



Session 2: Be a Calorie Detective

To help you lose weight, we'll help you build healthy eating habits.

Healthy eating involves eating fewer calories, less fat, and less *unhealthy fat*.

- **Eating fewer calories.** Eating or drinking too many calories from *any type of food or drink* can cause weight gain. Having overweight or obesity increases your risk of heart attack, stroke, and diabetes.
- **Eating less fat.** Fat has more than twice the calories as the same amount of sugar, starch, or protein. Even small amounts of high-fat foods are high in calories. With lower fat foods, you can eat more and feel fuller on fewer calories.

Note: Low-fat or fat-free foods still contain calories. Read the label.

Compare	Calories*	Fat Grams*
2 cups of cheese curls (2 $\frac{3}{8}$ -ounce bag)	370	24
5 cups of 94% fat-free microwave popcorn	110	2

* These values are averages. Always check labels.

- **Eating less *unhealthy fat*.** Too much unhealthy fat can raise your level of “bad” cholesterol. It may also increase your chances of having a heart attack or stroke or getting diabetes.



Group Lifestyle Balance™ Calorie and Fat Gram Goals

To get started losing weight, stay as close as you can to your calorie and fat gram goals. They are shown in the chart below.

- Find your starting weight.
- Your calorie and fat gram goals are in the same row. Circle them.
- Adjust your calorie and daily fat gram goal in LoseIt! to match.

Starting Weight (pounds)	Daily Calorie Goal	Daily Fat gram Goal
120-174	1,200	33
175-219	1,500	42
220-249	1,800	50
250 or more	2,000	55

- A gram is the way fat in food is measured. It is a unit of weight. A paper clip weighs about 1 gram.

About your calorie and fat gram goals:

- It may be hard to reach your goals at first. **Just try to get as close to them as you can.**
- Everyone is different. Research has shown that these goals are a good starting point. **They are designed to help you lose about 1-2 pounds per week.**
- Aiming for a goal of about 25% (one-quarter) of calories from fat means this is a moderate fat, not a low-fat eating plan.
- **It's important not to go too low.** Do NOT try to see how few calories and fat grams you can eat. You need to get enough food for health and good nutrition.





How and Why to Measure Foods

If you measure food at home, you will:

- Know the calories that you eat and drink.
- See what a moderate portion looks like.
- Be better at guessing amounts when eating away from home.

Most people are surprised when they measure foods. Let's look at some examples:

- Write down the name of the food.
- Guess the amount.
- Write down the actual amount.
- Figure the calorie and fat grams for the actual amount.



Food	Guessed Amount	Actual Amount	Calories	Fat Grams

Measuring foods will help you stay within your calorie and fat gram goals.

Measuring cups

- For solid foods: Fill and level off.
- For liquids: Fill. Read the line at eye level.

Measuring spoons

- Fill and level off.

Measuring/Estimating Meat and Cheese

- Estimate the portion size.
 - 4 ounce raw = 3 ounce cooked (about the size of a deck of cards or the palm of your hand).
- Some people find it helpful to use a food scale.
 - Weigh meats after they are cooked with the fat and bone removed.





Keep Track of the Calories and Fat You Eat Every Day

1. **Record everything** you eat and drink. It's the most important part of changing your behavior.

It is important is to:

- Be honest. (Record what you really eat.)
- Be accurate. (Measure portions, find calorie and fat information.)
- Be complete. (Include everything.)

2. **Figure out how many calorie and fat grams** are in everything you eat and drink. Record it.

- Find the serving size, calorie, and fat gram information by using:
 - **Food labels.** Always use label values if you can. They are the most up-to-date and exact.
 - **LoseIt!** Use the nutrition database in the app.
 - **Menus, menu boards, or displays** at some restaurants, bakeries, and coffee shops. May be found in LoseIt!
- Figure out how many calorie and fat grams are in the amount you ate or drank.
- **Can't find a food in LoseIt!?** Find a similar food or drink and estimate the amount, or take note and ask your Lifestyle Coach at the next session.



3. **LoseIt!** will add up the calorie and fat grams you eat and drink throughout each day.

- **LoseIt!** will also **subtotal** your calorie and fat grams in for each meal and snack. Reflecting on this will help you stay on track with your goals.





Eat a Packaged Food? Read the Nutrition Facts Label

Look at the Serving size. →

Look at the Calories per serving. →

Look at the Total Fat Grams per serving. →

Question: What if you eat a larger serving than is listed on the label?

