

Session 3 Leader Guide:

Healthy Eating

Objectives

In this session, the participants will:

- Discuss how eating fewer calories fits into the overall context of a healthy eating pattern.
- Explain MyPlate as a model of healthy eating, including an emphasis on plant foods and lower calorie choices.
- Review the recommendations of MyPlate and the 2015-2020 Dietary Guidelines for Americans.
- Practice comparing a meal to the recommendations of MyPlate.
- Discuss the types of fat and how to replace unhealthy fats with healthy ones while staying within the recommended calorie and fat gram goal.
- Discuss how and why to limit saturated fat, trans fat, sodium, and added sugars.
- Discuss factors to consider when planning healthy meals.
- Learn the importance of including vegetables, fruits, and whole grains in a healthy eating pattern.
- Find a personal pattern of meals and snacks.
- Discuss how following a healthy eating pattern can improve weight, health, and reduce the risk of chronic disease.
- Discuss ways to make a shift to healthier food choices.

To Do Before the Session:

- If providing Food and Activity books; one per participant.
- Review Food and Activity records from last session; add comments.
- Prepare Session 3 handout for participant notebook.
- (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.
- Make a plan for the MyPlate Makeover activity (Session handout, page 9). You can use the sample menu provided (Leader Guide, page 13) or create another example that includes foods typically eaten by your participants.
- (Optional): Poster or slide of MyPlate.
- (Optional): 9-inch plate for display.
- (Optional): MyPlate materials are available in Spanish and many other languages.

Additional resources:

- The Academy of Nutrition and Dietetics website also has information on ways to “Be Budget Friendly”.
<http://www.eatright.org/resource/food/planning-and-prep/eat-right-on-a-budget/eat-right-affordably>
- **Good and Cheap** cookbook, Leanne Brown. <http://www.leannebrown.com/cookbooks>

Available in the GLB Providers Portal:

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

- **Guidelines for Reviewing Food and Activity Records**

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.
- Make sure that the participant has selected the correct calorie and fat gram goal and written it on his/her **Weekly Record**.
- Write each participant's calorie and fat gram goals 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 and those with your comments.

You will continue with these general session procedures for the remainder of the program.

Group Sharing Time (allow at least 5 minutes)

In our last session, you learned how to “Be a Calorie Detective” by reading food labels, using a Calorie Counter, and looking at menus/menu boards and displays. You saw how using these tools would help you stay within your calorie and fat gram goals in order to lose weight. We also talked about **three ways to eat fewer calories** and you made a plan for the high calorie foods you eat.

Let’s take a few minutes to talk about your experiences this past week. *[Choose only a few of the following prompts to guide discussion.]*

- Overall, how did it go last week? What went well? What problems did you have? What could you do differently?
- What did you learn by self-monitoring? What difficulties did you have?
- Were you surprised by the number of calories and amount of fat in some foods?
- How was your experience with using a Calorie and Fat Counter?
- Did you find the necessary information on the Nutrition Facts labels?
- Did you see nutrition information listed on any menu/menu boards in restaurants? Grocery stores? Other places that sell prepared foods?
- Did you keep a running total of calories and fat grams?
- Did you total your calories and fat grams for the week and find the daily average? What did you learn?
- Did you follow your plan to eat fewer calories?
- Did you try any new food products (e.g.: whole wheat pasta, brown rice)?
- How close did you come to your calorie and fat gram goal?
- What changes did you make in your eating in order to come as close as you can to your calorie goal? What change did you make in your eating pattern this past week that you are most proud of?

[Address and discuss barriers. Problem-solve barriers with the group.]

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

Healthy Eating (page 1)

In the last session, we talked quite a bit about eating fewer calories. Staying close to your calorie goal is key to losing weight. Today we're going to talk about some of the *other* parts of healthy eating.

