



Session 2: Be a Calorie Detective

To help you lose weight, we'll help you build healthy eating habits.

Healthy eating involves eating fewer calories, less fat, and less *unhealthy fat*.

- **Eating fewer calories.** Eating or drinking too many calories from *any type of food or drink* can cause weight gain. Being overweight or obese increases your risk of heart attack, stroke, and diabetes.
- **Eating less fat.** Fat has more than twice the calories as the same amount of sugar, starch, or protein. Even small amounts of high-fat foods are high in calories. With lower fat foods, you can eat more and feel fuller on fewer calories.

Note: Low-fat or fat-free foods still contain calories. Read the label.

| Compare | Calories* | Fat Grams* |
|-------------------------------------------------------------------|-----------|------------|
| 2 cups of cheese curls (2 ³ / ₈ -ounce bag) | 370 | 24 |
| 5 cups of 94% fat-free microwave popcorn | 110 | 2 |

* These values are averages. Always check labels.

- **Eating less *unhealthy fat*.** Too much unhealthy fat can raise your level of "bad" cholesterol. It may also increase your chances of having a heart attack or stroke or getting diabetes.



Calorie and Fat Gram Goals

To get started losing weight, stay as close as you can to your calorie and fat gram goals. They are shown in the chart below.

- Find your starting weight.
- Your calorie and fat gram goals are in the same row. Circle them.
- Write them on your **Weekly Record**.

| Starting Weight (pounds) | Daily Calorie Goal | Daily Fat gram Goal |
|---------------------------------|---------------------------|----------------------------|
| 120-174 | 1,200 | 33 |
| 175-219 | 1,500 | 42 |
| 220-249 | 1,800 | 50 |
| 250 or more | 2,000 | 55 |

- A gram is the way fat in food is measured. It is a unit of weight. A paper clip weighs about 1 gram.

About your calorie and fat gram goals:

- It may be hard to reach your goals at first. **Just try to get as close to them as you can.**
- Everyone is different. Research has shown that these goals are a good starting point. **These goals are designed to help you lose about 1-2 pounds per week.**
- Aiming for a goal of about 25% (one-quarter) of calories from fat means this is a moderate fat, not a low-fat eating plan.
- **It's important not to go too low.** Do NOT try to see how few calories and fat grams you can eat. You need to get enough food for health and good nutrition.





How and Why to Measure Foods

If you measure food at home, you will:

- Know the calories that you eat and drink.
- See what a moderate portion looks like.
- Be better at guessing amounts when eating away from home.

Most people are surprised when they measure foods. Let's look at some examples:

- Write down the name of the food.
- Guess the amount.
- Write down the actual amount.
- Figure the calorie and fat grams for the actual amount.

| Food | Guessed Amount | Actual Amount | Calories | Fat Grams |
|------|----------------|---------------|----------|-----------|
| | | | | |
| | | | | |
| | | | | |

Measuring foods will help you help you stay within your calorie and fat gram goals.

Measuring cups

- For solid foods: Fill and level off.
- For liquids: Fill. Read the line at eye level.

Measuring spoons

- Fill and level off.

Measuring/Estimating Meat and Cheese

- Estimate the portion size.
 - 4 ounce raw = 3 ounce cooked (about the size of a deck of cards or the palm of your hand).
- Some people find it helpful to use a food scale.
 - Weigh meats after they are cooked with the fat and bone removed.





Keep Track of the Calories and Fat You Eat Every Day

1. **Record everything** you eat and drink. It's the most important part of changing your behavior. Spelling is NOT important. What IS important is to:
 - Be honest. (Record down what you really eat.)
 - Be accurate. (Measure portions, find calorie and fat information.)
 - Be complete. (Include everything.)

2. **Figure out how many calorie and fat grams** are in everything you eat and drink. Record it.

- Find the serving size, calorie, and fat gram information by using:
 - **Food labels.** Always use label values if you can. They are the most up-to-date and exact.
 - **Calorie and fat counter.** Use a book or digital option.
 - **Menus, menu boards, or displays** at some restaurants, bakeries, and coffee shops.
- Compare the amount YOU ate or drank with the amount listed on the label, Calorie and Fat Counter, or menu.
- Figure out how many calorie and fat grams are in the amount you ate or drank.



3. **Add up** the calorie and fat grams you eat and drink during the day.

- **Subtotal** the calorie and fat grams in each meal and snack. Doing so will help you stay on track with your goals
- **Transfer** the daily totals of calories and fat grams to the back cover of your Keeping Track book.






