

Session 2 Leader Guide: Be a Calorie Detective

Objectives

In this session, the participants will:

- Review self-monitoring skills, and learn in more detail how to measure and record foods and beverages.
- Determine their calorie and fat gram goals.
- Practice finding foods in the Calorie and Fat Counter and figuring out the number of calories and fat grams in foods and beverages.
- Practice finding information on the Nutrition Facts label.
- Review the importance of measuring foods.
- Learn to calculate running calorie and fat gram totals for the day.
- Learn the three ways to eat fewer calories.
- Discuss how making small changes in their food choices can make a big difference in their daily calorie intake.
- Make a plan to eat fewer calories.

To Do Before the Session:

- If providing Food and Activity books; one per participant.
- If providing a Calorie and Fat Counter; one per participant.
- Have measuring cups and spoons, liquid measuring cup, ruler, and food scale (optional) for display.
- Prepare Session 2 handout for participant notebook. Determine your preferred procedure for distribution (i.e. at the scale, in the classroom, etc.).
- Have food models or actual foods for measuring demonstration.
- (Optional): Have visuals to show graphically the fat content of common high fat foods. Relate to foods that you know the participants eat often. Useful visuals are teaspoons of fat on small plates or test tubes containing measured amounts of shortening.
- Log into the GLB Providers Portal to review additional program implementation resources: <https://www.diabetesprevention.pitt.edu/my/login.aspx>

Additional resources:

- 2015 Dietary Guidelines for Americans <https://health.gov/dietaryguidelines/2015/>
- Changes to the Nutrition Facts Label <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>
- Menu and Vending Machines Labeling Requirements <https://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm217762.htm>

Available in the GLB Providers Portal:

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

- **Guidelines for Reviewing Food and Activity Records**
- **The Secret to Serving Size is in Your Hand** handout
- **Portion Control: Size Matters** handout
- **Electronic Tools for Self-Monitoring** handout
- **Find the Calories and Fat Grams in a Recipe** handout
- Ordering information for Calorie and Fat Counter (**Calorie King®**)

General Session Procedures:

- Weigh each person privately. This may occur in the classroom, but scale display and participant weight record should not be visible to others.
- Record each participant's weight.
- Ask the participant to update his or her own **Weekly Record**. (Optional) Participants may also graph their weight.
- Check to make sure that the participant has correctly calculated his or her 7% weight loss goal and written it on his or her **Weekly Record**.
- Document each participant's 7% weight goal in the lifestyle coach's records.
- Maintain safety of participants as they step on and off the scale. Make sure weighing area is accessible and chairs are available for those needing extra assistance.
- If the participant has lost weight, express positive comments, but not excessively. Emphasize that s/he must already be making behavior changes.
- If the participant has not lost weight, be encouraging. Emphasize that little by little as s/he makes behavior changes, it will show up on the scale.
- Ask if the participant weighed himself or herself at home. Mention that home weights and weights taken at the session may differ because scales differ, but the trend in weight change over time should be the same.
- Collect completed Food and Activity records. If providing Food and Activity records, distribute blank ones.

Group Sharing Time (allow at least 5 minutes)

[Every class should begin with a discussion of the previous week and a review of the "To Do" home assignment. Use an optimistic approach. Strive for a positive and supportive atmosphere.]

In our last session you were introduced to Group Lifestyle Balance™. You learned that keeping track of everything you eat and drink will help you be aware of your food intake.

Let's take a few minutes to talk about your experience with self-monitoring this past week.

Were you able to record anything about your eating?

What did you learn by self-monitoring? What difficulties did you have?

What are your thoughts about weighing yourself during the week?

Did you start a new Food and Activity record this morning?

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

[Emphasize the importance of recording every day, even if they felt they had a "bad day". It will help them stay aware and learn about their eating behaviors.]

Remind participants that you will review any Food and Activity record they provide. Indicate that you will not be grading them but rather encouraging and supporting their efforts at lifestyle change. Records will be returned at the next group meeting. Suggest that they keep them for future reference.

