

Preventing Diabetes

Cutting Calories and Fat

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Describe strategies to reduce calories and fats ▪ Identify healthy and unhealthy fats ▪ Find needed information on food labels
Time Required:	20 minutes
A-V:	PowerPoint, laptop and projector
Handouts:	<ul style="list-style-type: none"> ▪ Pre-diabetes – <i>What Is it and What Can I Do?</i>* ▪ My Healthy Living Action Plan Worksheet ▪ Eating Right: Give Your Body What It Needs ▪ Healthy Variety Recipe Sampler
Talking Points:	<ul style="list-style-type: none"> ▪ Losing weight will help prevent or delay getting type 2 diabetes ▪ A first step is to look for ways to reduce the number of calories you eat every day – two major strategies: <ul style="list-style-type: none"> ○ Reduce serving sizes – don’t need to “give up” favorite high calorie foods; just eat less ○ Select lower-calorie options; for example replacing regular soft drinks and juice with sugar-free drinks and/or water ▪ “Soft Drink Math” - replacing one 12-ounce regular soft drink every day with a sugar-free alternative equals the number of calories required to lose 16 pounds in one year! ▪ Use food labels to find the number of calories in a serving ▪ The kind of fat you eat is also important to achieve (or maintain) healthy cholesterol levels (high levels of LDL “bad” cholesterol increase the risk for heart disease and stroke) ▪ Saturated fats, trans fats and cholesterol increase “bad” cholesterol ▪ Monounsaturated fats, polyunsaturated fats and omega-3 fatty acids decrease “bad” cholesterol and help increase “good” cholesterol ▪ As with calories, food labels can help identify the fat content of packaged foods (total fat and kind of fat) ▪ Look for ways to substitute healthier choices to reduce fat in your meals ▪ “Check” the actions you can take to eat fewer calories and less fat ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ Visit diabetes.org for many healthy recipes including “The Recipe of the Day”
Activity:	Participants identify the actions they can take to reduce calories and fat

* Used in all “Preventing Diabetes” presentations