Answer: You will be eating more calories and fat grams than are listed on the label.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Know Where Your Calories and Fat Grams Come From

Let's uncover the calories and fat grams in a sample meal:

Food	Calories	Fat Grams	Teaspoons of Fat
Quarter pound hamburger sandwich with cheese	730	44	11
French fries, large	500	22	5 ½
Chocolate milkshake (large, 20 ounces)	980	24	6
Total:	2210	90	22 ½ About 1 <i>stick</i> of butter

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

1.
2.
3.
4.
5.



Tracking the Calories and Fat grams

MY Daily Fat Gram Goal _____

1. Go to *LoseIt! App* and select *LOG*
2. Select a day to look at fat grams. Preferably a day with the most complete information.
3. Tap on the three dots in the corner of breakfast. A menu will pop open.
4. Select *View Meal Summary*. Note the Fat grams and write in table below.
5. Repeat locating the Fat gram totals for each meal by tapping on the three dots near each meal name and selecting *View Meal Summary*.
6. Fill the table below, as best you can. Total the Fat grams for each day.

Day	B-fast	Lunch	Dinner	Snack	Daily TOTAL
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Note which days had the highest Fat grams. Look at that day. What changes can you make to get closer to your Fat Gram goal?



Three Ways to Eat Fewer Calories

1. Eat high-calorie foods **less often**.

Example: Eat high-calorie desserts (cake, pie, premium ice cream) less often.

2. Eat **smaller amounts** of high-calorie foods.

Cutting back even a little on the amount you eat can make a big difference.

Example: Use 2 tablespoons instead of 4 tablespoons of salad dressing on your salad. This could save 145 calories and 15 grams of fat.

3. Eat **lower-calorie foods** instead.

Example: Eat broiled fish instead of fried fish.

Make a plan to eat fewer calories.

- Write down three foods you eat often that are high in calories.
- What are you willing to do to eat fewer calories?

Your Top Three High-Calorie Foods	The Three Ways to Eat Fewer Calories		
	Eat it only this (less) often:	Eat only this (smaller) amount:	Eat this (lower calorie) food instead:

Through trial and error you will
find products and recipes you like.

Ask friends, family, and group members for ideas.

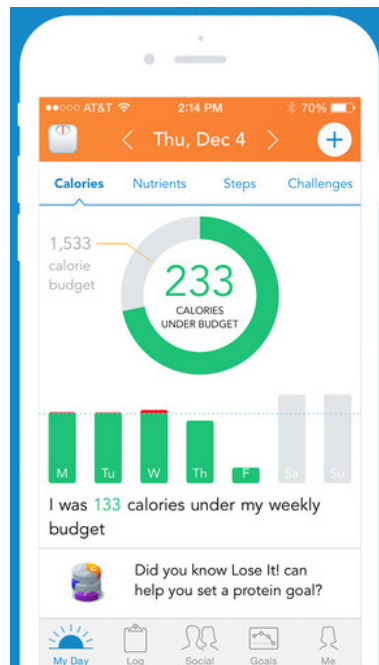


Practice Keeping Track

At the end of the week, review your Weekly Summary on the LoseIt!! app.

You can **review the week as a whole**. Ask yourself:

- Which days were higher or lower in calories, fat grams, and activity than usual? What happened on those days?
- On average, are you meeting your goals?
- Most important, how has your eating and physical activity affected the trend in your weight? What changes, if any, do you want to make next week?





To Do:

Check the boxes when you complete each item:

☐ **Keep track of your weight.**

- Weigh yourself at home at least once a week, at the same time of day. Use the same scale.
- Record your weight in the LoseIt!! app

☐ **Record everything you eat and drink every day in LoseIt!!**

☐ **Come as close as you can to your calorie and fat gram goals.**

- Use Nutrition Facts labels and LoseIt!! to record your intake as accurately as possible. Use measuring cups to improve consistency with food and drink recording and reporting.
- Reflect on your fat and calorie totals in LoseIt!! by meal and by day

☐ **Follow your plan to eat fewer calories (see page 8).**

How did it go?

☐ **Keep working on physical activity.**

- ❖ Be active for 150 minutes this week. Record what you do.
- ❖ If you were active for less than 150 minutes, that is okay. Start at your current activity level and try adding 30 minutes more.
- ❖ If you are doing more, great work and keep it up.
- ❖ Keep track of your activity minutes.