[Review page 1 and include the following information:]

Some of the other parts of healthy eating include:

The way you eat:

- **When you eat**
 - **Plan ahead for healthy meals and snacks.** Make a grocery list based on your plan and take it with you when you shop.
 - **A regular pattern of meals or snacks is important.** Spread your calories through the day in a pattern that fits your lifestyle and eating preferences. There is not one “right way” to divide calories through the day. Some people do best with 3 meals per day; others with 3 meals plus 1 or 2 healthy snacks. Find what works best for you. If you have been eating 3 meals per day without snacks but find you get overly hungry and then overeat at meals, consider adding a healthy snack. On the other hand, if you “graze” all day and lose track of the calories you’re eating, consider eating more structured meals and snacks. Be open-minded and experiment to find what works best for you.
- **How you eat**
 - **Eat slowly.**
 - You will digest your food better if you take small bites and chew your food well.
 - It also can provide a sense of self-control.
 - Enjoy the company who may be present while you’re eating.
 - **Don't worry about cleaning your plate.** The greatest waste of food is to eat more than you want or need.

Another part of healthy eating is *what you eat overall*.

- GLB emphasizes healthy food choices so you will lose weight *and* improve your health.
- One way to describe a healthy meal is in terms of food groups, in which foods are placed that have a similar amount and type of nutrients important to health. The United States Department of Agriculture (USDA) developed MyPlate as the model for healthy meals. MyPlate is a **general guide to healthy eating** that's based on the latest findings about nutrition and health.

MyPlate (page 2)

Have you heard of MyPlate? Have you seen this model pictured on page 2?

[Tailor the following discussion based on what the participants already know about MyPlate as you review the information on pages 2-4. The intent is to give participants a general overview of MyPlate, not an in-depth, detailed description. Participants interested in additional or more detailed information should be encouraged to visit the MyPlate website listed on the bottom of pages 2 and 4.]

Pages 2-4 of your handout give information about MyPlate.

Page 2 shows the design of MyPlate. *[Review the information on page 2. Include the following information:]*

Foods are placed into one of 5 food groups based on what nutrients they contain. These 5 groups are Vegetables, Fruits, Grains, Protein, and Dairy. *[Explain the format of the plate model, the different sections, and foods that belong in each.]*

Notice that half the plate should be filled with fruits and vegetables. If this would be done at each meal, people would easily reach the recommended 5-9 servings of produce each day.

MyPlate illustrates that you should be eating a mostly plant-based diet. A generation ago, many families built their meals around meat: the "meat and potatoes" eating style. Now we know that most Americans eat too much unhealthy saturated fat and much of it comes from big servings of meat. A healthy diet does include high protein foods. But the foundation of a healthy eating pattern is not meat, but rather vegetables, fruit, and grains (especially whole grains).

The 2015-2020 Dietary Guidelines recommend that we include foods from all groups of MyPlate to create a healthy eating pattern. The Guidelines also give recommendations about what to limit. Throughout GLB, we will continue to focus on sharing nutrition information and helping you create a healthy eating pattern that works for you. Something you can stick with for a lifetime.

The 2015 Dietary Guidelines focus on the entire diet as a whole rather than looking at a single nutrient or food. They report that *under-consumed* food groups include Vegetables, Fruits, Whole grains, and Dairy; *over-consumed* nutrients include saturated fat, sodium, refined grains, and added sugars.

The healthy eating pattern recommended in GLB is in line with the 2015 Dietary Guidelines.

[Participants with a 1200 or 1500 calorie goal may feel that trying to fit a food from each MyPlate group in one meal could be difficult. Explain the option of splitting the food into one meal + one snack. For example: Protein, Grain, and Vegetable (chicken, brown rice, green beans) for a meal and save Dairy and Fruit (vanilla yogurt + banana) for a snack.]

Healthy Food Choices from MyPlate (page 3)

Although there are no “forbidden foods” in GLB, page 3 gives more information about the foods in each group of MyPlate and suggestions for the healthiest choices. This page may give you some ideas of how to make some shifts to healthier food and beverage choices.

[Quickly review page 3. Again, the purpose is to give a general explanation of MyPlate. Participants who are interested in more information about foods in each group, portion sizes, etc. should be encouraged to visit the MyPlate website.]

[Participants may ask about plant-based beverages such as almond, cashew, or coconut milk. To help them determine if they wish to use these products, convey the following information; they are not considered as a serving from the Dairy group because they are much lower in protein than cow’s milk or soymilk.]

