

# Go Good Fat

## Session Overview

This session reviews the types of fats found in food and encourages healthy fat selections, in moderation, for weight loss.

## Objectives for Session

1. Understand the different types of fats
2. Learn why some fats are healthier than others
3. Discover which foods in your meal plan are higher in fat
4. Learn how to include moderate amounts of healthy fats in place of less healthy fat selections

## Session Preparation

- Prepare the following materials:
  - N09 What Are The Types of Fat?
  - N11 Food Label Quiz
  - N23 Nutrient Label Claims
  - N08 Fat Out...Flavor In
  - N03 Dairy
  - “Eat Wisely” Healthy Living Message
  - NCP video – Eat Wisely
  - Sample food labels
  - Healthy Plate placemats
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

## Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!<sup>®</sup> (5 minutes)
- Putting It All Together (10 minutes)

## **Check-in (5 minutes)**

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## **Discussion Topics (40 minutes)**

### **Introduction**

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, daily food and activity diaries, progress, and goals since the last class. What went well? What did you wish you had done differently?
- Facilitate problem-solving for any barriers.

### **Discussion #1: What are the different types of fats?**

- Ask for input on the different types of fats and where you find them.
- Distribute MOVE!<sup>®</sup> handout N09 What Are The Types of Fat? Use this handout to discuss the four different types of fat and review examples of each type.
- Ask participants to:
  - List 5-10 foods they eat that contain fat, and
  - Identify any foods that should be reduced or eliminated based on the type of fat they contain (they will discuss healthy fat alternatives for trans-fat and saturated fat choices in Discussion #2).
- Discuss calorie content of fats vs. carbohydrates and protein. Explain that low-fat/non-fat does not necessarily mean lower in calories.
- Refer to handouts N23 Nutrient Label Claims and N11 Food Label Quiz, and distribute sample food labels. Ask questions about the fat information on the labels to generate discussion.

### **Discussion #2: Why are some fats better than others?**

- Write “Why are some fats better than others?” on the board and ask for comments.
  - See what the participants think about why some fats are better than others. Begin discussing the importance of including healthy fats while monitoring overall intake to avoid excessive calories. Remind them that no matter what type of fat, too much can lead to excess calories and excess weight.
- Discuss with participants that eating the right kind of fats (mono- and polyunsaturated fats) and reducing unhealthy fats (trans-fats) can improve heart health.
- Write the following on the board and use examples generated from the group to explain each.

## Four Ways to “Go Good Fat”

1. Eliminate trans-fats from your diet.
2. Substitute healthy fats in place of trans-fats and saturated fats.
3. Eat healthy, high-fat foods in moderation (remember total calories).
4. Always read the Nutrient Label to know what fat you are eating.

- Now is a good opportunity to discuss the value of including fat-free or low-fat dairy in your meal plan. Refer to handout N03 Dairy. Be sure to ask for their thoughts about this.
- Distribute handout N08 Fat Out... Flavor In and ask participants to share any tips they are already using or plan to use in the coming week.

## 5-Minute MOVE!® (5 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides the opportunity to demonstrate some simple but effective exercises.

**Ask participants if they care to join you in doing the following warm-up and flexibility exercise:**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

**Then, after 2-3 minutes, invite them to perform the following:**

### MID-BACK STRETCH:

Reach forward with both arms, keeping elbows straight. Interlock your fingers and gently reach forward a little more, rolling your shoulders forward. Take a deep breath in and let it out slowly. You should feel a stretch between your shoulder blades.



## Discussion #3: Let's go good fat – What can I do?

- Use a previous week's Food Diary and/or the list participants generated in Discussion #1 to facilitate this discussion.
- Ask participants if they can now tell if a particular food is high in fat, or contains healthy vs. unhealthy fat.
- Ask participants to pick 3 ways they can make their meal plan “Go Good Fat.”

## **Putting It All Together (10 minutes)**

### **Session recap:**

- Eliminating trans-fats, reducing saturated fat, and eating total fat amounts in moderation will help with healthy weight loss.
- Consider having participants split into two groups. Each group generates a list of the healthiest fats to include in a weight loss diet. Finish the activity with the reminder about calorie content of all fat types, healthy and unhealthy.
- Ask, “What was most helpful today? What could have been better?”

### **Goals and action planning for the next week:**

- Ask Veterans to identify one main point they learned about fats in today’s session.
- Ask them to identify one change they will make in their diet for this next week, and hopefully forever.
- Let them know you will then check back with them about their change(s) and their success at the next session.

### **Homework for next week:**

- Remind participants to continue logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

### **Topic for next week:**

Get Fit for Life