



# **FOOD STEPS: A Guide To Eating Better**

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## Contents

	<b>Page</b>
<b>What this guide is about</b>	1
<b>Section 1: Eating for the Health of It</b>	4
Some facts about fat.	5
How much fat should I be eating?	9
Activity A: How to Read a Food Label.	14
Follow Canada’s Food Guide To Healthy Eating.	17
Activity B: Rate Your Plate.	22
<b>Section 2: Dealing With Trouble Spots</b>	26
Having limited choices	27
Social situations.	29
Travelling.	30
Eating too much of a good thing.	32
Activity C: Get Moving.	34
<b>Section 3: Sticking With It</b>	35
What do we mean by “slips?”	35
Activity D: Renew Your Reasons.	37
Dealing with small slips.	38
Activity E: Change Your Act.	41
Get Support	43
Activity F: Stress Busters.	44
Activity G: Reward Yourself.	47
Dealing with big slips.	48
Activity H: Ready for Action.	50
Future moves.	53
<b>Appendices</b>	
Appendix A: Fat Scoreboard.	54
Appendix B: Fibre Scoreboard.	56
Appendix C: Low-Fat Cookbooks.	58
Appendix D: For More Information.	59

**What this  
guide is  
about.**



This guide is for men who have succeeded in cutting back on fat and want to keep eating this way. This guide will help you stay with your new way of eating - for good.

In this guide, you'll find out more about:

- fat and healthy eating
- how to add variety to your low-fat way of eating
- how to deal with difficult situations
- how to deal with cravings for high-fat foods
- how to get back on track if you start eating a lot of high-fat foods again.

You are well on your way to a healthier life as a result of the changes you have made in the way you eat. Whether you know it or not, that means you've likely moved through these three stages:

- ❶ Not even thinking of eating less fat.
- ❷ Considering reducing the amount of fat you eat.
- ❸ Actually reducing the amount of fat you eat.

You are now at the **fourth and final stage**, eating less fat for good.

## Why are these stages important?



Most men go through these stages whenever they try and change a behaviour, like giving up smoking, or changing the way they eat. The reason you need to know about the stages is that you may **go** through each of them **several times** before you finally change the way you eat for good. That means, that although you have been successful, **you may slip back** to your old way of eating. The good news is that the more often you go through these stages, the stronger you get at resisting the temptations to go back to the way you used to eat. That's why you need this guide; it can help you break the cycle for good.

This is the final guide in a series of four designed to help you keep your low-fat way of eating for good.

### How do I know if I am at Step 4?

You are at Step 4 in the **FOOD STEPS** program, if you have cut back on fat to a level you are happy with, *and* if you want to maintain this level. If you feel you need to reduce fat further, you may need to review **FOOD STEPS 3**. It will help you to reduce the amount of fat you eat. But be careful; don't cut out too much. **You do need some fat for good health.**

If you haven't got **FOOD STEPS 3**, you can order it using the order form that comes with this guide.

**This guide has 3 sections:**

**How do I use this guide?**

## **IMPORTANT**

This guide should not be used by:

- women
- anyone under 19 years of age
- men who must change their eating habits for medical reasons.

If you need a special diet for medical reasons, ask your doctor for a referral to a Registered Dietitian.

### **Section 1: Eating for the Health of It!**

- how eating less fat can make you healthier.

### **Section 2: Dealing With Trouble Spots!**

- how to deal with situations where you're tempted to eat a lot of high-fat foods again.

### **Section 3: Sticking With It!**

- how to not slip back to your old way of eating.

Other men who have used this guide say that the best way to use it is like this:

- 1.** Skim through the whole guide to get an idea of what it's about.

2. Read it through more slowly. Think about how it applies to your life. If you find it a bit long to read all at once, read it section by section.
3. Do all of the *Activities*. These *Activities* are based on proven ways to help you change how you eat.
4. Keep this guide handy. Read it often. It will help you stay with the lower-fat way of eating for life.

## Section 1



### Eating For the Health of It!

Although you have been eating less fat for several months now, there may be some facts about fat that may be helpful for you to review. In this section you'll find:

- how fat and cholesterol affect your health
- how to calculate 30% fat in foods
- how to read a food label
- how to improve your eating even more
- how to rate the way you eat now.

## **Some facts about fat.**



## **Are all fats the same?**

## **Unsaturated fats.**

## **Saturated fats.**

## **What is fat?**

Fat is an essential nutrient. It is necessary for healthy skin and tissues, and for the digestion of vitamins A, D, E, and K. It adds flavour to our food and helps us feel full after eating. It also provides us with energy. At 9 calories per gram, fat provides more than twice the calories of either protein or carbohydrate, which provide 4 calories each.

No, there are three types of fat: unsaturated, saturated and hydrogenated. Some are better for you than others.

There are two kinds of unsaturated fat -- monounsaturated and polyunsaturated. They are the main types of fats found in plant foods. Examples are vegetable oils such as peanut oil, olive oil, safflower oil, canola oil, and corn oil. They are often called “good” fats because they help lower cholesterol in your blood.

Most saturated fat comes from animals. The most common sources are butter, cream, cheese, lard, meat, and poultry. However, some plants produce saturated oils. Coconut, palm oil, and palm kernel oil all contain saturated fat. This fat is often called “bad” fat because too much of it can raise cholesterol in your blood.



## Hydrogenated fats.



## Cholesterol.

Hydrogenated fats are created by a process of adding hydrogen to unsaturated fats in order to make them spreadable. This is why hydrogenated fats are used in margarine and shortening.

Even though unsaturated fats are used in the process, the “good” fat is changed to one that is less good for your heart. Hydrogenated fats are thought to raise blood cholesterol levels like saturated fats do.

Hydrogenated fats are found in many processed foods: some margarines, crackers, cookies, french fries, and potato chips. Eating less hydrogenated fat is a good idea for your health.

### Where does cholesterol fit in?

Cholesterol is a fat-like substance that our bodies produce. We also get cholesterol from animal foods like meat, liver, poultry, seafood, egg yolk, milk and milk products.

### What about different kinds of cholesterol?

There are two main kinds of cholesterol:

- **HDL (high density lipoprotein):**  
HDL cholesterol is good for your heart because it carries excess cholesterol away from the

arteries to the liver, to be removed from the body. It is called “good” cholesterol.

- **LDL (low density lipoprotein):**

LDL cholesterol can end up as fatty deposits along the inside of arteries. This can lead to hardening of the arteries. It is called the “bad” cholesterol.

Our bodies need cholesterol for many important functions. However, since our bodies make all the cholesterol we need, we don’t need any from foods.



Too much “bad” cholesterol is a risk factor for heart disease. That’s why, a few years ago, we were told to avoid foods with cholesterol. Now we know that high blood cholesterol is more often caused *by foods that contain a lot of saturated or hydrogenated fat*. This means that some foods like eggs, shrimp, and liver can be part of a healthy way of eating again. However, since most foods with cholesterol also contain saturated fat, don’t eat too many of them!

**Your goal is to raise the amount of HDL - “good” cholesterol in your body, and reduce the amount of LDL - “bad” cholesterol. You can**



raise the HDL level in your body by eating less fat, being physically active, and having a healthy weight. On the other hand, if you eat a lot of fat (especially hydrogenated and saturated fats), become overweight, and don't exercise, you'll raise the LDL level.

**I cut down on fat, but I didn't worry about the kind of fat or cholesterol. Is that okay?**

Yes. At first we suggested that you cut back on the total amount of fat in your diet. By doing this, you would automatically be cutting back on saturated fats. However, now that you know which foods contain saturated fats and hydrogenated fats, you can pay special attention to cutting back on foods that contain these types of fats. For example, in addition to using less margarine, you should choose one that has the highest amount of monounsaturated and polyunsaturated fats. The nutrition label will be your guide.