Make clear that the Food and Activity records are for their benefit. However, they should never feel unwelcome at a meeting or that they would be asked to leave the program for not completing a Food and Activity record.

Session 2: Be a Calorie Detective (page 1)

As we discussed last week, we will help you build healthy eating habits that will help you lose weight and improve health.

Healthy eating involves three key strategies: eating fewer calories, less fat, and less unhealthy fat. *[Review page 1 and include the following information:]*

Review the example on page 1 (a lot of calories in the higher-fat cheese curls versus fewer calories in more than twice the amount of lower-fat popcorn).

You may use other examples that are relevant to the participants' eating patterns.

Optional: Use food models of fat, fat in a test tube, or shortening measured onto a plate to show the amount of fat in 2 cups of cheese curls and 5 cups of 94% fat-free popcorn.

In addition, reduced/low or sugar-free foods may still contain calories as well.

Today we will talk about how to find the calorie information for the foods and beverages you consume.

Eating less unhealthy fat. In addition to eating less fat overall as a way to eat fewer calories, you will learn how to replace unhealthy types of fat with healthier choices. This is very important for your health. We will talk more about how to choose healthier types of fat in future lessons.

In our last session we discussed that one of the goals in GLB is to lose 7% of your weight. You know your 7% weight loss goal. Now we're going to talk about how to do this in a way that is slow, safe, and doable. First, let's talk about how many calories you should eat each day in order to lose weight.

Group Lifestyle Balance™ Calorie and Fat Gram Goals (page 2)

To help with losing weight and improving health, you are asked to try to stay as close as possible to a certain calorie and fat gram goal. The fat and calorie goals are based on body size and the number of calories needed to lose weight.

[Review directions for finding calorie and fat gram goals.]

Note: The following explanation is for only those participants who express interest in how their calorie goal has been calculated. Do not give this text to participants.

Question: How did you determine the number of calories I should be eating to lose weight?

Answer: The number of calories you need for weight loss depends on many factors, including your weight, how active you are, how old you are, and so on. But we can make a good guess and then see how the scale responds.

[Review the information in the text box, "About your calorie and fat gram goals". Include the following:]

- We don't expect you to reach your calorie and fat gram goals right away or be able to stay as close as possible to them every day. For now, just try to **get as close to your goals as you can**. During the next few sessions, we will teach you to make healthier food choices and how to plan and prepare lower calorie meals and snacks so that it is easier for you to reach your goals. Over time we'll work together so that you can consistently stay as close as possible to your calorie and fat goals.
- Staying within your calorie and fat gram goals should help you lose about 1-2 pounds per week. This is an average but the actual amount of weight lost will vary from week to week. Most people do not lose the same amount of weight each week. People often lose weight faster at first and then the rate levels off.
- Eating less fat is one way to reduce the number of calories you eat. The type of fat is very important and will be discussed in upcoming group meetings.

[The GLB fat gram goal is in line with the Institute of Medicine recommendation of 20-35% of total calories per day from fat.]

- We recommend that you don't go below 1200 calories per day in order to get enough food for health and good nutrition. Eating too few calories is not something you can stick with for a lifetime. Remember that GLB is NOT a diet; it is a lifestyle change program where the goal is for you to create a healthy eating pattern that you can stick with for a lifetime.

You can think of your calorie and fat goals as a budget because you need to stay as close as possible to these goals every day. Be consistent. This will help you establish eating behaviors that will help with losing weight and improving health.

How and Why to Measure Foods (page 3)

Measuring foods is very important. *[Review "If you measure food at home, you will" and include the following:]*

- Measuring will help you know the calories you eat and drink. This will give you a clear picture of what you are doing well and what changes you want to make. Even a small difference in portion size can mean a big difference in calories and fat grams.
- We live in a world of extremely large portions such as triple hamburgers, 64-ounce soft-drinks, and massive tubs of popcorn, marketed and sold as one serving. This is called "portion distortion". Measuring will help you see what a moderate portion looks like.
- We certainly don't expect you to measure food items when you are at parties and other social events. If you regularly measure foods at home, you will get better at judging food amounts just by looking.

