

Session 18 Leader Guide:

More Volume, Fewer Calories

Objectives

In this session, the participants will:

- Learn the four principle ways of adding volume to meals.
- Learn how adding volume to meals is helpful in weight management.
- Discuss ways for adding volume to meals.
- Review recipes that add volume to meals.
- Define satiety and discuss how it impacts weight management.
- Discuss ways to increase satiety.
- Complete an exercise where they brainstorm ways to increase satiety.

To Do Before the Session:

- If providing Food and Activity books, have a supply available for participants.
- Prepare Session 18 handout for participant notebooks.
- Review Food and Activity records; add comments.
- If collecting **Resistance Training Logs**; add comments.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, as they achieve their weight goals.
- Print copies of the **Group Lifestyle Balance Monthly Calendar**; have a supply available for participants.
- Given the array of self-monitoring tools provided, determine your protocol for review and feedback to the participants. Note: As session frequency decreases, the number of records returned at each session may increase.
- If providing **Resistance Training Logs**; have a supply available for participants.
- If providing **Sit Less Trackers**; have a supply available for participants.
- Optional: Prepare one of the recipes from the handout for participants to taste-test during class.

Available in the DPP-GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal Handout**
- **Group Lifestyle Balance Monthly Calendar**
- **Sit Less Tracker**
- **Guidelines for Reviewing Food and Activity Records**

*[Note: For those participants who have reached their goal weight, review with them the handout entitled **When You Reach Your Weight Goal**. This may be done before or after the group meeting.]*

Group Sharing Time (allow at least 5 minutes)

Let's take a few minutes to see how things went since our last meeting.

Were you able to apply what you learned at the last lesson to something in your life? If yes, how?

[Problem solve with the participants to address any barriers.]

[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion.]

More Volume, Fewer Calories (pages 1-2)

[Review information on page 1.]

[Review information on page 2 and include the following:]

Have any of you heard of a book entitled Volumetrics ("Volumetrics" (Rolls, B.J. (2012). The Ultimate Volumetrics Diet. William Morrow, New York, New York) or read about it in a magazine?

The basic idea is that by increasing the volume of food, you will consume fewer calories, enjoy a satisfying portion of food, and keep hunger in check.

[Note that just drinking more water has not been shown to have the same effect on fullness as eating foods high in water content. This is because water is emptied rapidly from your stomach/GI tract. But drinking water is still a healthy addition to your day.]

The picture at the bottom of page 2 clearly shows how what you eat can have an impact on how full you feel after eating about 400 calories.

- You could eat less than ½ cup of chocolate candy, about 1 ¾ cups of roasted chicken breast without the skin, or a little over 18 cups of mixed raw salad vegetables.
- Can you see how adding volume to your meals can help you feel fuller?

Let's look at some suggestions for how to add volume to your meals.

How to Increase Volume in Your Meals (pages 3-5)

[Review each category. Ask participants to share additional suggestions or ideas. Include the following information:]

- 1. Eat vegetables.** Enjoy raw or cooked vegetables. Has anyone tried roasting vegetables? What did you think? Page 10 of your handout has a recipe for roasted vegetables. If you try this recipe, you can give your feedback at our next group meeting.
- 2. Eat fruit** – Not only do fruits and vegetables provide many healthful nutrients, they add fiber and water to help you feel more satisfied after a meal.
- 3. Eat broth-based soups (about 100 calories per cup)** - Soup takes a long time to eat, fills your stomach, and takes time to empty from your stomach, so you feel fuller longer. It is also a good way to add water, fiber, and vegetables to your healthy eating pattern.

Read the Nutrition Facts label for the sodium content in prepared soups. There are many reduced sodium soups available. One advantage of making homemade soups is being able to control the amount of salt.

Prepared soups can be enhanced by adding extra fresh, frozen, canned or leftover vegetables or legumes. Any suggestions? (Spinach to chicken rice soup, legumes to vegetable soup, etc.)

Soups could be enjoyed as an appetizer or as a main dish. Page 11 has a soup recipe from one of the Volumetrics books. I encourage you to try it (or any broth-based soup), and to be aware of your level of fullness after the meal. If you try this recipe, you can give your feedback at the next meeting.

Notice that all of the suggestions for ways to add volume to your meals are in line with the recommendations of MyPlate and the Dietary Guidelines.

[Optional: Taste test the food you prepared using one of the recipes in the session handout.]

Satiety (page 6)

As we discussed, adding volume to your meals can help you feel fuller. Another word for feeling full is “satiety”. Satiety is not necessarily dependent on the number of calories eaten in a meal. In addition to adding volume to your meals, here are some other ways to help you feel satisfied with fewer calories.

[Review page 6 and include the following:]

Eat high fiber foods instead of simple carbohydrates

- Adding fiber to your meals will add volume to your meals and help you feel fuller.
- There are also many health benefits to eating a high fiber diet. Can you name some of the health benefits?
 - Reduced risk of heart disease and some types of cancer
 - Can help lower blood cholesterol levels and control blood glucose levels
 - Keeps your intestinal tract healthy. Reduces the risk of constipation, hemorrhoids, and diverticular disease
 - Helps with weight management. Fiber absorbs water in your intestinal tract so you feel full more quickly and for a longer period of time.
- One of the easiest ways to increase the fiber in your diet is by eating a high fiber breakfast cereal. Read the Nutrition Facts label. The main reason for eating cereal is for the fiber.
- How much fiber should you eat? There are different recommendations:
 - The Dietary Guidelines tell us to choose foods rich in dietary fiber.
 - The Daily value on the Nutrition Facts label is 25 grams per day, based on a 2000 calorie/day diet.
 - The FDA recommends about 14 grams of fiber per 1000 calories eaten. So for each of the GLB calorie goals, the daily fiber goal would be:
 - 1200 calories = 17 grams of fiber
 - 1500 calories = 21 grams of fiber
 - 1800 calories = 25 grams of fiber
 - 2000 calories = 28 grams of fiber
- Remember to drink plenty of fluid as you increase the fiber in your diet.

Drink water. Remember that the goal is to have light yellow urine. If urine is very dark in color, this can be a sign of dehydration.

Practice: Help Sam Feel Less Hungry (page 7)

Let's practice applying what you learned about adding volume and other ways to increase satiety.

[Work as a group to brainstorm suggestions for Sam. Emphasize that there are many suggestions for each meal and snack. Examples:]

- *Breakfast – whole grain bagel, add protein, fruit instead of juice*
- *Lunch – add protein to salad, can use low-fat dressing, whole grain roll or crackers, calorie-free beverage*
- *Snack – replace with yogurt and fruit or apple with peanut butter*
- *Dinner – add protein to sauce, add salad and fruit*
- *Snack – substitute low-fat popcorn (this is a whole grain) or carrots with hummus*

To Do (page 8)

How can you add volume to your meals and apply other ways to increase satiety?

Turn to page 8 and let's focus on what you can do between now and the next session.

[Review this page. Encourage participants to practice adding volume to their meals and to experiment with other ways to increase satiety.]

[Announce the day, time, and place for the next session.]

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Follow your program's protocol for reviewing and commenting on the various self-monitoring records.
- Review the self-monitoring records. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor and to change eating and activity behaviors.
 - Highlight any positive changes made that relate to the topic of the last session before the records were collected.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs** and/or **Sit Less Trackers**, review them. Write brief comments. Be positive and encouraging.