

# D2d - Support and Education: Lesson 1

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

## Healthy Eating: Fat and Calories

Reducing the fat and calories in your meals is one of the most important steps you can take to improve your health. To reach healthy eating goals, we suggest you track your weight and how much you eat. The first step in making changes to your diet is to find the high-fat, high-calorie foods in your meals and figure out ways to make them healthier or eliminate them.

### When it comes to eating healthy to lose weight, the three most important steps are:

1. Take in fewer calories than you burn during the day.
2. Eat less fat (especially saturated fats and trans fats) than you currently eat.
3. Eat smaller portions of high fat and high calorie foods than you currently eat.



### Focus on Fat:



- Fat has the most calories of all the foods we eat.
- Fat contains 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. Reducing the amount of fat you eat is an easy way to reduce the number of calories you eat.
- Reducing fat (especially saturated fats and trans fats) lowers cholesterol and reduces the risk for heart disease.

**Goal:** Eat less fat than you currently eat.

*Saturated fat* is found mostly in foods that come from animals like beef, lamb, pork, chicken with skin, whole and 2% milk, butter, cheese, and lard. It does not come from fish. *Trans fat* is in vegetable shortening (Crisco) and hard or stick margarine. It can also be found in processed foods that are made with *partially hydrogenated* vegetable oils, for example, cookies, baked goods, fried foods and salad dressing.

**Saturated fats and trans fats not only make us fat, research shows they increase our risk of heart disease.**

**What is your daily fat gram and calorie goal?**

Use this chart to figure out the number of fat grams and calories you can have each day to lose 1 or 2 pounds per week. Try to not eat more than the number beside your weight.

Current Weight	Calories and Fat Grams per day
120 – 170 pounds	1,200 calories a day 33 grams fat a day
175 – 215 pounds	1,500 calories a day 42 grams fat a day
220 – 245 pounds	1,800 calories a day 50 grams fat a day
250 – 300 pounds	2000 calories a day 55 grams fat a day

**How do you know how much fat and calories you are eating?**

Nutrition labels on packaged foods show information about the fat calories and nutrients in the food. Below are two samples of nutrition labels on milk cartons. The milk carton label on the left is for 2% milk and the one on the right is for skim (nonfat) milk. Note: the nonfat milk has the same amount of protein, calcium and other nutrients but has no fat and is half the calories as the 2% milk.

**Find the serving size and decide if that is the amount you ate. Maybe you ate more or less.**

**Find the calories per serving.**

**Find the total fat grams per serving.**

**Keep this in mind:**  
If you eat a larger serving than the size on the label, you will be eating more calories and more fat grams than are given on the label.

**Reduced Fat Milk (2% milk fat)**

**Non Fat Milk**

## Sample Lunch Menu

This is a typical “combo meal” at a fast food restaurant. Most fast food, chain restaurants can provide you with information on their food’s fat and calorie count. Asking for this information can help you make an educated decision.

Food	Fat Grams	Calories
¼ lb hamburger with cheese	26 ( <i>12 grams are saturated fat, and 1.5 grams are trans fat</i> )	520
Large French fries	25	500
Cola soft drink (21 oz.)	0	200
<b>Total</b>	<b>51</b>	<b>1220</b>



Notice the amount of fat and calories consumed in this meal.

**The following are a few ideas to modify the amount of fat and calories consumed:**

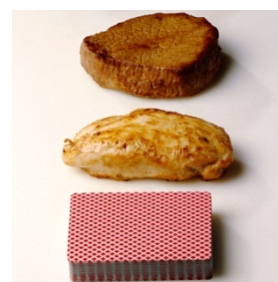
1. Substituting the large French fries with a small French fries would decrease the total fat grams to 37, and calories to 990.
2. Substituting the cola with water or diet cola would decrease the total calories to 1020.
3. Doing both #1 & 2 would decrease the total calories to 790.

## Estimating Fat and Calorie Content

It is hard to know the amount of fat and calories in our food, but with practice, we can make a good guess. Eating even a slightly smaller amount can make a big difference in fat grams and calories. Many people feel they do not need to weigh or measure their food because they think they know how much they eat. But most of us are surprised when we actually do measure. Our eyes can play tricks on us!