**I know that by eating less fat, I have reduced my risk of heart disease, but are there any other benefits?**

Yes, eating less fat also reduces your risk of getting:

- some cancers
- diabetes

**How much fat should I be eating?**

**What does this mean?**

- obesity

and can also:

- improve your energy levels
- help you reach and keep a healthy weight
- make you feel good about yourself.

The food we eat provides us with calories. These calories come from proteins, carbohydrates and fats. Health Canada recommends that you should get no more than 30% of your calories as fat. This amount is good for your health.

Everyone needs a certain amount of food. Some people need more than others, depending on many factors -- age, gender, and especially how active they are.

The energy that our food provides is measured in calories. In the chart below, you will see that inactive men may need about 2200 calories a day, but very active men may need around 4000 calories.

Calories Required per Day Based on Activity Level	
Activity Level	Calories
Inactive	2200
Active	2700
Very active	4000



**Okay. I know my energy needs. How much fat can I eat?**

You should only get about 30% of your calories from fat. Here's how to figure out how many grams of fat that adds up to. You may want to use a calculator.

1. From the chart on page 9, figure out how many calories you need every day. Let's say you are active and you need 2700 calories a day.
2. Calculate 30% of this amount:  $30\% \times 2700 = 810$  calories. You should get only 810 calories from fat.
3. Each gram of fat has 9 calories, so 810 calories would be supplied by  $(810 \div 9 = 90)$  90 grams of fat. Therefore, an active man should eat about 90 grams of fat a day.

On the next page is another chart showing the number of grams of fat you should get for each activity level.



**Daily Fat Intake  
Based on Calorie Requirements**

Activity Level	Calories	Fat Grams
Inactive	2200	75
Active	2700	90
Very active	4000	135

**Can I eat less than 30% of my calories as fat?**

Yes, but remember that we need some fat to stay healthy and it's possible to eat too little. Also remember, that high-fat foods can be part of a healthy diet. It's how *much* and how *often* you eat them that's important to your health.

**How can I tell if I am eating the right amount of fat?**

Use the *Fat Scoreboard* in Appendix A at the back of this book. It lists the average fat content of some common foods. To assess how much fat you are eating, in a notebook, write down everything that you eat and drink for 3 days. Make sure that one of the days is a Saturday or Sunday, since we often eat differently on weekends. Compare your notes with the food list in the *Fat Scoreboard* and record the amount of fat you have eaten. Add up your fat



intake for each day. Add another 10 grams of fat for foods that you may have missed or that are not covered in the *Fat Scoreboard*. **Add up your total fat intake for the 3 days, then divide by 3 to get an average fat intake per day.** This will give you a rough estimate of how much fat you are eating. Compare your average fat intake with the recommended amount of fat for your activity level in the “Daily Fat Intake” table on page 11.

**What if I am eating more than the recommended level?**

That’s okay. What’s important is that you have reduced some of the fat you eat. And some day, if you decide to reduce it further, review ***FOOD STEPS 3***. It can help you reduce your fat intake. If you don’t have it, you can order it using the order form that comes with this guide.

**I think I know where most of the fat comes from, but...remind me.**

There are several sources of fat in the foods we eat. Here are some key sources:

1. fats we add to our food like: butter, margarine, oil, cream, salad dressings, mayonnaise and peanut butter, whipped toppings;





2. fats we use in cooking and frying like: butter, margarine, oil, lard, bacon fat;
3. fats that occur naturally in foods like: fat on meat, skin on chicken, marbling in meat; regular dairy products like whole milk, cream, cheese, yogurt, ice cream; olives, avocado, coconut, nuts;
4. fats that are used in baking and cooking like: gravy, sauces, cake, pastry, donuts, croissants, cookies and muffins;
5. fats in processed foods like: crackers, granola, sauce mixes, cream soups, fish canned in oil, frozen battered fish, etc.



Since so many of our foods come in packages or cans, knowing how to read a food label can help you identify other sources of fat in your diet. We review this skill for you on the next page. Even if you know how to read a label, skim through the information. It's a good reminder.

**Do the How To Read A Food Label  
Activity on the next page.**



## **FOOD STEPS 4 ACTIVITY A**

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### **How To Read A Food Label**

Food labels are a great source of information. You can find out how much fat is in a product in three places:

- in the Ingredient List
- in a Nutrition Claim
- under Nutrition Information.

#### **Ingredient List:**

All packaged food must have an Ingredient List. In this list, all the ingredients must be listed in order from the highest to the lowest amounts. So, the closer to the top of the list the fat is, the greater the amount of fat in that product. See the sample label below.

#### **Sample Label:**

Crackers

##### **INGREDIENTS:**

Enriched flour, **vegetable oil shortening**, rolled oats, cracked wheat, salt.

← Vegetable oil shortening is the second highest ingredient in these crackers. Therefore, this product is likely high in fat.

#### **Nutrition Claims:**

Some products also claim to be “Low-fat,” “Light,” or “Cholesterol Free.” Food manufacturers make these claims in order to sell their products. Some of these statements are true, but some are misleading. For example, some say “Cholesterol Free”, but it may be that the product never had cholesterol in it. And “Light” can mean many

## FOOD STEPS 4 ACTIVITY A

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things - light in texture, taste, colour, sodium (salt) or fat. However, each of these claims must be backed up with information on the label, so read your labels carefully.

### Nutrition Information:

This section tells you about the nutrients in the food. This information is optional, but if it appears, it must be listed in the same order as in the following example.

### Sample Label:

Lasagna

Nutrition Information		
per 275 g serving (1 cup/250 mL)		⇔ serving size
Energy	300 Cal	⇔ calories per serving
Protein	19 g	
Fat	9 g	⇔ grams fat per serving
Carbohydrate	39 g	

Note: 1 g fat = 9 calories

### Finding high-fat foods.

The Nutrition Information label gives the number of calories, and the amounts of protein, fat and carbohydrate per serving. This information helps you find out how much fat is in a food. In most cases, you should choose foods that provide 30% or less of their calories as fat. However, if a product is higher in fat, you can still eat it, if the *total amount of fat* eaten for the day is low.

## **FOOD STEPS 4 ACTIVITY A**

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Now, we'll show you how to calculate the percentage of calories from fat in a food using the Nutrition Information.

1. According to the label, this lasagna has 9 grams of fat per serving. Since 1 gram of fat has 9 calories, the fat in one serving provides  $9 \times 9 = 81$  calories.
2. To calculate the percent of calories from fat we use the following calculation:  $(\text{calories from fat} \div \text{total calories}) \times 100$ . For example, this product contains 81 calories from fat and a total of 300 calories. Divide 81 by 300, then multiply by 100 ( $81 \div 300 = 0.30 \times 100 = 30\%$ ). Therefore, 30% of the calories in this product come from fat. Since 30% is the recommended amount of calories from fat, this product is a **good** choice.

Since you may not have a calculator when shopping, here is a quick “**rule of thumb**”:

- For every 100 calories, the food should have no more than 3 grams fat. If it has more, it has more than 30% of its calories from fat.

Let's try this rule on the lasagna. It has 300 calories and 9 grams of fat per serving. Divide 300 calories by 100 and multiply by 3 grams of fat:  $(300 \div 100 = 3 \times 3 = 9)$ . This product can have up to 9 grams of fat and still have 30% of its calories as fat.

Remember to put your new label reading skills to the test whenever you go grocery shopping.

**Healthy eating is more than just eating less fat.**

**Follow Canada's Food Guide to Healthy Eating.**



**Is reducing the amount of fat you eat enough for good health?**

No. Eating less fat is just one part of healthy eating, but it is an important one. We have focused on fat because it is easiest to change one habit at a time. Now that you have been successful at this, you can go on and improve other areas of your diet.