Most people are surprised when they begin to measure foods. Our eyes can play tricks on us.

Show the participants the food models for common foods (or actual foods). Suggest a 3-ounce hamburger patty, a bowl of cereal, a serving of rice, one Tablespoon of peanut butter, or other foods that your participants frequently consume.

Review the instructions for how to complete the table on page 3.

Either hold up each food model or ask the participants to come up to the display and briefly guess the amounts, and return to their seats and guess the amount of calories and fat grams. Tell participants the actual amounts of each food.

Then tell everyone the actual calories and grams of fat for each food.

Note: If you are short on time, focus only on having the participants guess the portion size and then tell them the actual amount. Omit looking up calories and fat grams.

Please continue to measure everything you eat and drink, using measuring cups and spoons, a liquid measuring cup, and a ruler. You may use a food scale that weighs in ounces, but that is optional.

Let me go over some details about how to use the measuring tools. You may be doing these things already.

[Review the information in the text box at the bottom of page 3. Include the following information:]

Measuring cups

- For solid foods: Leveling can make a big difference. A heaping measuring cup or spoon that hasn't been leveled will add calories which will really add up with all foods throughout the day.

[Discuss or demonstrate how to level measuring cups and/or measuring spoons.]

- For liquids: Use a liquid measuring cup for items such as milk, juice, or soup. Pour the liquid in the cup then read the line at eye level while the cup is resting on a flat surface (such as the kitchen counter). If you read it from above, your eyes can fool you.

[Optional: Demonstrate measuring liquids and reading the amount at eye level while the cup is resting on a flat surface. Use any liquid. Water is fine.]

Measuring spoons are used to measure both solids (such as sugar) and liquids (such as salad dressing, oil, honey). Fill and level off.

Measuring/Estimating Meat and Cheese: You may either estimate the portion size or use a food scale.

- To estimate portion sizes of meat:
 - Three ounces of cooked meat is about the size of a deck of cards or your palm, minus the fingers.
 - A 3-4 ounce serving of a thin type of fish is about the size of a checkbook.
- If you use a food scale:
 - Buying a food scale is not required. But if you use a food scale, it is important to **weigh meats after they are cooked**. They lose about a quarter of their weight in cooking. So, 4 ounces of raw meat weighs about 3 ounces when it's cooked.
 - When you weigh cheese, you'll notice that one slice might look like another but not weigh the same. For prepackaged slices, you can check the label for the weight and nutrition information.

[Optional: Additional measuring handouts available in the GLB Provider Portal may be used, if appropriate for your group.]

We have talked about the importance of carefully measuring all foods and drinks. The next step is finding and recording the calories and grams of fat for each. This will give you a more accurate idea of the total number of calories you're taking in each day.

Keep Track of the Calories and Fat You Eat Every Day (page 4)

The best way to learn how many calories and fat grams are in food is to **keep track of the number of calories and amount of fat you eat every day**.

[You will need to adapt the following section depending on the participants' literacy level, willingness to self-monitor, and comprehension of the self-monitoring process.]

[Review information in the first text box. Include the following information:]

The first step is to:

1. **Record everything you eat and drink.** You may use a Food and Activity book or a digital tracking option of your choice.
 - You had an opportunity to practice this first step by measuring and recording everything you ate and drank last week.
 - As we mentioned last week, this is something we're going to do throughout the program. It is the **most important part of changing your eating behavior**.

Keeping track of what you eat will help you and me see, in black and white:

- What foods you eat
- How much you eat

- When and where you eat, and
- How your eating behaviors (habits, patterns) change over time

We discussed at the beginning of today's session how much you learned about yourself and your eating behaviors during your first week of self-monitoring. Each week you record, you will continue to become aware of your eating behaviors and see how you are making healthy changes.

