

# 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

- Have the following materials available to share with participants:
  - N09 What Are The Types of Fat?
  - N08 Fat Out...Flavor In
  - N23 Nutrient Label Claims
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
  - N03 Dairy
  - N11 Food Label Quiz
  - Sample food labels
- Prepare to evoke as much information as possible from the group.
- Your role is to facilitate discussion without lecturing.

## **Session Outline** (60 minutes)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 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 and offer praise for completion.

### **DISCUSSION TOPICS** (40 minutes)

#### **Introduction**

- Welcome everyone to the session and note that they are nearly 1/3 through!
- Reference Group Guidelines if needed (for new participants).
- Describe the purpose of today's class. State today's objectives and discussion topics.
- 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 group 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! handout [N09 What Are The Types of Fat?](#) Use this handout to discuss the four different types of fat and ask if they can identify examples of each type.
- Ask participants to:
  - List 3–5 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. Ask what they understand about low-fat/non-fat and calories. (i.e. see if they can identify that it can mean fewer calories.)
- Distribute handout [N23 Nutrient Label Claims](#) and sample food labels. You may want to use the information in [N11 Food Label Quiz](#) to do a “group food label quiz”. Continue to generate discussion by asking questions about the fat information provided on the food labels.

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

- Ask “Why are some fats better than others?”
  - 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.
- Ask participants what they think the impact of eating the right kind of fats (mono- and polyunsaturated fats) and reducing unhealthy fats (trans-fats) can be on heart health.
- Ask permission to summarize, and then 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.

- This may be a good opportunity to discuss the value of including fat-free or low-fat dairy in a meal plan. Ask participants if they currently use any fat-free or low-fat dairy in their meals or if they would consider adding it in the future to help with weight management. You can use the information in handout [N03 Dairy](#) if needed to add to what is shared by participants.
- 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.

### Stretch Activity (2 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 to join you, if they wish, in doing the following stretch activity:

Invite participants to stand up if they are able. If not, they may remain seated.

#### Simple Stretch:

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

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

- Use a previous week's Food Diary and/or the list that 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."
- If time permits, 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.

### **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.

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

- Ask participants 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.
- Let them know you will then check back with them about their change(s) and their success at the next session.
- Ask, "What was most helpful today? What could have been better?"

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

- Remind participants to continue doing such a great job 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](#)