*Canada's Food Guide to Healthy Eating* can help you eat well. It's the key to selecting healthy food choices. You have already met one of its recommendations, to eat less fat. While you work at keeping a lower-fat way of eating, here are seven other recommendations that can help you to eat better. Choose one or two to start:

**1. Enjoy a greater variety of foods.**

You need about 50 nutrients to stay healthy but no one food has them all. Only by eating a good variety of foods from the four food groups will you get all the nutrients you need.

**2. Increase the amount of fibre you eat.**

The amount of fibre you eat is also important in reducing your risks for heart disease, cancer, diabetes, and obesity.

Good sources of fibre are whole-grain cereals, breads, other grain products, vegetables, legumes (peas, beans, lentils) and fruits. Use the *Fibre Scoreboard* in Appendix B to help you increase the amount of fibre you eat.

### **3. Choose more vegetables and fruit.**

These foods, in addition to vitamins, minerals and fibre, provide antioxidants, and other cancer-fighting agents. These nutrients can't be matched in a vitamin pill, so don't lose out!



### **4. Reach a healthy weight and keep it.**

The key to a healthy weight is regular physical activity and healthy eating. The best way to maintain your weight is to eat small meals and snacks throughout the day. Never skip meals as you're more likely to over-eat at the next one. You'll also miss important nutrients. Try and be physically active for 30 minutes or more on most days.

### **5. Reduce the salt you eat.**

Too much salt has been linked to high blood pressure. Even if you don't have high blood pressure, be on the safe side and cut back on salt. Choose fewer processed and packaged foods, add less salt to cooking, and use less salt at the table.

**6. Limit your intake of caffeine.**

Coffee may wake you up in the morning, but too much caffeine may not be good for your health. Health Canada recommends that we consume no more caffeine every day than that found in 4 cups of coffee. It's important to remember that caffeine is found in regular coffee and tea, but also in chocolate, cocoa, cola soft drinks and some medications.

**7. Limit the amount of alcohol you drink.**

An occasional glass of red wine has been reported to be good for your heart. And a social drink every now and again is quite acceptable. However, drinking too much can lead to serious health and social problems. Limit your alcohol intake to no more than 1 to 2 drinks a couple of times a week.

*Canada's Food Guide to Healthy Eating* also recommends how much from each of the four food groups we should eat. It all depends on how active you are. The table on the next page gives a list of the amounts of food we need from each food group.

**Choose the number of servings that meets your activity level.**



## **NUMBER OF SERVINGS PER DAY**

### **5 to 12 servings of Grain Products**

\*1 serving = 1 slice bread, 1 bowl cereal, ½ cup cooked rice or pasta.

### **5 to 10 servings of Vegetables and Fruit**

\*1 serving = 1 medium size piece of fruit, ½ cup cooked vegetables, 1 cup salad, ½ cup juice.

### **2 to 4 servings of Milk Products**

\*1 serving = 1 cup milk, 50 grams (2 oz) cheese, or ¾ cup yogurt.

### **2 to 3 servings Meat and Alternatives**

\*1 serving = 50 to 100 grams (2 to 3 oz) of meat, fish or poultry, 1 or 2 eggs, ½ to 1 cup beans, 1/3 cup tofu, 2 tbsp peanut butter.

**Other foods:** Foods that don't belong to the four food groups e.g., fats, oils, sugars, honey, jams, high-fat/sugar baked goods and snacks, alcohol, pop, caffeinated drinks. Use in moderation.

\*Use the above serving sizes as guidelines to determine the serving sizes of foods not listed.



### **How do I use these recommendations?**

Here is an example. The Food Guide says that we need from 5 to 12 servings of Grain Products every day. This means that an active man may need 11 to 12 servings of grain products per day. A less active man may need 9 to 10 servings, and an inactive man may need 7 to 8. Choose the number of servings from each food group that best matches how active **you** are. If you are trying to lose weight - choose from the low end; if you're trying to gain weight, choose from the high end. Whatever range you choose, have at least the **minimum** number of servings from each food group each day.

### **How well are you eating now?**

Do the *Rate Your Plate Activity* on the next page. It can help you find out how well you're following *Canada's Food Guide To Healthy Eating*. You might want to make photocopies of this *Activity* so you can check how well you are eating from time-to-time.

**Do the "Rate Your Plate" Activity  
on the next page. Do it now.**



## **FOOD STEPS 4 ACTIVITY B**

### **Rate Your Plate**

Here is an easy way to rate your present eating style and see where you can make more healthy changes. This *Activity* can show you how closely you are following *Canada's Food Guide To Healthy Eating*.

For each type of food, check (✓) the box that best describes how you usually eat.

### **Eating Pattern**

<b>Foods</b>	<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>
Do you eat the same foods every week?	<input type="checkbox"/> usually eat a lot of different foods	<input type="checkbox"/> mostly eat the same foods	<input type="checkbox"/> rarely change my food choices
Do you have regular eating habits like 3 meals + snacks every day?	<input type="checkbox"/> usually	<input type="checkbox"/> sometime	<input type="checkbox"/> rarely

### **Milk Products**

Milk for drinking	<input type="checkbox"/> skim or 1%	<input type="checkbox"/> 2%	<input type="checkbox"/> whole
Milk used in cooking	<input type="checkbox"/> skim or 1%	<input type="checkbox"/> 2%	<input type="checkbox"/> whole
Higher-fat cheese, regular hard cheese (cheddar), regular processed slices or spreads	<input type="checkbox"/> rarely	<input type="checkbox"/> 2-4 times a week	<input type="checkbox"/> 5 or more times a week
Lower-fat cheeses, low-fat cottage cheese and yogurt	<input type="checkbox"/> often	<input type="checkbox"/> rarely	<input type="checkbox"/> never
Ice cream	<input type="checkbox"/> rarely	<input type="checkbox"/> 2-3 times a week	<input type="checkbox"/> 4 or more times a week
Frozen yogurt, sherbet, sorbet	<input type="checkbox"/> often	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely

## **FOOD STEPS 4 ACTIVITY B**

### **Grain Products**

<b>Foods</b>	<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>
Bread, cereal, pasta, rice (1 serving = 1 slice of bread or ½ bagel or ½ cup rice)	<input type="checkbox"/> 5 or more servings a day	<input type="checkbox"/> 2-4 servings a day	<input type="checkbox"/> less than 2 servings a day
Whole-grain products (whole wheat /rye /oatmeal/ bran)	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely or never
Pies, pastries, cakes, donuts	<input type="checkbox"/> rarely	<input type="checkbox"/> sometimes	<input type="checkbox"/> often

### **Meat & Alternatives**

Processed meats, such as salami, sausage, bacon, hot dogs, bologna, meat spread	<input type="checkbox"/> rarely or never	<input type="checkbox"/> 2-3 times a week	<input type="checkbox"/> 4 or more times a week
Lean meat with fat trimmed	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely or never
Chicken or turkey with the skin removed	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely or never
Fish (not fried)	<input type="checkbox"/> 2 or more times a week	<input type="checkbox"/> once a week	<input type="checkbox"/> rarely or never
Meat prepared using little or no fat.	<input type="checkbox"/> 2 or more times a week	<input type="checkbox"/> once a week	<input type="checkbox"/> rarely or never
Portion size of meat: 2-4 oz (50 g to 100 g) = to the size of a deck of cards	<input type="checkbox"/> 2-3 servings a day	<input type="checkbox"/> 4 servings a day	<input type="checkbox"/> 5 or more servings a day
Dried peas, beans, lentils (split pea soup, baked beans, chili)	<input type="checkbox"/> 1 or more times a week	<input type="checkbox"/> once every 2 weeks	<input type="checkbox"/> rarely or never