Eat a Packaged Food? Read the Nutrition Facts Label

Look at the Serving size. 

Look at the Calories per serving. 

Look at the Total Fat Grams per serving. 

Question: What if you eat a larger serving than is listed on the label?

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Answer: You will be eating more calories and fat grams than are listed on the label.



When You Use the Calorie and Fat Counter

Can't find a food?

- Use the calories and fat grams for a food that's the most like it. For example, use nut bread for zucchini bread.
- Or write down the name of the food. Ask your Coach about it next week.



Having trouble figuring calories and fat grams?

- Just write down the food or drink and the amount.
- Your Coach will help you next week.

Making a recipe?

- For many recipes, you can simply record how much of each ingredient you ate.
 - For example, in a stew, how much meat did you eat? Carrots? And so on.
 - Have you made the recipe yourself? Add the calories and fat grams in all the ingredients. Divide the sum by the number of servings. That will give you the calorie and fat grams for each serving.
- Another option is to find a similar food in the Calorie and Fat Counter. Use that information.
 - For example, use the calorie and fat grams for beef stew.





Know Where Your Calories and Fat Grams Come From

Let's uncover the calories and fat grams in a sample meal:

| Food | Calories | Fat Grams | Teaspoons of Fat |
|----------------------------------------------|-------------|-----------|-----------------------------------------------|
| Quarter pound hamburger sandwich with cheese | 730 | 44 | 11 |
| French fries, large | 500 | 22 | 5 ½ |
| Chocolate milkshake (large, 20 ounces) | 980 | 24 | 6 |
| Total: | 2210 | 90 | 22 ½ About 1 stick of butter |

What kinds of foods do you eat that are **high in calories and fat**?

| |
|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |



Three Ways to Eat Fewer Calories

1. Eat high-calorie foods **less often**.

Example: Eat high-calorie desserts (cake, pie, premium ice cream) less often.

2. Eat **smaller amounts** of high-calorie foods.

Cutting back even a little on the amount you eat can make a big difference.

Example: Use 2 tablespoons instead of 4 tablespoons of salad dressing on your salad. This could save 145 calories and 15 grams of fat.

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

Example: Eat broiled fish instead of fried fish.

Make a plan to eat fewer calories.

- Write down three foods you eat often that are high in calories.
- What are you willing to do to eat fewer calories?

| Your Top Three High-Calorie Foods | The Three Ways to Eat Fewer Calories | | |
|-----------------------------------|--------------------------------------|---------------------------------|----------------------------------------|
| | Eat it only this (less) often: | Eat only this (smaller) amount: | Eat this (lower calorie) food instead: |
| | | | |
| | | | |
| | | | |

Through trial and error you will find products and recipes you like.



Practice Keeping Track

If you are using the GLB Keeping Track book, be sure to **fill out the back page**. Why?

1. It will let you **review the week as a whole**. Ask yourself:
 - Which days were higher or lower in calories, fat grams, and activity than usual? What happened on those days?
 - On average, are you meeting your goals?
 - Most important, how has your eating and physical activity affected the trend in your weight? What changes, if any, do you want to make next week?
2. It will help your coach to see your overall eating pattern and give you feedback.

My totals for the week

| | Calories | Fat Grams | Minutes of Activity | Steps | Weight |
|---------|----------|-----------|---------------------|-------|--------|
| Day 1 | | | | | |
| Day 2 | | | | | |
| Day 3 | | | | | |
| Day 4 | | | | | |
| Day 5 | | | | | |
| Day 6 | | | | | |
| Day 7 | | | | | |
| Total | | | | | |
| Average | | | | | |



To Do:

Check the boxes when you complete each item:

Keep track of your weight.

- Weigh yourself at home at least once a week, at the same time of day. Use the same scale.
- Record your weight on the Food and Activity record.

Record everything you eat and drink every day.

New things to practice:

Come as close as you can to your calorie and fat gram goals.

- Use the Nutrition Facts label, Calorie and Fat Counter, and menus, menu boards or displays to figure out the calories and fat in what you eat and drink. Record this.
- Subtotal your calories and fat grams after each meal and snack.
- If you are using the GLB **Keeping Track** books, transfer the daily totals of calories and fat grams to the back page.

Follow your plan to eat fewer calories (see page 8).

How did it go?

Keep thinking about physical activity.

- What do you do now?
- What might you like to do? (You will track this later.)