items, ask who eats a lot of the item shown. For example, ask the class, “Who really likes doughnuts?” Give the poster to the group that has the most people who eat that food. Make sure that each group gets at least two posters.
- Ask the groups to look at the posters and compare the different values in fat and Calories. Tell them each poster shows a high-fat food and one idea for a low-fat alternate. Ask them to come up with at least two ideas, other than the one on the poster, for low-fat substitutes that they would be willing to eat. Tell them the substitutes must be foods they would really be willing to switch to.
- Have each group present its posters. Have them talk about the substitutes with the rest of the class. They should talk about the idea listed on the poster, and the two they came up with on their own.
- Hold up fat tubes representing the amount of fat in each food on the poster before the group presents their “new ideas.” This will help the participants to see the amount of fat they are eating when they eat these foods. For example, when a group presents doughnuts, you can hold up enough fat tubes to show 9 grams of fat. Before they talk about their substitutes, hold up the amount of fat in the low-fat substitute on the poster. For example, when they talk about a substitute, you can show the amount of fat in two slices of toasted white bread that has 1 Tablespoon of jam. The amount of fat in this choice is 2 grams. Hold the two fat tubes next to each other so the class can see the differences in fat amounts in the items.

5. Ask the class what they think about the comparisons. Ask if they will do anything differently the next time, they want to eat a high-fat snack or food.
6. Tell participants that when they are food shopping and looking for low-fat choices, they should be sure to read the “Nutrition Facts” labels to see both how much fat and how many Calories are in their choices. Let them know that low-fat choices are not always lower in Calories. The best choices they can make are both lower in fat and lower in Calories than the original.

Activity 3: Identifying and Setting Personal Goals (15 - 20 minutes)

1. Tell the participants that the goal of this activity is to help them figure out the high-fat foods they eat most often and how they could lower the amount of fat they eat.
2. While participants are still sitting in their groups, pass out the handout, **What Can I Do To Reduce My Fat Intake?**
3. Invite the participants to read through the handout. Ask if they have any questions.
4. Have the participants come up with changes they can make to reduce their fat intake. They should be willing to try to reach their goal(s) before the next class. Have each participant write these goals in the spaces on the handout.
5. Tell the groups to go through each category of change together and review the goals that each person set. Each group member should tell the rest of the group how he or she plans to reach his or her goals.
6. Bring all the participants back together. Ask if anyone would like to share a goal and one way that he or she plans to meet that goal. Pass out the two-sided handout **FAT OUT! Your Guide to Eating Less Fat/Easy Ways to Eat Less Fat**. Tell the participants that they can find the maximum number of fat grams that they should eat each day on the handout. Tell them that there are more tips to help them reduce their fat intake on the other side of the handout. Give participants a few minutes to look over the handout.
7. Tell the participants that they can bring these handouts home. They can put them on their refrigerator or in a place where they can see them everyday. This will remind them of the goals that they have set and help them to eat less fat.

Next Week's Goals: (5 minutes)

1. Ask the participants to name one thing that they learned in today's class that they will use. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Remind them to work on meeting their new goals they set today before the next class. Let them know that they will be asked what changes they made at the next class.
2. Invite comments, suggestions or questions.
3. Thank the participants for coming and tell them about the next class topic.

For The Teacher: What Makes This Lesson Behaviorally Focused?

- Activity 2 gets participants thinking about low-fat food options they would be willing to eat.
- Activity 3 invites participants to look at certain parts of their diets where they can lower their fat intake. Participants set goals they can meet and talk about ways to meet these goals.
- In Next Week's Goals, the participants are invited to name one thing that they learned during the class they will use. They choose the behaviors that they will work on during the next week.



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



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To Apply for SNAP visit www.njsnap.org

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What Can I Do To Reduce My Fat Intake?