## **FOOD STEPS 4 ACTIVITY B**

### **Vegetables and Fruits**

<b>Foods</b>	<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>
Number of servings (1 serving = ½ cup of juice, or ½ cup vegetable or fruit or a medium size fruit or vegetable)	<input type="checkbox"/> 5 or more servings a day	<input type="checkbox"/> 2-4 servings a day	<input type="checkbox"/> less than 2 servings a day
Dark green or orange vegetables (carrots, broccoli, spinach, squash)	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely or never
Fruit eaten with skin on	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely

### **Other Foods**

Use of spreads: butter margarine, mayonnaise	<input type="checkbox"/> very little or none	<input type="checkbox"/> sometimes	<input type="checkbox"/> use a lot
Lower-fat: salad dressings, dips and other spreads	<input type="checkbox"/> often	<input type="checkbox"/> sometimes	<input type="checkbox"/> never
Sour cream, cream, cream cheese	<input type="checkbox"/> rarely or never	<input type="checkbox"/> 2-3 times a week	<input type="checkbox"/> 4 + times a week
Gravy or creamy sauces	<input type="checkbox"/> rarely or never	<input type="checkbox"/> sometimes	<input type="checkbox"/> usually
Potato chips, buttered popcorn, corn chips	<input type="checkbox"/> rarely or never	<input type="checkbox"/> sometimes	<input type="checkbox"/> usually
Salt added in cooking and at the table	<input type="checkbox"/> rarely or never	<input type="checkbox"/> sometimes	<input type="checkbox"/> usually
Chocolate, candy bars	<input type="checkbox"/> rarely or never	<input type="checkbox"/> sometimes	<input type="checkbox"/> usually
Pretzels, air-popped plain popcorn for snacks	<input type="checkbox"/> usually	<input type="checkbox"/> sometimes	<input type="checkbox"/> rarely or never
Regular coffee, tea, colas (1 serving = 1 cup coffee, 1 can cola drink)	<input type="checkbox"/> 0-2 servings a day	<input type="checkbox"/> 3-4 servings a day	<input type="checkbox"/> 5 + servings a day
Alcohol: 1 serving = 1 beer, 1 oz (30 mL) liquor, 4 oz (125 mL) wine	<input type="checkbox"/> rarely or never	<input type="checkbox"/> 1-7 drinks a week	<input type="checkbox"/> 8 + drinks a week

## FOOD STEPS 4 ACTIVITY A

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### How well am I doing?

Go back to the beginning of this activity on page 22.

From each page, add up all the checks you have in column 1 and put the total in the box below. Do the same for columns 2 and 3.

Column 1: _____	Column 2: _____	Column 3: _____
-----------------	-----------------	-----------------

**If most of your checks fall in column 1:** congratulations, you are eating a diet that closely follows *Canada's Food Guide To Healthy Eating*. Keep up the good work!

**If most of your choices fall in column 2, and some in column 3:** you can make *some* changes in your eating habits for better health. The eating pattern in column 1 most closely follows *Canada's Food Guide To Healthy Eating*. Try moving some of your food choices from columns 2 and 3 to column 1.

**If most of your food choices fall in column 3:** then there are *many* ways you can change your eating habits for better health. The choices in column one most closely follow *Canada's Food Guide To Healthy Eating*. Try moving your food choices gradually from column 3 to column 2 and then to column 1.

Changing your eating pattern doesn't happen overnight. Start slowly with one or two items, then build on your success. You have already reduced the amount of fat you eat, so it should be easier to make other changes. Review pages 17 to 19. They suggest ways to increase your fibre, and reduce salt, alcohol and caffeine intake. Remember that high-fat/high-calorie foods are part of a healthy eating style. It's how much and how often you have higher-fat/higher-calorie foods that determine their effect on your health.

(Adapted from material produced by the Pawtucket Heart Health Program, 1996.)

## Section 2

### Dealing with Trouble Spots!

You have been successful in cutting back on the amount of fat you eat, and that's something to be proud of! Now you need to make sure you keep your new eating habits for good. Here are some trouble spots that many men run into at this point:

- feeling bored with lower-fat foods
- having limited choice of lower-fat foods
- being too concerned with reducing fat
- social situations
- eating too much of a good thing.

You may think that dealing with these “trouble spots” is just common sense, so why write about it? The fact is, these are the reasons that men most often give for returning to a high-fat way of eating. Being aware of them can help you deal with them should they arise.

**Feeling bored  
with low-fat  
foods.**

If you don't eat a wide variety of foods, you can quickly get bored, and go in search of something new -- like high-fat foods. On the next page are some ways to get rid of the boredom:



**Having  
limited  
choices.**

- try some new low-fat foods:
  - different kinds of raw vegetables
  - fruits for snacks
  - different kinds of whole-grain breads, rolls and bagels.
- experiment with new foods and flavours:
  - add more spices and herbs to your food
  - try recipes with legumes, dried beans, lentils and peas
  - try some low-fat meals from different cultures
  - try more stir-fried dishes.
- take a low-fat cooking course.
- buy a good low-fat cookbook (see the list of low-fat cookbooks in Appendix C).

If you miss some of your old familiar snack foods, and you are tempted to go back to eating them again, stop! First go to your supermarket and look for the new, lower-fat snacks and ready-to-eat meals. You'll find low-fat potato chips, tortilla chips, crackers, cookies, snack bars, and frozen desserts! You can also find frozen or prepared vegetables, frozen low-fat meals, and entrees that can save you a lot of cooking

**Being too  
concerned  
with reducing  
fat.**

time. Look for different meal helpers such as seasoned rice, hamburger helper, and similar convenience foods. If you prepare these without butter or margarine, and with lean meat, these helpers can add variety to a lower-fat way of eating. So, whenever you go shopping, be on the lookout for new versions of your old favourites.

Don't let yourself get obsessed with avoiding fat. Remember:

- Some fat is good for you. You need it to stay healthy.
- Cutting back on fat is the most important way to improve how you eat, but it is not the only way.

Now that you have successfully reduced fat, try improving another area of your diet. Get more fibre by eating more whole-grain breads and cereals, and different kinds of vegetables and fruits. (The *Fibre Scoreboard* in Appendix B can help you with this). Drink less beverages with caffeine. Reduce your salt intake. Try some new foods. All of these things will help you eat better and feel better.

## **Social situations.**



Some situations make it harder to stick with a lower-fat way of eating. They include:

- eating out
- travelling
- parties
- dinner at friends' homes.

Here are some tips to help you deal with these difficult situations:

### **Eating out :**

Restaurants and even fast-food outlets are getting much better at offering lower-fat choices. Don't be afraid to ask to have something prepared the way you want it. For example:

- Ask for your food to be served without gravy or sauces, or for these to be served on the side.
- Ask for chicken to be broiled or grilled rather than fried.
- Ask for lower-fat salad dressings or sour cream and ask for them to be served on the side.
- Share a dessert.
- Choose carefully at buffets and smorgasbords. Look for lean roast meats, steamed vegetables,





boiled or baked potatoes, plain rice, and fresh salads that you can add your own low-fat dressing to.

Don't let yourself get bored with the same old foods. Try new restaurants and different ethnic dishes. Remember, variety is the spice of life!

### **Travelling.**

The trick when travelling and eating on the road is to be prepared. Use the same tips listed above when you eat out. If you travel by car, buy a small cooler and bring your own sandwiches, fruit, yogurt, low-fat milk and cheese, low-fat puddings, and juice.