Your self-monitoring records will be the very basis for our working together. Each week you will turn in the Food and Activity records you completed the night before. I will review it and write comments. I will return the Food and Activity record to you next week. If you want to use a digital tracking tool, please talk with me about how you will share your record with me.

Remember that only you and I will see them, so spelling is not important. You can make up abbreviations or use your own shorthand if that makes it easier and faster for you to keep track, just so we both know what you mean.

What is important is to:

- **Be honest.** Record what you really eat and drink, not just what you think will please me or yourself.
- **Be accurate.** It's best to record what you eat as soon as possible after you eat it, because it's easy to forget. Measure portions and read labels.
- **Be complete.** Include everything. Butter on toast, sugar and/or cream in coffee, and the mayonnaise on the sandwich.

It may seem hard to record all of your foods, especially at first. It does take some time. But it is worth its weight in gold. Being aware of what you are eating is the first step toward changing your eating behaviors. Remember that research shows that people who self-monitor lose more weight than those who don't.

You had practice this past week with this first step in recording. What's new this week is step two. *[Review information in the second text box. Include the following information:]*

2. Figure out how many calories and fat grams are in every food and drink and record it. To do this, you will need to:

- Measure the amount of food and beverages you consume.
- There are three places to look for the serving size, calorie and fat gram information.
 - Food labels have a Nutrition Facts label.
 - You could use a Calorie and Fat Counter or digital option. We'll talk more about these in a minute.
 - A third place to find calorie information is on menus, menu boards and displays. Federal regulations require that places that sell prepared foods and have 20 or more locations are required to post the calorie content of food on their menus, menu boards, and displays. This

applies to restaurants, supermarkets that sell prepared foods, convenience stores, bakeries, coffee shops, and movie theaters. Have you noticed calories on menus and menu boards? We will talk more about healthy eating away from home in a future lesson.

And the third step:

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

[Review information in the third text box. Include the following information:]

If you are using the GLB Keeping Track book, please transfer the total calories and fat grams to the back page at the end of each day.

Eat a Packaged Food? Read the Nutrition Facts Label (page 5)

One place you will find the calorie and fat information for foods and drinks is on the Nutrition Facts label on packaged food.

[The Nutrition Facts label pictured on page 5 shows the format the U.S. Food and Drug Administration requires manufacturers to use.]

Let's talk about the three important pieces of information to find on the label.
[Review page 5.]

Be sure the participants are able to locate the three most important pieces of information; the serving size, the calories per serving, and the total fat grams per serving. The most common error is using the "% Daily Value" from fat rather than the grams of "Total Fat".

Be sure that the participants understand that the serving size on a label may be very different from what most of us consider a serving. Also explain that many packages look like one serving but may contain more than one serving. Stress the importance of reading the label.

Use the calorie and fat gram information from the label if you can. Even if this item is listed in the Calorie and Fat Counter, the calories and fat grams on the label are more accurate.

The Nutrition Facts label includes additional useful information that we will discuss in upcoming group meetings.

When You Use the Calorie and Fat Counter (page 6)

Another place to find calorie and fat gram information is by using a Calorie and Fat Counter. There are many books and digital options available.

Page 6 lists some things to keep in mind **when you use the Calorie and Fat Gram Counter**. *[Review page 6. Include the following information:]*

If you make a **recipe**, there are websites available that will make it easy to calculate the calories and fat grams in your favorite recipes.

*[Optional: Distribute the handout, **Find the Calories and Fat Grams in a Recipe** for participants to use at home.]*

The bottom line for now is to **just get started and do your best**. If you run into any problems, I'll help you with them at the next session.

Know Where Your Calories and Fat Grams Come From (page 7)

Many people aren't aware of the calories and fat they eat.

Here's an example. *[Review the fast-food meal example.]* That is a lot of calories in one meal. It also has a lot of fat, a total of 22 ½ teaspoons or about 1 entire stick of butter.

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

Ask participants to share their answers. They may want to jot down their personal list of foods high in calories and fat.