### Measuring Basics

Measurement	Abbreviation	Equivalent
Cup	c	8 ounces or 16 tablespoons
Tablespoon	T or Tbsp	3 teaspoons
Teaspoon	t or tsp	The amount in a regular size spoon
Ounce	oz	28 grams
Gram	g	The weight of a paper clip



- ✓ Use a metal or plastic measuring cup for solid foods. Level off the ingredients before noting the amount.
- ✓ Use a glass measuring cup to measure liquids. Read the line showing how much at eye level
- ✓ Use measuring spoons for both solids and liquids
- ✓ If you have a kitchen scale use it for meat, fish, cheese, bread, pasta and rice .
  - Weigh meat after it is cooked.
  - Remove fat and bone before you weigh meat or fish
- ✓ Remember 4oz of raw meat equals 3 oz of cooked meat. 3 oz is the size of a deck of cards.

### Three Ways to Eat less Fat and Fewer Calories:

1. Eat foods high in fat or calories *less often*.  
*Example: Eat French fries once a week, instead of every day. That would mean about **132 fewer** grams of fat per week!*
2. Eat smaller amounts of high-calorie foods. Cutting back just a little on the amount you eat can make a big difference over time.  
*Example: At a salad bar and at home, use a regular spoon instead of a ladle to pour on the salad dressing.*
3. Eat lower-fat and lower calories foods instead.  
*Example: Choose non-fat (or 1% milk) instead of whole milk.*



The table below shows lower fat and lower calorie options:

Instead of this food:	Fat (g)	Calories	Choose this food:	Fat (g)	Calories
Potato chips, 1-ounce bag	11	161	Pretzels, 1-ounce bag	1	108
Regular margarine, 1 tsp	4	34	Low-fat margarine (soft, from a tub), 1 tsp	2	17
Roast beef (chuck), un-trimmed, 3 ounces	22	286	Roast beef (top round), 3 ounces	4	153
Small baked potato with 2 Tbsp sour cream	6	184	Small baked potato with 2 Tbsp salsa	0	136
Chicken breast, with skin, breaded, fried	24	439	Chicken breast without skin, grilled	9	205

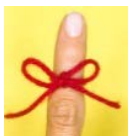


**L**ow-fat or fat-free products often contain a lot of calories because they may be loaded with sugar.

## Menu Makeover:

The following example shows how small changes make a big difference in fat grams and calories.

High-fat, high-calorie meal	Makeover meal	Fat grams saved	Calories saved
Breakfast			
Fried eggs, 2	Corn flakes, 1 cup	15	90
Whole milk, 1 cup	Skim milk, 1 cup	8	60
Toast, 1 slice, with 1 tsp margarine or butter	Toast, 1 slice, with 1 tsp jam or jelly	4	17
Coffee, 1 cup, with 2 Tbsp half & half	Coffee, 1 cup, with 2 Tbsp nonfat creamer	4	17
Snack			
Doughnut, glazed, yeast (4" diam.)	Apple, 1, (2-3/4" diam.)	12	180
Lunch			
2 slices bread, with 1 Tbsp mayonnaise	2 slices bread, with 1 tsp mayonnaise	4	64
Bologna, beef, or pork, 1 oz	Turkey breast, 1 oz	7	60
American cheese, 1 oz	American cheese, low-fat, 1 oz	5	40
Potato chips, 1-oz bag	Potato chips, 1/2 of a 1-oz bag	5	75
Dinner			
Flounder, deep fried, 3 oz	Flounder, baked without fat, 3	4	64
Mashed potatoes, 1/2 cup with milk and butter	Mashed potatoes, 1/2 cup, with milk, no butter	4	35
Gravy, 1/4 cup	Gravy, from mix, using water, 1/4 cup	4	80
Green beans, with bacon, 1/2 cup	Green beans, with nonfat broth, 1/2 cup	2	15
Salad with 2 Tbsp French dressing	Salad with 2 Tbsp fat-free dressing	11	100
Dessert			
Ice cream, premium, 1/2 cup	Orange, 1 (Eat ice cream rarely)	18	210
<b>Total Daily Savings:</b>		<b>107</b>	<b>1,110</b>



**Remember the key to losing weight and preventing diabetes is to make lifelong changes that work for you!**

Derived from National Diabetes Prevention Program and American Diabetes Association materials.