

# SESSION 4: Track Your Food



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about how to track your food.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** As we have discussed, tracking your food each day can help you lose weight. In fact, studies of people who are successful at losing weight and keeping weight off show that tracking food intake helps with success. Today, we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

You'll also get a chance to practice tracking your food. Finally, you will make a new action plan.

## Purpose of Tracking (10 minutes)

**SAY:** We'll start by talking about the purpose of tracking. Let's look at an example. Please turn to "Sally's Story" in this module's handouts.

**DO:** Read (or have a volunteer read) the first paragraph of the story. Then discuss the differences between What Sally Thinks She Had and What Sally Really Had

**ASK:** How many calories does Sally think she had that day?

**ANSWER:** 1,325 calories

**ASK:** How many calories did Sally really have that day?

**ANSWER:** 2,295 calories

**ASK:** What is the difference between the calories she thinks she had and the calories she really had?

**ANSWER:** 970 calories

**ASK:** So why do you think Sally hasn't lost any weight?

**ANSWER:** Sally didn't track exactly what, when, or how much she ate and drank. As a result, she had more calories than she thought she did.

**ASK:** So what's the purpose of tracking your food each day?

**ANSWER:** It helps you work toward your weight loss goal.

## How to Track Your Food (13 minutes)

**SAY:** We've talked about why it's important to track your food each day. Now we'll talk about how to do it.

Let's start by talking about how to track what you eat, and when you eat it. Please look at your Food Log or the app you used to track your food.

**DO:** Review Food Log briefly. Ask for a volunteer to share what they ate (item), and when they ate it (time). Explain how to write these facts on the Food Log. Answer questions as needed.

**SAY:** We've talked about tracking what you eat, and when you eat it. Now let's talk about tracking how much you eat.

### ACTIVITY: Measuring Food

**DO:** Pass out dry and liquid measuring cups, measuring spoons, and a kitchen scale. Tell participants what each tool is called.

**SAY:** Here are some tools you can use to find out how much you eat.

Let's practice measuring one serving. The size of one serving may be given in tablespoons. For instance, one serving of this peanut butter is 2 tablespoons.

**DO:** Hold up a jar of peanut butter.

**SAY:** If you have the tablespoon, please come up and measure 2 tablespoons of peanut butter.

**DO:** Help as needed. Talk through what to do. Make sure the measurement is exact.

Repeat these steps with:

- ½ cup cereal
- 8 ounces juice
- 27 grams cereal (if you have a food scale)

To weigh the cereal, participants should follow these steps:

- Place the bowl on the scale.
- Press "tare" to delete the weight of the bowl.
- Pour the cereal into the bowl.

**SAY:** You did a great job measuring! Using these tools is the most precise way to measure. But you may not always have time to use them. So it's good to learn how to eyeball serving size too.

**DO:** Refer participants to the handouts "Everyday Objects and Serving Size" and "Hands and Serving Size". Or look at them together. If you'd like, bring in the objects listed in the handout. Help participants practice using their hands to measure one serving.

**SAY:** Once you know how much you eat, you can record it. Please look at your Food Log or app again.

**DO:** Explain how to write how much (amount) you eat in the log. They can record this amount in volume, weight, or piece (such as one medium apple).

**DISCUSS:** What are some ways to record your eating? (paper, tracking sheet, spreadsheet, apps, photos of your food)

## Make Sense of Food Labels (10 minutes)

**SAY:** Now that you know how to measure one serving of an item, you can find out all sorts of useful facts about it. Percent Daily Values tell how much of your daily nutrient needs one serving provides. They are based on a diet of 2,000 calories a day. If you have more or less than 2,000 calories a day, your Percent Daily Values will be different.

Please look at "Make Sense of Food Labels".

**DO:** Review the handout briefly. Pay special attention to the section on serving size.

**SAY:** So you can see why food labels are so useful.

**DISCUSS:** Besides reading labels, how could you find out nutrition facts about your food?

Ways to find out nutrition facts include:

- Computer apps
- Smart phone apps
- Websites or printed lists of foods and calorie counts

## OPTIONAL ACTIVITY: Reading Food Labels

**SAY:** Let's get some more practice reading food labels.

**DO:** Break participants into small groups. Have them practice reading the Nutrition Facts labels you brought in. Help as needed.

## Setting goals: Plan for Success (10 minutes)

**SAY:** As you know, to help you reach your overall goals, you will make a new action plan with specific smaller goals at each session. Please turn to your Action Plan Journal.

Review the concept of SMART goals.

### **SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

For increasing your improving your diet/decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session. We also recommend you set a self-care or stress management goal using the SMART goal framework. This week, you could use tracking your food intake more closely as part of your SMART goals.

#### **Decide:**

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound).

## Summary and Closing (5 minutes)

**SAY:** Please look at your Food Log or app again. If you are not already, I strongly recommend that you track every day. This will help you reach your weight goals. For a reminder on ways to track, see "How to Track Your Food".

**DO:** Answer questions as needed.

**SAY:** It can be challenging to track your food. Please look at "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

**DISCUSS:** What might you find challenging about tracking your food?

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we discussed tracking food intake more closely.

We talked about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

You also got a chance to practice tracking your food.

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.