Little things can make a **BIG** difference in lowering your fat intake:

| Categories Of Change | Everyday Examples | Your Goals |
|--|---|------------|
| Reduce high-fat toppings. | <ul style="list-style-type: none"> • Avoid high-fat salad dressings, butter and gravies. Use non-fat or low-fat replacements. | |
| Reduce high fat snack foods. | <ul style="list-style-type: none"> • Eat fewer chips, cookies, snack cakes and ice cream. | |
| Reduce cooking fat. | <ul style="list-style-type: none"> • Use an oil spray instead of fatty cooking oils. • Cut back on foods that are fried, like French fries and fried chicken. | |
| Replace high-fat meats. | <ul style="list-style-type: none"> • Replace high-fat meats in sauces, chilis and casseroles with beans, noodles and rice. | |
| Use lower-fat or non-fat products. | <ul style="list-style-type: none"> • Use mustard, Bar-B-Q sauce and ketchup instead of mayonnaise. • Choose non-fat milk, low-fat salad dressing, low-fat mayonnaise and low-fat cheese. | |
| Change your breakfast. | <ul style="list-style-type: none"> • Eat more cereal and milk or toast and fruits, instead of eating sausage, bacon and doughnuts. • Replace butter and cream cheese with jam or jelly. | |
| Choose lean meat and poultry. | <ul style="list-style-type: none"> • Choose low-fat cuts like round or loin. • Remove all visible fat on the meat and poultry. • Choose light meat poultry instead of dark meat. • Remove the skin from your poultry. | |
| Choose fish in place of meat and poultry | <ul style="list-style-type: none"> • Eat fish 2 to 3 times a week. • Bake or broil. Limit frying. | |
| Replace high-fat foods with fruits and vegetables. | <ul style="list-style-type: none"> • Munch on carrots, celery and pepper strips. • Grab a piece of fruit for a quick, low-fat snack. | |

Revised 12/19/12



NJ SNAP-Ed
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Easy Ways to Eat Less Fat

Use these tips to cut a bit of fat here and a bit there.
Even small amounts cut out over time will add up.

Grease a pan with oil spray in place of butter, margarine or oil.

Add beans to soups, chili and casseroles in place of high-fat beef and pork.



Try low-fat or non-fat products, like low-fat and non-fat milk, salad dressings, cream cheese, sour cream, cottage cheese, peanut butter and mayonnaise.



Order vegetable toppings in place of pepperoni, sausage or extra cheese on pizza.



Replace high-fat foods with veggies and fruit. They are high in vitamins and minerals and low in fat.



Limit fatty toppings. Use smaller amounts of regular salad dressings, mayonnaise, butter, sour cream and gravy or use them less often.

Cut back on high-fat snack foods, like potato chips, snack cakes, cookies and ice cream. Enjoy low-fat snacks, like fruits, vegetables and frozen yogurt.



Remove fat and skin from meat and poultry.

Add fruit to hot or cold cereal at breakfast. Limit the amount of sausage, bacon, eggs and hash browns you eat.



Limit fried and deep fat fried foods, like French fries and fried chicken. Eat these foods only once in a while. Instead, bake and broil foods like chicken, fish and sweet potatoes.

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FAT OUT!

Your Guide to Eating Less Fat

Below is a chart that tells you the most fat and Calories you should eat each day. The amount is based on your gender and activity level.*

DAILY FAT AND CALORIC INTAKE:

Active Men

87-93 grams fat
2600-2800 Calories

Most Men/Active Women

67-73 grams fat
2000-2200 Calories

Most Women/Older Adults

53-60 grams fat
1600-1800 Calories

Check your “Nutrition Facts” labels to total up how much fat you are eating!

* Other things may change the amount of fat and Calories you should eat each day. If you are very tall or short, are very athletic or have a serious medical condition, the amount of fat and Calories you need may be different. If you want to know the exact amounts you should eat, check with your doctor or a dietitian.