Choose MyPlate (page 4)

Page 4 provides additional information about MyPlate. *[Encourage participants to read this page again at home. Point out the website address, www.choosemyplate.gov, as a source of additional information. Discuss the following information with your group:]*

Tip #2 reminds us to make half our plate fruits and vegetables. Eat a variety of different colored fruits and vegetables. The major health organizations recommend that we move toward a more plant-based diet. The goal is to eat about 5-9 servings of fruits/vegetables per day.

Tip #9 recommends drinking water instead of sugary drinks. This may be a way to cut calories that will work for you.

Another consideration is the size of the dinner plates you use at home. Plate sizes in the United States have increased over the years, as has the incidence of overweight and obesity. Measure the diameter of the dinner plates you use at home. Try using a 9-inch plate. This will help manage portion sizes while making it look like you are eating a satisfying amount of food. *[Optional: Show participants a 9-inch plate.]*

Participants may ask your advice about using sugar substitutes. All sugar substitutes have been approved by the Food and Drug Administration, are safe for human consumption, and are on the GRAS list (Generally Recognized as Safe), just as all other ingredients added to food in the United States

Research does not support the general recommendation to either consume or to avoid sugar substitutes. Thus, using foods and drinks that contain these sweeteners is a personal choice. Some people use them as a way to help stay within their calorie goals; others may choose to not include them.

GLB does not encourage nor discourage the use of sugar substitutes, but asks participants to decide for themselves if they want to use them or not.

Choose Healthy Fats (page 5)

MyPlate does not include a separate section for “Fat”. The MyPlate website does have information on healthy types of fat to include in your healthy eating pattern in the section labeled “Oils”.

Let’s talk about **both the amount of fat and the type of fat** to include in a healthy eating pattern.

In Session 2 we discussed that one way to eat fewer calories is to eat less fat. Eating less fat overall can help stay within your calories goals so you lose weight. Remember that the goal of GLB is NOT to eat as little fat as possible. Some fat is needed for health. To include the correct **amount of fat** in a healthy eating pattern, stay within your fat gram goal.

In addition to being aware of the total **amount of fat** in your diet, it is important to use the **healthier types of fats** to improve your health. *[Review page 5 about the importance of and reasons for replacing unhealthy fats with healthy ones.]*

Please remember that all fats contain 9 calories per gram, so it is important to carefully watch portion sizes so you stay within your calorie and fat gram goals.

We will continue to talk about making healthier food choices, including fats, throughout GLB. In fact, a future lesson is totally devoted to Heart Health. If you want more information, visit the “Oils” section on the MyPlate website.

[Note: Based on the latest scientific evidence, the 2015 Dietary Guidelines do not include the previous recommendation to limit cholesterol intake to less than 300mg/day. Many foods that contain cholesterol are also high in saturated fat, so limiting saturated fat may also limit cholesterol intake.]

[Participants may ask for a definition of “triglycerides”. Explain that this is a type of fat found in the blood. Blood levels of triglycerides can be managed by exercising regularly, losing weight, and eating a diet that is low in unhealthy types of fat (saturated and trans fats), alcohol, and sugary foods and drinks.]

[In June 2015, the Food and Drug Administration gave food manufacturers three years (until 2018) to eliminate partially hydrogenated oils from their food products. This is the main source of trans fat in the American diet.]

Healthy Eating for a Healthy Body (pages 6-8)

The GLB goal is for you to improve both your weight and your health.

The first step continues to be to focus on ways to eat fewer calories in order to reach and maintain your weight loss goals.

The next step is to help you focus on making healthy food choices to improve your overall health. Creating a healthy eating pattern that you can follow for a lifetime will improve your health and reduce your risk of certain diseases. You may need to experiment to find the healthy eating pattern that works best for you. Again, there are no “forbidden foods”, but you may need to “**replace**”, “**limit**” or “**eat more of**” certain types of foods.

Let’s look at all the ways that a healthy eating pattern, along with being physically active, can improve your health and reduce the risk of many diseases now and in the future.