### **Parties.**

High-fat foods can be hard to resist when you're having a good time at a party. Since you can't live like a hermit, here are some tips to help you deal with this:

- Drink plenty of water and/or juices.
- Eat a snack before going, so you're not as hungry.
- If it's pot luck, bring a plate of low-fat treats with you.

- Have a taste of high-fat snacks like nuts, chips, dips or other party foods if you want - but don't overdo it!
- Choose more fresh vegetables and fruits to fill up on.

If you find yourself in a situation where there are no lower-fat foods, just eat a small amount of what is available. And remember, it's okay to eat some high-fat foods once in a while.

#### **Invitations to eat out.**

Many men feel it's rude to refuse food when invited out to dinner. Rather than refusing food, try this:

- Eat less of the high-fat foods and fill up on the lower-fat foods. Eat more vegetables, salad or bread.
- If the food is being served from the kitchen, ask your host or hostess not to add butter, sauces or gravy to yours.
- Bring a low-fat dessert or appetizer for everyone to share.
- It's okay to refuse second helpings or desserts. This can be more of a problem with family than with friends, so think ahead about what you're

**Eating too much of a good thing.**



going to say. Practise so you can find the right words that will give you what you want, and not offend anyone.

- If you really can't get out of eating high-fat foods, simply enjoy them. Cut out a little more fat later in the day or the next day.

Many men decide to cut back on fat in order to lose weight. Fat has twice the calories of either protein or carbohydrate, so if you eat less fat, you should lose weight -- right? Yes, but only if you're not eating too much of a good thing! Many low-fat snack foods are still high in calories, so if you eat too many of them, you may actually gain weight.

To keep a healthy weight, you have to balance the calories you eat with the calories you burn:

calories in		calories out
what you eat	▲	what you do

The more active you are, the more calories you will burn. But, if you eat more than you burn, the extra calories may be stored as fat.

### Be active!



How to cut down on food fat **and** cut down on body fat:

- remember that low-fat isn't always low calorie
- remember that lots of low-fat, high calorie snacks add up to lots of calories
- be physically active for at least 30 minutes each day.

These tips should help you deal with tempting situations so that you can stay with your lower-fat way of eating -- **for life!**

### **Increase your chance of success to keep your lower-fat eating habits for life!**

If you want to stay healthy and have a healthy weight, you need to eat well and be active. This way you can really reduce your chance of getting heart disease, stroke, cancer, diabetes, and obesity.

**Do the Get Moving Activity  
on the next page. Do it now.**

It can help get you moving and keep you on track.

## **FOOD STEPS 4 ACTIVITY C**

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### **Get Moving!**

Being physically active is one of the best things you can do for yourself. And it's not hard! It's as simple as going for a walk, doing some gardening, using the stairs instead of the elevator; or working out in a home gym. Whatever you choose to do, **choose a variety of activities and try to get at least 30 minutes of physical activity every day.** Three 10 minute bursts are just as good, and the activities don't need to be strenuous to be effective. Choose activities that you enjoy and are fun; being physically active isn't supposed to be a chore!

Try some of these activities or think of a few of your own:

- ☐ walk your way to fitness
- ☐ park farther from work (walk the rest of the way)
- ☐ go bowling, or dancing, or golfing, or fishing
- ☐ play basketball, or badminton, or volleyball, or hockey...
- ☐ ride your bike instead of driving to the convenience store
- ☐ wash the windows, or the car, or the floors...
- ☐ walk to the park (feed the birds, fly a kite, etc.)
- ☐ play darts, or croquet, or shuffleboard, or ball...

**Each day, do at least one activity – big or small.** Set realistic goals for yourself:

My physical activity goals for this week are:

1. \_\_\_\_\_
2. \_\_\_\_\_

Try to get at least 30 minutes of activity every day. Do it for the fun of it!

## Section 3



### Sticking with It!

Even if you have been successful in cutting back on fat, everyone has a slip now and again. If this happens to you, try to remember that a slip is no big deal. It's certainly not a reason to give up your new, low-fat eating habits! After all, it's only human to give in to temptation once in awhile.

#### What do we mean by “slips?”

- If you eat a high-fat food once in awhile, this is normal. Enjoy it. This is not a slip.
- If you eat several high-fat foods two or three days each week, this is **small slip**. Small slips are easy to recover from and you can quickly get back on track.
- If you eat a lot of high-fat foods several days each week, this is a **big slip**. You'll have to work harder to get back to your lower-fat eating habits.

This section gives you tips for dealing with small and big slips, and for avoiding them completely.

**I want to eat  
less fat for  
good.**



Whether you've had small or big slips, this is a good time to remind yourself of why you want to cut back on fat.

Some men find it useful to write down their reasons for eating less fat and they carry this list with them all the time. When they feel themselves weakening and reaching for a high-fat treat, they look at their list. Then, they remember why they decided to eat less fat in the first place.

**Do the Renew Your Reasons Activity  
on the next page.  
Stop and do this now.**



## FOOD STEPS 4 ACTIVITY D

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### Renew Your Reasons

Here's a list of reasons for eating less fat. Check the ones you agree with. And add at least **3** more of your *own* reasons to the list.

### Reasons For Eating Less Fat

- ☐ I'll feel good about myself.
- ☐ I'll reach a better weight and stay there.
- ☐ My health will be better.
- ☐ I'll have more energy to do the things I like.
- ☐ My family and friends will be proud of me.
- ☐ My doctor will be happier with me.
- ☐ It will prove that I am in control of my eating habits.
- ☐ My cholesterol will be better.
- ☐ My blood pressure will be better.
- ☐ I'll set a good example for my family and friends.
- ☐ If we all take better care of our health, everyone's health care costs will go down.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Pick 4-5 reasons that are **MOST** important to you. Write each one on a separate piece of paper. Post these around the house -- on the fridge or on a mirror. Put some in your office or on the back of the car visor. They will remind you of why you decided to change how you eat, and give you reasons to stay with it.



**I can  
change my  
behaviour.**



**Dealing with small slips:**

If you have had a small slip, think about the place, time and event that lead up to it. Was it at a party? Was it when you ate out with friends? Was it when you were bored? Remember that eating a high-fat food occasionally is *not* a problem. Small slips are when you're eating several high-fat foods two or three days each week.

Write down the places and situations where you're more likely to eat too much fat. For example:

- Every time I work late, I order in fast food.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What could you do to stop yourself in these situations? Could you bring two lunches on days you will be working late? Or could you keep low-fat snacks on hand to hold you over until you get home? Could you try something new and low-fat at your favourite restaurant or fast food outlet?

List some of the things that might work for you.

- *I 'll bring an extra lunch and low-fat* \_\_\_\_\_  
*snacks.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Small slips are common. There's no need to feel guilty about them, or to feel that you are a failure. You just need to get back on track.

Here are some things to help you get back on track. Remind yourself:

- you have the knowledge and skills it takes to eat less fat
- you are in control of what you eat
- you can control your fat cravings.



### **Controlling temptation**

Most small slips occur when you give in to temptation. Different things tempt different people, so it's important to develop strategies to deal with temptation that will work for you. Here are three great ways to deal with your temptation to eat a lot of high-fat foods:

1. Change Your Act (see below).
2. Get support from family and friends.
3. Deal with stress.
4. Reward yourself when you are successful.

### **1. Change Your Act.**

In the past, you probably had some habits, such as a chocolate bar in the afternoon as a pick-me-up (or so you thought). Perhaps you always stopped for a take-out of fried chicken on the days you worked late, or you loved to eat a bag of chips while you watched a movie on T.V.

Because these are strong habits, certain places and events may bring on these old urges. One way to control these and to break these strong old habits is to change your routines.