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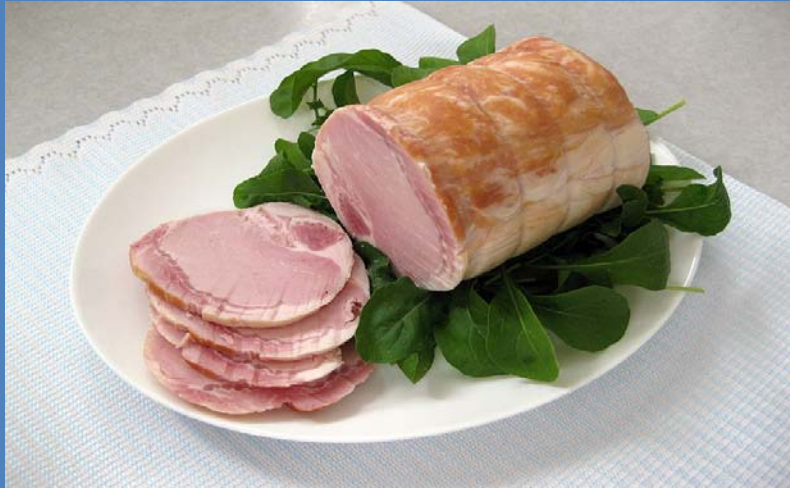
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**White rice cooked with
water & oil
1 cup
333 Calories
9 grams of fat**



**White rice cooked without
oil
1 cup
263 Calories
1 grams of fat**



**Sliced Ham (Luncheon
Meat)
4 Slices
208 Calories
12 Grams of Fat**



**Sliced Turkey Ham (honey
cured)
4 Slices
100 Calories
3 grams of Fat**



Frosted Doughnut
200 Calories
9 grams of fat



Toast
2 slices of bread
1 Tablespoon of jam
182 Calories
2 grams of fat



Vanilla Ice Cream
1cup
386 Calories
24 grams of fat



Frozen Yogurt
1cup
230 Calories
8 grams of fat



Chocolate Cookies

2 cookies

110 Calories

5 grams of fat



Graham Crackers

2 2.5 squares

60 Calories

2 grams of fat



**6 Fish Sticks (5-6 oz.)
456 Calories
18 grams of fat**



**Baked Flounder Fillet
(6 oz.)
198 Calories
2.6 grams of fat**



**Fried Chicken with
skin
3.5 oz.
268 Calories
17 grams of fat**



**Baked Chicken w/o skin
3.5 oz.
170 Calories
4.5 grams of fat**



French Fries
1 large size order
610 Calories
29 grams of fat



French Fries
1 small order
210 Calories
10 grams of fat



Whole Milk
1 cup
150 Calories
8 grams of fat



Fat Free Milk (Skim)
1 cup
80 Calories
0 grams of fat



Chili with Meat
1 cup
340 Calories
16 grams of fat



Chili without Meat
1 cup
220 Calories
3 grams of fat



**Fast Food
Hamburger
1 sandwich
590 Calories
34 grams of fat**



**Fast Food
Chicken
1 sandwich
310 Calories
7 grams of fat**



**2 Scrambled Eggs with
4 Sausage Links
393 Calories
31 grams of Fat**



**Egg White Omelets with
Peppers
& Low Fat Cheddar
Cheese
2 egg whites, 2 tbsp. low
fat cheese,
¼ c. bell pepper
96 calories
5 grams fat**



Beef Hot Dog
1 Hot Dog
180 calories
16 grams of fat



Turkey Hot Dog
1 Hot Dog
100 calories
8 grams of fat



Potato Chips
1 oz bag
150 calories
9 grams of fat



Baked Potato Chips
1 oz bag
110 calories
1.5 grams of fat



Tortilla Chips
13 chips
140 calories
7 grams of fat



Baked Tortilla Chips
16 chips
120 calories
3 grams of fat



Italian Sub
6 inch sandwich
410 calories
16 grams of fat



Turkey Sub
6 inch sandwich
280 calories
3.5 grams of fat



Popcorn
1 cup with butter
80 calories
5 grams of fat



Popcorn
1 cup with no butter
30 calories
0 grams of fat



Beef Taco
1 taco with beef,
cheese, taco sauce
& sour cream
250 calories
12 grams of fat



Beef Taco
1 taco with
lettuce & tomato
salsa
170 calories
2.5 grams of fat