[Review page 6. Include the following information:]

To help keep blood glucose stable and hunger in check:

Build a regular pattern of healthy eating:

As we discussed, you will find a healthy eating pattern that works best for you. This includes discovering if you want 3 meals per day or 3 meals with one or two healthy snacks. Try to eat at about the same times every day and avoid skipping meals and snacks. This usually causes a person to get overly hungry which can lead to overeating. Use MyPlate to plan healthy meals.

The GLB message is to **limit and replace highly processed foods** with those that are as close to nature as possible.

- An example of “eat as close to nature as possible” would be a baked potato vs. French Fries vs. potato chips. Another example would be an apple versus applesauce versus apple pie. Clearly the baked potato or apple are the best

choices because they are lower in calories, fat and sodium because they are very close to nature.

- **Note: Minimally** processed foods can be healthy and convenient. For example, bags of frozen vegetables, pre-washed salad greens, chicken that has pre-cut into boneless/skinless breasts, canned tuna.

Several times on pages 6-8 participants are asked to write down “**A change I can make**”. These should be shifts to healthier food and beverage choices that the participant is willing to make. For example, trying whole grains, eating protein at each meal, shifting to healthier snacks, and drinking a beverage with no-added sugar.

As you review each section, ask participants to share their responses, if they are comfortable doing so.

GBL follows the recommendations from:

- The Institute of Medicine. It recommends 45-65% of total calories should come from carbohydrates in a healthy eating pattern.
- The 2015 Dietary Guidelines and MyPlate. Both recommend the intake of carbohydrates from vegetables, fruits, whole grains, dairy, and legumes.

Some participants may think that “all carbs are bad”.

The GLB messages are that we look at the entire diet as a whole, no food is “demonized” (not even sugar), there are no forbidden foods, and our emphasis is on choosing healthier carbohydrates.

Choose healthier carbohydrates (pages 6 & 7):

A healthy diet includes carbohydrate.

- Just as you have been encouraged to choose healthier types of fat, there are healthier carbohydrates you should choose to include in your healthy eating pattern.
- Healthy carbohydrates come from fruits, vegetables, whole grains, beans and peas, and low-fat or fat-free dairy foods. These foods provide many healthful nutrients your body needs.

You are not being asked to monitor your carbohydrate intake, just calories and grams of fat, which was done in DPP.

The 2015 Dietary Guidelines recommend that we consume less than 10% of calories per day from added sugar. This does NOT include sugar that is naturally present in fruit, vegetables, and milk.

- The reason is that foods and beverages with added sugars contribute calories, but no healthful nutrients. Evidence suggests that eating patterns with less added sugars are associated with a reduced risk of cardiovascular disease, obesity, type 2 diabetes, and some types of cancers in adults.
- This does NOT mean that every food must contain less than 10% of calories from added sugars; look at the entire day's intake of added sugars. The suggestions listed here will help you reduce the added sugars in your meals and snacks.

Fiber: The amount of fiber in a food is listed on the Nutrition Facts label in both grams of fiber and %Daily Value. The %Daily Value is based on 28 grams of fiber per day.

Note that at least half of your daily fluid intake should be water. There is no set guideline for how much water people should drink each day. How many of you have heard that we're all supposed to drink 8 cups of fluid per day? That isn't supported by research. Fluid requirements vary among individuals based on age, sex, activity level, medications, environment (temperature/humidity), and what you're eating that day. Instead, the goal is to drink enough water so you have light colored urine. Urine that is very dark yellow can be a sign that you are dehydrated. People often experience hunger when dehydrated and eat even though their body is really just lacking fluid, not food. Staying well-hydrated may help you stay within your calorie goals.

To help reduce your risk of heart disease:

[Review page 7. Include the following:]

Healthy unsaturated oils should replace solid fats.

[Participants may ask about using coconut oil. The current recommendation, based on the available scientific evidence, is that coconut oil is considered a solid fat (high in saturated fat) and should be limited. There is ongoing research to determine if the saturated fat found in plant foods (e.g. coconut oil) has the same negative effects as solid fats from animal foods.]