Make some general points about the food groups or types of food that tend to be high in calories, such as:

- Meats (contain both fat that you can see and fat that you can't see)
- Dairy foods (whole milk, regular cheese, ice cream) (**Many fat-free and low-fat flavored yogurts are high in calories because they contain a lot of sugar.**)
- Snacks (such as potato chips)
- Butter, margarine (Many people add fat to foods to flavor them.)
- Gravy, mayonnaise
- Baked goods (such as cookies, cake, muffins) (**Many fat-free and low fat baked goods are high in calories because they contain a lot of sugar.**)
- Fat added in cooking (oil, lard, shortening) such as deep-fat frying (fried chicken, French fries, doughnuts)
- Beverages (sweet tea, **soft drinks, sweetened coffee beverages, fruit drinks**)

Keep in mind that the purpose of this list is **not** to give the participants detailed information about where calories and fat are found in foods. Rather, the purpose is to begin to show them that many different foods that they eat are high calories and to provide a rationale for self-monitoring. The facts about where calories are found in foods should come later as a byproduct of their own discovery through self-monitoring.

These are the kinds of foods you will have to be aware of as you become a “calorie detective.” They are also the kind of foods that are widely available and they may even be traditional foods in your family or culture. Once you know where the calories and fat in your diet come from, you can learn to make better choices.

Three Ways to Eat Fewer Calories (page 8)

There are no “forbidden foods” in GLB. To help you stay within your calorie and fat gram goals, while still including your favorite foods, let’s talk about the three ways to eat fewer calories. *[Review the three ways and include the following information:]*

In the coming months, you’ll discover a number of ways to eat fewer calories by using these three strategies.

Let’s make a plan to eat fewer calories right now. *[Review Make a plan to eat fewer calories.]*

- Look at your list of high calorie foods on page 7.
- Select 3 foods and write them in the box on the bottom of page 8. Please select foods that you eat often (not, for example, birthday cake that you eat only rarely).
- Decide which of the three ways to eat fewer calories you are willing to use for each. Make sure it is specific, realistic, and something you will do.

For example: Sweet Tea (or any sugar-sweetened beverage). *Ask the group to provide a suggestion for each of the three ways to eat fewer calories.*

- Less often: Drink sweet tea only with dinner on Saturday and Sunday.
- Smaller amount: Measure and drink just 1 cup rather than unlimited amounts.
- Lower-calorie food: Try tea without sugar. Or drink water with lemon instead.

[Explain that there are many options so encourage participants to choose what they think will work best for them and to be open-minded as they experiment with ways to eat fewer calories.]

You will make your own food choices to reach your calorie and fat gram goals. There are no “good” or “bad” foods, just as there are no “forbidden foods” in GLB. Using the three ways to eat fewer calories will help you make small changes that will make a big difference in the calories you are eating.

Through trial and error you will find what works best for you. Ask family members, friends, and group members for suggestions and ideas.

Changing the way we eat is a gradual process and it will take time. I don't expect you to be perfect. This program is about making progress toward your goals; not perfection.

Lifestyle change is an ongoing process. During the coming months you will learn many different ways to help you make healthier food choices and eat fewer calories. For now, focus on being the best calorie detective you can be, looking for calories everywhere. And just do your best to **come as close to your calorie and fat gram goals as you can.**

Practice Keeping Track (page 9)

Let's practice Keeping Track. If providing a Calorie and Fat Counter, distribute one to each participant at this time.

*[Optional: Provide participants who are interested in using a digital self-monitoring tool with the **Electronic Tools for Self-Monitoring** handout found in the GLB Providers Portal.]*

Either ask for a volunteer to report what s/he ate and drank for breakfast today or describe a simple breakfast meal. Write this menu on the board and ask participants to write it on **page 9**). In the first column, write down the time the meal was eaten. In the second column, record the amount and write down the item's name and a description. Skip the columns for calories and fat grams for now.