Do the *Change Your Act Activity* on the next page. It will help you look at your old routines and how you can change them to stay on track.

**Do the Change Your Act Activity  
on the next page. Do it now.**

## ***FOOD STEPS 4 ACTIVITY E***

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### **Change Your Act**

Before you can deal with things or situations that tempt you to eat a lot of high-fat foods, you must first be aware of them. Look at this list, and check the ones that tempt you to eat high-fat foods. And add at least **3** of your own.

### **Fat Tempters**

- ☐ stress, frustration, anger
- ☐ cravings for favourite high-fat foods
- ☐ partying with friends
- ☐ eating out
- ☐ being hungry
- ☐ being happy and wanting to celebrate with high-fat foods
- ☐ travelling and having to eat on the road
- ☐ watching T.V.
- ☐ boredom
- ☐ being rushed to get somewhere
- ☐ skipping meals
- ☐ working late
- ☐ driving past fast food outlets when hungry or late
- ☐ children and family wanting to eat high-fat foods

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Review your list of fat tempters and decide how you can deal with them. For example:

### **FOOD STEPS 4 ACTIVITY E**

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If watching T.V. tempts you to eat chips, **deal with this temptation** by switching to a low-fat snack like unbuttered popcorn, fresh fruit, pretzels, or cereal.

If driving home past a fast food outlet tempts you to stop and eat a double burger and cheese, **deal with this temptation** by changing your route or by buying something different -- a small hamburger, a frozen yogurt or a low-fat muffin.

If being at a party tempts you to eat a lot of high-fat snacks, **deal with this temptation** by: eating before you go, so you're not hungry; having a taste of the high-fat snacks, then filling up on fresh vegetables and fruit without dip; or by drinking a lot of water.

Choose **3** of your most common temptations. Write down how you will deal with them:

temptation:

---

how to deal with it \_\_\_\_\_

---

temptation:

---

how to deal with it: \_\_\_\_\_

---

temptation:

---

how to deal with it: \_\_\_\_\_

---

Remember to practise these and other ways of dealing with your temptation to eat a lot of high-fat foods.



## 2. Get support

Men who get support from their family and/or their friends are more successful at cutting back on fat than those who don't have support. Make a list of the people who can help you resist temptation and get back to your low-fat way of eating.

For example:

- *Gerry, my buddy.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How can they help you to stay on track? For example:

- *Gerry can help me by not eating* \_\_\_\_\_  
*high-fat snacks I like in front of me.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. Deal with stress

Stress can make you change the way you eat - you may overeat, eat more high-fat foods, or begin to think that eating well is the least of your worries. Try not to let stress control you.

**Do the "Stress Buster" Activities  
on the next page. Do it now.**

It can help you deal with stress.

## ***FOOD STEPS 4 ACTIVITY F***

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### **Stress Busters**

The best way to reduce stress is to get rid of the source. Of course, this may be easier said than done, and it may take some time. In the meantime, here are some good ways to reduce stress.

#### **Deep Breathing:**

First, learn how to breathe again...

- Take a deep breath and imagine it going into your stomach.  
(As you breathe in, your stomach will push out, not in!)  
Slowly breathe out.

Now take 8-10 slow, deep breaths...

- Breathe in... Breathe out.
- Breathe in and *close your eyes*.... Breathe out.
- Breathe in and *imagine calm*, soothing air...  
Breathe out stress. Do this a few more times.
- Breathe in and *smile*... Breathe out.
- Breathe in and say '*I don't need this stress...*'  
Breathe out stress.
- Breathe in and *open your eyes*...  
Breathe out feeling calm, relaxed, refreshed.

Do this when you feel stressed. It only takes 10 seconds. You'll feel more calm and comfortable.

#### **Problem Solve your Stress Away:**

If a problem is causing you stress, can you solve the problem? Try the triple A method: AVOID, ALTER and ACCEPT to reduce stress.

## **FOOD STEPS 4 ACTIVITY F**

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**AVOID:** Sometimes the best way to solve a problem is to avoid it in the first place!

**Example:** Someone asks you for a favour. You already feel stressed, and you *know* that you don't have enough time to help out. Instead of bringing more stress on yourself, tell them you can't help out right now. *Avoid the stress!*

**ALTER:** Another way is to change the situation to make it less stressful.

**Example:** You have a long list of chores to get done, and not enough time to do them. Instead of trying to do *everything*, just do the most important things. Ask someone to help you. Or, change your plans so that you do have enough time. *Alter the stressful situation!*

**ACCEPT:** When you can't avoid or alter a problem, you have to accept the stress as best you can. Keep things in perspective.

**Example:** Your car breaks down and you can't get to an appointment. Instead of telling yourself that this is awful, try to see it as inconvenient or unpleasant, but not the end of the world. (You could take a bus/taxi; or reschedule the appointment, and life will go on). *Accept the situation*, especially if you can't change it!

**The triple A way can really work to reduce your stress. Try it!**



#### **4. Reward yourself**

Whenever you successfully resist a difficult temptation, reward yourself with something other than food. When you reward yourself, you reinforce how important eating less fat is to your health.

**Do the Reward Yourself Activity  
on the next page. Do it now.**



## Reward Yourself!





### **Dealing with big slips:**

Does this story sound familiar? You set a target for yourself, you reach it, and you do okay for a while. But then something comes along -- stress, cravings, time commitments -- and you start to eat a lot of high-fat foods again. Maybe you start gradually, or maybe you go back to your old habits quickly. Whatever the cause, big slips like this are common. Instead of dwelling on it and feeling guilty, try to put it behind you and move on.

Start by congratulating yourself on your success so far. Keeping to new low-fat eating habits for any length of time is a BIG accomplishment. You obviously have the motivation, skill, and self-control to do it. You've proven to yourself that you CAN reduce the amount of fat you eat. Now the question is, "Are you ready to try again?"

Are you ready to try again to reduce the amount of fat you're eating for good?

- ☐ NO
- ☐ NOT SURE
- ☐ YES



**If your answer is NO:**

You may want to review one of the earlier stages of the program. Step 2 in the **FOOD STEPS** series will help you decide whether you want to eat better. Step 3 guide will tell you how. (To order **FOOD STEPS 2** or **FOOD STEPS 3**, see the ORDER FORM that comes with this guide.)



**If your answer is NOT SURE:**

Start by reviewing Section 3 of this guide. If you're still not ready by the time you finish, you may want to re-read one of the earlier stages of the program. **FOOD STEPS 2** helps you decide whether you want to eat better. **FOOD STEPS 3** helps you reduce the amount of fat you eat. If you haven't got them, you can order them by using the ORDER FORM that comes with this guide.



**If your answer is YES:**

Great! Continue reading and do the *Ready For Action Activity* on the next page. For now, you may also wish to review the **FOOD STEPS 3** guide.

## FOOD STEPS 4 ACTIVITY H

---

### Ready for Action

As you get ready to reduce fat again, think about your last attempt. What did you do right; what could you have done differently? By taking the time to answer questions like these, you get a better idea of how to deal with situations that caused you problems before. Write in your answers to the questions below. Really think about your answers.

What did you learn about yourself the last time you tried to change your eating habits? For example:

- *Whenever I was late, I would order in fast-foods.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How can you use what you learned before to help you change your eating habits for good this time? Write down solutions to the problems you listed above. For example:

- *I'll bring two lunches when I know I'll be working late.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FOOD STEPS 4 ACTIVITY H

---

What were your biggest challenges? For example:

- *Going to parties with all the great high-fat snacks.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How can you deal with these challenges in the future?  
For example:

- *I'll eat before I go and drink lots of low-calorie drinks when I'm there, so I'll be full. Then I can just sample some of my favourite high-fat snacks.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

This activity should help you identify situations that in the past caused you problems. By thinking through these problems and coming up with solutions, you'll be better able to deal with them this time around. Now you're ready to develop a plan of action to once again reduce the amount of fat you're eating. You'll find an action plan on the next page.