A healthy eating pattern limits saturated and trans fat. The 2015 Dietary Guidelines recommends that less than 10% of daily calories should come from saturated fat. This recommendation is based on scientific evidence that replacing saturated fat with unsaturated fat is linked to a reduced risk of cardiovascular disease.

Participants may have questions about Omega 3 fatty acids. Explain that they are a type of unsaturated fat that is found mostly in fish and other sources listed on page 5.

Emphasize that fish should be prepared using low-fat cooking methods, not deep-fried.

Be sure to remind participants that they should consult their health care provider before beginning any kind of supplement.

We will be discussing fats again in future lessons. Participants who are interested in learning more about omega-3 fatty acids may access the American Heart Association website.

[Review page 8. Include the following:]

To help manage your blood pressure:

Most Americans get 50% more sodium than recommended.

As sodium intake goes up, so does blood pressure. This relationship between sodium intake and blood pressure is well documented. Diets high in sodium are also associated with heart disease.

[Participants may have already been told by their health care providers to reduce sodium intake due to prehypertension or hypertension.]

We have covered a lot of information today about healthy eating. Don't let all the details overwhelm you. Throughout GLB, we will continue to talk about healthy eating and how to create a healthy eating pattern than works for you.

The goal of GLB is to eat fewer calories, but healthier calories as well. Keep making shifts to healthier food and beverage choices. These small changes will lead to improvements in your weight and health. Focus on progress, not perfection.

Some participants express concern that healthy eating is too expensive. Acknowledge any concerns participants may raise. Use the opportunity to problem-solve with the group. The following points may help address concerns:

- Grains: Sugared cereals are usually more expensive than unsweetened. Reduced fat crackers are typically the same price as the full-fat crackers. Bagels are usually cheaper than donuts. You pay more for convenience. For example, instant oatmeal packaged in individual servings is about twice the price per ounce than buying a box of quick oats that you measure yourself.
- Vegetables: Buy fresh produce in season. Take advantage of local farmers markets. Use canned and frozen vegetables without sauces or cheese. Buying organic produce usually increases the cost. Buying prewashed or precut vegetables adds to the cost. Consider growing a garden!
- Fruit: Buy fresh produce in season. Take advantage of local farmers markets. Use canned or frozen fruit without added sugar or packed in its own juice. Watch the packaging: frozen orange juice that requires reconstituting with water is less expensive per ounce than the cartons that are ready to drink. Juice packaged in a single serving container is more expensive, yet.
- Dairy: Whole milk is usually more expensive than skim milk. Low fat or fat free cottage cheese is the same price as the full-fat.
- Protein: Leaner cuts of meat can be more expensive than the higher fat cuts. Remember that you will probably be eating a smaller portion size than you did before you started the program. Consider adding some meatless meals. Legumes (beans and peas) are an inexpensive source of protein and fiber.
- Remind participants that they will be eating less food overall than they did before they started the program.
- They will be saving money by buying less (or none) of the expensive “junk foods” like candy, chips, etc.
- To save money, plan meals ahead of time, make a shopping list, watch the ads for sales, clip coupons for healthy foods, and try store brands.
 - A cookbook designed for cooking on a limited income (including the SNAP budget of about \$4 per day) is **Good and Cheap** by Leanne Brown. The recipes are healthy and very simple. <http://www.leannebrown.com/cookbooks>
 - The Academy of Nutrition and Dietetics website also has information on ways to “Be Budget Friendly”.

<http://www.eatright.org/resource/food/planning-and-prep/eat-right-on-a-budget/eat-right-affordably>

MyPlate Makeover (page 9)

Let's practice using MyPlate. Turn to page 9.

Write a sample dinner menu on the board. It is suggested that the menu include a very large serving of meat, small serving of vegetable, and dessert without a serving from Fruit or Dairy groups.

Example: 8 ounce steak, 1 cup rice, ½ cup green beans, 8 ounce glass of wine, chocolate cake.

Or come up with a menu that includes foods typically eaten by your participants.

Draw MyPlate on the board or flipchart. Encourage group participation during this activity.