Give the participants time to record the foods. Taking one food at a time, ask the group to find each item in the Calorie and Fat Counter and to state the page number on which it is found. Make sure all participants can find the food and beverages in the Calorie and Fat Counter. Next, calculate the calories and fat grams in the amount eaten.

Address any areas of difficulty the group may have.

Some participants may find calculations difficult and confusing. Assure everyone that you will continue to help them with this in the upcoming sessions and that the **important thing for now is to begin finding foods in the Calorie and Fat Counter and getting an idea of the number of calories and amount of fat in different foods and in various serving sizes.**

If both high and low calorie foods with portion sizes that require some calculation were not included in the sample meal, give examples for the participants to find in the Calorie and Fat Counter and calculate calories and fat grams.

Ask the participants to add up the total calories and the total fat grams eaten during this meal. Write the calorie and fat gram totals on the practice page and label it "subtotal". Encourage participants to keep a running subtotal after each meal and snack.

A running total is like a subtotal or running balance in a checkbook. The purpose of keeping a running total is so you know just how many calories and fat grams you've eaten as you go through your day.

You can use this subtotal to plan what foods you choose for the rest of the day in order to stay on track with your goals. This is like using a budget to manage how much money you spend. For example, "What should I have for lunch? Well, I've eaten X calories and X grams of fat so far today. My daily calorie goal is X and my fat gram goal is X grams. So, I'd better eat less than X calories and X grams of fat for dinner to stay within my goals for the day." This is like using a budget to manage how much money you spend. Continue to add calories and fat grams after each meal and snack and record it.

You have the choice of using the Food and Activity books or using a digital tracking option. If you choose to use a digital food and activity tracking option, please talk with me so we can make a plan for how you will share your weekly record with me. [*Discuss your program's preferred tracking option(s).*]

Practice Keeping Track (page 10)

If using the GLB Keeping Track book, the final step of self-monitoring is to transfer the total calories and fat grams for each day to the back page.

[*Review page 10.*]

This will help us both to see at a glance how you've done during the entire week.

At the end of the week, you may want to add the daily calorie and fat totals to get a weekly total and divide it by seven to get your daily average calorie and fat intake. Looking at your weekly average calorie intake will help you see that one day of going a bit over your calorie goal will not ruin the entire week. But staying within your calorie goal only on Monday – Wednesday and then overeating on Thursday-Sunday will make it difficult to change your eating behaviors and lose weight.

Participants should leave this session aware that:

- We are more interested in their efforts to be honest and complete about their eating habits than to present us with picture-perfect self-monitoring records, and
- We consider self-monitoring a very important tool and expect everyone to self-monitor.

To Do (page 11)

Turn to page 11 and let's focus now on what you can do between now and the next session.

[Review the first two check boxes.]

As you did last week:

- Please continue to keep track of your weight and record it. This is a very important behavior for both losing weight and keeping it off.
- Please continue to keep track of what you eat and drink. Measure all foods and beverages and record them.

Notice the “New things to practice” section. These are designed to help you apply what you learned in today’s group meeting. This will help you develop and practice skills you need to make positive changes in your eating behaviors. *[Review each item.]*

[Announce that each week you will collect their completed Food and Activity record, review it and make comments and suggestions, and return it the following week. Explain that this is an important way for you to communicate with each person individually and for you to help them be successful in their efforts to create a healthier lifestyle.]

[Encourage participants to talk with their health care provider about GLB and the changes they will be making in their eating, activity, and weight.]

[If your program requires health care provider approval to participate, explain your program’s policy and procedures.]

[Announce the day, time, and place for the next session. Ask them to bring their GLB notebook to each 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.
- Review the self-monitoring records from the previous week. Write brief comments. Be positive and nonjudgmental. Comment on the mechanics of recording, not the nutritional value of their diet.
 - Praise all efforts to self-monitor, no matter how small, and any level of accuracy or completeness (e.g., descriptions of foods, methods of food preparation, additions to foods at table, or details about portion size).
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.