## Develop a plan of action.

Remember that changes like this take time. Use your past experience to help yourself reduce your fat intake. A plan of action can help get yourself back on track. Here are some steps to include in your plan:

1. Choose a day to start reducing your fat intake. Start preparing yourself (mentally and physically) to start cutting back on fat.
2. Do all the *Activities* for dealing with small slips in Section 3. They will help you get back on track.
3. Assess how much fat you are eating so you will have an idea of how much to cut back. Use the *Fat Scoreboard* in Appendix A to do this. The information on pages 11 and 12 tell you how.

If you still have doubts about your ability to reduce your fat intake, review **FOOD STEPS 3**. It gives you step-by-step help. If you don't have it, you can order it using the order form that comes with this guide.

Remember: it doesn't matter if you eat a high-fat snack or meal now and again. **What matters is that you want to keep your lower-fat eating habits for good.**

Keep practising your coping skills:

- remind yourself of your reasons for reducing fat

- ask others for help
- learn how to deal with temptations
- reward yourself.

**Tell yourself over and over “I can do it!”**

### **Future Moves**

Congratulations! You are a success. You have successfully reduced the amount of fat you eat. Even if you’ve had a small slip or a big slip, no one can take your success from you. You now have a lower-fat way of eating. You met the challenges and you won. So keep up the good work and keep your new low-fat eating habits for good!

If in future, you want to look at improving other eating habits, managing your weight, watching your cholesterol level or becoming vegetarian, consult a Registered Dietitian. A Registered Dietitian can develop an eating plan that is just for you. Contact your local Public Health Unit for a list of the Registered Dietitians in your area.

**Good Luck!**



## APPENDIX A

### Fat Scoreboard

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This *Fat Scoreboard* lists the average fat content of some common foods. The *Fat Scoreboard* can be used as a guide to keep track of how much fat you are eating. The average man needs about 75 grams of fat per day depending on his activity level (see page 11). If you need help to cut back on fat, order *FOOD STEPS 3*. The order form is included in this guide.

Meat: 3 oz/90-100 g lean cuts, cooked	Fat Grams	Meat & Alternatives	Fat Grams
Beef	8.0	1 large egg	5.0
Lamb	11.0	Legumes: lentils, white beans	
Pork	8.0	kidney beans, split peas; 1 cup/ 250 mL, cooked	1.0
Veal	6.0	Baked Beans 1 cup/250 mL	8.2
Liver calf	13.0	Garbanzo beans or chick peas 1 cup/250 mL, cooked	4.0
<b>Deli or luncheon Meat</b>		Nuts: almonds, cashews, peanuts, pecans, pistachios, walnuts	
2 slices bacon	6.0	½ cup/125 mL	40.0
1 beef or pork wiener	11.0	Peanut butter 1 tbsp/15 mL	8.0
1 chicken/turkey wiener	7.0	Seeds: pumpkin, sesame, sunflower ½ cup/125 mL	40.0
1 slice cooked ham 1 oz/30 g	2.0	Tofu 1 piece about 3" square	4.0
1 slice salami ¾ oz./23 g	6.0		
1 slice bologna ¾ oz/23 g	6.0	<b>Dairy Products</b>	
1 small sausage (16 per lb)	5.0	<b>Milk: 8 oz/250 mL</b>	
<b>Chicken or Turkey:</b>		Whole milk (homo)	9.0
<b>3 oz/90-100 g</b>		2% milk	5.0
white (dark meat) no skin	3.0	1% milk	2.5
white (dark meat) with skin	7.0	Skim milk	0.0
<b>Fish: 3 oz/90-100 g</b>		<b>Cheese: 1 oz/45 g</b>	
Fatty fish: salmon, trout, sardines	10.0	Cheese 29% to 31% fat (M.F.) (Cheddar, Gouda, Gruyère, Cream cheese, Muenster, Parmesan, Swiss)	15.0
Medium-fat fish: mackerel, coho salmon, chum, salmon, halibut	5.0	Cheese about 15% fat (M.F.) (Partly skimmed mozzarella, ricotta)	7.0
Lower-fat fish: cod, sole, haddock, whitefish, bluefish, shellfish, lobsters, scallop	1.0	Cheese about 7% fat (Low-fat and light cheeses)	3.0
Tuna ½ cup/125 mL		Cottage Cheese ½ cup/125 mL, 5%	5.0
canned in water/broth	1.0	Cottage cheese ½ cup/125 mL, 2%	2.5
canned in oil	9.0	<b>Yogurt: ¾ cup/175 mL</b>	
Salmon ½ cup/125 mL		About 6% B.F.	7.0
canned in oil	9.0	About 2.5% B.F.	5.0
Frozen fish battered, fried 1 pc	9.0	About 1.5% B.F.	3.0

## APPENDIX A

### Fat Scoreboard

<b>Dairy Products (con't)</b>	<b>Fat Grams</b>	<b>Oils and Table Fats:</b>	<b>Fat Grams</b>
<b>Frozen Yogurt: ½ cup/125 mL</b>		<b>1 tbsp/15 mL</b>	
2% B.F.	2.5	All oils	14.0
		Butter and margarine	11.0
<b>Ice Cream: ½ cup/125 mL/1 scoop</b>		Mayonnaise	11.0
Gourmet type, 16% B.F.	15.0	Salad dressing	6.0
Regular 10% B.F.	8.0		
<b>Sherbet: ½ cup/125 mL</b>	2.0	<b>Snack Foods</b>	
		Potato Chips, Cheesies, small (55g)	20.0
<b>Cream: (10%B.F.) 1 tbsp/15 mL</b>		Pretzels	traces
<b>or 1 creamer</b>	2.0	Popcorn, air-popped 4 cups (1L)	
Sour Cream 1tbsp/15 mL	3.0	lightly buttered	22.0
Whipped cream 1 tbsp/15 mL	3.0	Gourmet cheese	20.0
		Microwave 1/3 bag, regular	5.0
<b>Vegetables and Fruit</b>		Popcorn, light	1.5
All but avocado	traces	Chocolate bar small (56g)	20.0
Avocado ½ medium	14.0		
Caesar salad large	41.0	<b>Fast Foods</b>	
		Taco 1	8.0
<b>Grain Products</b>		Fried chicken, 2 pieces with	
Bread, buns, pita bread,		french fries	26.0
tortillas	traces	Fish sandwich	25.0
Bagel (whole)	2.0	Fish and chips	30.0
Hot dog, hamburger bun 1	3.0	Medium pizza, vegetarian 2 slices	13.0
Most cold breakfast cereals	traces	Medium pizza—the works 2 slices	26.0
Granola ½ cup/125 mL	12.0	Deluxe burger 2 patties, cheese sauce	44.0
Oatmeal 1 cup/250 mL cooked	2.0	Box of french fries	12.0
Rice, barley, bulgar	traces	Milkshake 1cup/250 mL	11.0
Pasta: macaroni, spaghetti	traces	Chicken sandwich, breaded, fried	33.0
Noodles: chow mein 1 cup/250 mL	11.0		
Pancakes 1 medium (4" diameter)	2.0	<b>Combination Dishes</b>	
Croissant small	9.0	Frozen entrée or dinner for 1 person	19.0
Muffin, homemade type	4.0	Frozen entrée (light) for 1 person	8.0
Muffin, muffin-shop type	12.0	Macaroni and cheese 1 cup/250 mL	23.0
Piece of cake with icing	12.0	Quiche Lorraine 1/8 of a 9" pie	48.0
Piece of cheesecake	18.0	Spaghetti with meat balls	12.0
Chocolate chip cookie	6.0	Chili 1 cup/250 mL	8.0
Peanut butter cookie	7.0	Lasagna (meat and cheese) 1 serving	35.0
Arrowroot cookies 2	2.0	Shepherd's pie 1 serving	13.0
Piece of fruit pie, two crust	18.0		
Doughnut	10.0	<b>Miscellaneous</b>	
Danish	9.0	Jams, honey, syrups	traces
Crackers (1), most varieties	1.0	Condiments, ketchup, mustard,	
Melba toast, soda crackers,		relishes, pickles	traces
rice cakes, water biscuits	traces		

The *Fat Scoreboard* is adapted, with permission, from the original developed by the Canadian Cancer Society, September 1992.