Look at the first item on the menu. In which food group of MyPlate does this food belong? *[Write the name of the food in the correct section of the plate.]*

Let's look at the next item on the menu. In which food group does this belong? *[Write the name of the food in the correct section of the plate. Repeat for each food and beverage on the menu.]*

Now let's do a "Meal makeover" by comparing this meal with the recommendations of MyPlate.

- Is there a food in each section of the plate?
- Is there a food high in protein? Is the Protein portion size about 3 ounces? Is it a low-fat protein choice?
- Is the food from the Grain group a whole grain?
- Are fruits/vegetables included?
- Are there a variety of colors of fruits and vegetables?
- Do fruits and vegetables make up half the plate?
- Is the Dairy item low-fat or fat-free?
- How were the foods prepared? (Discuss low-fat versus high-fat cooking methods.)
- Overall, are the food choices low or high in calories?

[If your menu includes alcohol, explain that if you choose to drink alcohol, do so in moderation. Moderation is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men. Consider one serving to be one can (12 fluid ounces) of beer (150 calories), one glass (5 fluid ounces) of dry wine (115 calories), or 1.5 fluid ounces (one "shot") of liquor (105 calories). Alcoholic beverages are high in calories. Mixers, such as tonic or a regular soft drink, add more calories.]

What changes could be made to this meal to better follow the recommendations of MyPlate? (For example: more vegetables, smaller portion of meat, add fruit and/or dairy, etc.)

The 2015 Dietary Guidelines recommend eating less added sugar, salt, and saturated fat. Does this meal follow the recommendations? What could be done to eat less total fat and limit unhealthy fat? Less salt? Less added sugars?

[Emphasize the importance of reading Nutrition Fact labels, menus and menu boards and using the Calorie Counter. Discuss if this meal would be easy or difficult to fit into the calorie and fat gram goals for the day.]

For weight loss, it is important to stay within your calorie and fat gram goals. To improve your health while you are losing weight, it is important to make the healthiest food choices possible within your calorie and fat gram goals.

MyPlate will help you to include many healthful nutrients in your meals while staying within your goals. MyPlate will help you eat healthy, balanced meals, include more plant foods, and practice portion control.

Choose a healthy eating style that meets your nutrition and calorie goals.

Healthy eating is important. Don't forget about physical activity. Regular physical activity is one of the most important things you can do to improve your health. We will talk more about physical activity in our next group meeting.

To Do (page 10)

Turn to page 10 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 measure and record everything you eat and drink every day. Self-monitoring is also a very important behavior.

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.]*

Use MyPlate as a model for healthy meals. Try it at least once this week.

Next week we'll begin to talk in detail about the GLB activity goal. For this coming week, please be aware of your physical activity. Write down the activities you do.

[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 that each week you will collect their completed Food and Activity records, 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 participant to save for future reference the Food and Activity records that you return to them.]

Resources (pages 11-14)

The two extra handouts provide a lot of useful information. I encourage you to read them at home and to try some of the suggestions. You can give us your feedback at the next group meeting.

Page 12: **Build a Better Recipe.** This is for those of you who do a great deal of cooking from recipes. It has some helpful information to help you make recipes lower in calories.

Pages 13-14: **Making Healthier Food Choices.** These pages give additional suggestions for making healthier food choices. Let me point out two sections that might be particularly useful:

- On page 14, the fifth box in “Ways to lower the calories, total fat, and saturated fat in meats” gives directions for how to rinse cooked ground beef. Have any of you ever tried this? Most of us are used to cooking ground beef and draining off the fat, but rinsing it removes even more fat. Usually we add the cooked ground beef to things like spaghetti sauce, chili, tacos, etc., so you won't notice any change in flavor.
- In the box, “Avoid frying foods” there is an easy recipe for how to oven roast vegetables. Have any of you tried this?

[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.

- 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).
- Highlight especially any positive changes made that relate to the session topic of the week before the records were collected: recording calorie and fat gram information, getting close to the recommended calorie and fat gram goals, and use of the “Three Ways to Eat Fewer Calories”. Praise all efforts to change eating behaviors.
- Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.