



Trim the Fat

Session plan for group leader

About this session:

The **Trim the Fat** session promotes discussion of the importance of reducing dietary fat for weight loss as well as for other health benefits. By the end of this session, participants will have had the opportunity to:

- Discover which foods in their diet are high in fat
- Discuss how to eat less fat
- Learn why some fats are better than others
- Review food and activity diaries
- Set goals for the week

To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Review the following fact sheets:
 - http://www.mypyramid.gov/pyramid/oils_why.html
 - http://www.mypyramid.gov/pyramid/oils_count.html#
- Organize materials for the session:
 - Paper, pens, flip chart/white board
 - Worksheets:
 - [My High Fat Foods](#)
 - [My Plan to Trim the Fat](#)
 - MOVE! handouts:
 - [\(N08\) Fat Out... Flavor In](#)
 - [\(N09\) What Are The Types of Fat?](#)
 - [\(N15\) Sodium](#)
 - [\(B01\) Old habits Die Hard](#)

Introduction (may take 15-20 minutes):

- Conduct individual weigh-in in private (can also be done at the end of the session). Weights need to be entered into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate)
- Invite participants to discuss their progress/goals since the last class.
- Facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session:
- Encourage questions and comments.

Exercise 1: Finding fat!

- Write “Are fatty foods more fattening?” on a board and ask participants to comment. Discuss the following answer:

Are fatty foods more fattening?

Yes. Fat contains more than **twice the calories** as the same amount of sugar, starch or protein. For example $\frac{1}{4}$ cup of peanuts which has 18g of fat provides 212 calories, whereas 3 cups (12 times more) of plain, air-popped popcorn containing just 1 gram of fat provides only 92 calories.

- Distribute the [“My High Fat Foods”](#) worksheet and ask participants to write the kinds of foods they eat that are high in fat (examples include: fries, chips, milkshakes, desserts, fried foods).
- Ask participants to circle these high-fat foods in their Food and Activity Diary.

**Note that much of the fat we eat (70% or more) is hidden in foods.
Check out food labels.**

Physical activity break

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

- Ask participants to join you in doing the following flexibility exercise:



MID BACK STRETCH: Extend your arms in front with elbows straight. Interlock your fingers and gently pull forward, trying to separate your shoulder blades. You should feel a stretch between your shoulders.

Exercise 2: How can I eat less fat?

- Ask participants for ideas on how to eat less fat. Write the following on the board and use examples generated from the group to explain each:

Three Ways to Trim the Fat

1. Eat high-fat foods **less often**
2. Eat **smaller amounts** of high-fat foods
3. Eat **lower-fat** foods instead

- Distribute the [“My Plan to Trim the Fat”](#) worksheet and give participants time to complete it answering any questions that may arise.
- Ask participants what they will need to reach this goal?
- Ask what problems they might have and how they might solve them?
- Distribute **MOVE!** handouts [\(B01\) Old Habits Die Hard](#) and [\(N08\) Fat Out... Flavor In](#).

Exercise 3: Are some fats better than others?

- Write “Are some fats better than others?” on the board and ask for comments.
- Distribute **MOVE!** handout [\(N09\) What Are The Types of Fat?](#). Point out that mono- and polyunsaturated fats are healthier fats because they do not raise LDL (‘bad’ cholesterol). Use the information in the MyPyramid factsheets (links above) for your discussion.

Reducing total fat will help with weight loss. In addition, limiting bad fats will also improve your heart health.

- Discuss with participants that eating the right kind of fats (mono- and polyunsaturated fats) and reducing bad fats (saturated and trans fats) can significantly improve heart health.
- This is also a good opportunity to discuss eating less sodium to improve heart health. Distribute **MOVE!** handout [\(N15\) Sodium](#).

Close the session:

- Remind participants to:
 - Maintain their food and activity diaries,
 - Wear their pedometers, and
 - Bring both the diaries and the pedometers to all of the sessions.