## APPENDIX B

### Fat Scoreboard

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This *Fibre Scoreboard* lists the average fibre content of some common foods. You can also obtain the fibre content of various foods from the nutrition labels on some food packages.

Adults should aim for about 25 to 35 grams of fibre a day. This is twice what the average Canadian gets right now. Use these fibre facts to compare products, choose higher-fibre foods more often and to track how much fibre you are getting each day.

Whole Grain Products	Fibre Grams	Fruits	Fibre Grams
Whole wheat bread 1 slice	2.0	Apple, fresh with skin, 1 medium	3.5
Rye bread 1 slice	1.0	Apple, fresh, no skin 1 medium	2.7
White bread 1 slice	0.4	Apple juice 1 cup/250 mL	0.8
Brown rice, cooked ½ cup/125 mL	2.4	Applesauce ½ cup/125 mL	1.8
White rice, cooked ½ cup/125 mL	0.3	Apricots dried 5 halves	4.0
Whole wheat pasta, cooked		Apricots fresh 3	1.8
1 cup/250 mL	3.9	Banana 1 medium	2.4
Pasta, cooked 1 cup/250 mL	1.2	Blueberries ½ cup/125 mL	4.0
Breakfast cereals (see package label for fibre information):		Cantaloupe ¼ of whole	1.3
Regular flakes and crispies:		Cherries, sweet 10	1.2
corn, rice, oats and wheat		Dates 3	1.9
1 cup/250 mL	traces	Grapefruit ½	1.6
Bran flakes ¾ cup/200 mL	4.8	Grapes with skin 1 cup/250 mL	2.2
All-Bran ½ cup/125 mL	13.2	Mangos 1 peeled	2.6
Rolled oats, cooked 1 cup/250 mL	2.8	Orange 1 medium	2.6
Oat bran, cooked ¾ cup/200 mL	3.5	Papaya 1 peeled	2.8
Mixed grain, cooked ¾ cup/200 mL	3.0	Peach, fresh 1 with skin	1.9
		Peach, fresh 1 no skin	1.9
		Pear, fresh 1 medium with skin	4.7
		Pineapple ½ cup/125 mL	1.1
		Plums 5 damson	1.7
		Prunes 3	4.0
		Raisins ¼ cup/50 mL	3.7
		Raspberries ½ cup/125 mL	3.3
		Strawberries 1 cup/250 mL	3.1
		Rhubarb, cooked ½ cup/125 mL	1.2
<b>Nuts</b>		<b>Milk and Milk Products</b>	0.0
Almonds, shelled 10 nuts	1.1		
peanuts, shelled ½ cup/125 mL	6.2	<b>Meat, Poultry and Fish</b>	0.0
Filberts (hazelnuts) 10 nuts	0.8		
Trail mix ½ cup/125 mL	5.0		
<b>Miscellaneous Dishes</b>			
Soups: 1 cup/250 mL			
Beef barley, Split pea	5.4		
Minestrone	7.0		
Chili with beans 1 cup/250 mL	11.0		
Hummus (chickpea spread)			
2 tbsp/30 mL	3.8		
Lentil and bean casserole			
1 serving	15.0		

## APPENDIX B

### Fat Scoreboard

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Vegetables	Fibre Grams	Vegetables (con't)	Fibre Grams
Asparagus, cooked 4 spears	2.0	Cauliflower ½ cup/125 mL	2.0
Bean sprouts, raw ½ cup/125 mL	1.0	Celery raw, diced ½ cup/125 mL	2.0
Beans, cooked ½ cup/125 mL:		Corn, cooked ½ cup/125 mL	2.4
Lima	4.7	Corn, 1 ear	2.2
Baked beans, ½ cup/125 mL	8.8	Onions, raw, diced ½ cup/125 mL	1.1
Kidney beans, ½ cup/125 mL	5.8	Parsnips, cooked ½ cup/125 mL	2.9
Lentils, ½ cup/125 mL	6.8	Peas, green, cooked ½ cup/125 mL	3.8
Green or yellow	1.6	Dried peas, ½ cup/125 mL	4.7
Broccoli cooked ½ cup/125 mL	2.2	Potatoes 1 medium with skin	3.5
Broccoli raw 1 medium spear	4.2	Spinach, cooked ½ cup/125 mL	2.2
Brussels sprouts, cooked		Squash, cooked ½ cup/125 mL	1.3
½ cup/125 mL	4.0	Sweet potatoes (yams)	
Cabbage cooked ½ cup/125 mL	1.8	cooked ½ medium	2.7
Carrots cooked ½ cup/125 mL	2.3	Tomato, raw 1 medium	1.8
Carrots, raw 1 medium	2.2	Turnip, cooked ½ cup/125 mL	2.6

#### **Here are some tips to help you increase your fibre intake:**

- Add natural bran or bran cereal and fruit chunks to hot and cold cereals, yogurt and puddings.
- Add oatmeal, oat bran, natural bran, chopped fruit, raisins, nuts and seeds to home-baked muffins, and quick breads.
- Eat the skins and seeds of vegetables and fruit when possible.
- Thicken soups and stews with barley, brown rice, legumes and vegetables.
- Replace 1/3 of the white flour in recipes with whole wheat flour.
- Enjoy high fibre snacks more often: vegetable sticks, fruit, whole grain crackers, bran and oatmeal muffins.
- Eat bean-based meals like chili 2 or 3 times a week.
- Make a puree of cooked beans, peas or lentils, add a little plain low-fat yogurt, chopped onion and herbs. Use as a sandwich spread or dip.

**Note: Introduce fibre-rich foods slowly into your diet to prevent gas and bloating. Drink plenty of fluids -- up to 10 glasses of water per day.**

*Fibre Scoreboard* is adapted, with permission, from the original developed by the Canadian Cancer Society, September 1992.

## APPENDIX C

### Cookbooks For Healthy Eating

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Here are some of the great cookbooks available for low-fat cooking. Buy one, and enjoy some delicious meals.

**Anne Lindsay's New Light Cooking.** Lindsay, A., Beatty, D. and The Canadian Medical Association. Toronto: Ballantine Books, 1998.

**Canadian Living's Best Light Cooking.** Baird, E. and the Food Writers of Canadian Living Magazine and The Canadian Living Test Kitchen. Toronto: Telemedia Communications Inc. and the Madison Press Ltd., 1994.

**Healthy Pleasures.** The Canadian Dietetic Association in Collaboration with the Canadian Federation of Chefs and Cooks. Toronto: Macmillan Canada, 1995.

**Looneyspoons: Low-Fat Food Made Fun!** Podleski, J. and G. Ottawa: Granet Publishing Inc., 1996.

**More Heart Smart Cooking.** Stern, B. Toronto: Random House of Canada, Ltd., 1997.

**The Enlightened Eater.** Schwartz, R. Toronto: Macmillan Canada, 1994.

**Suppertime Survival.** Roblin, L. and B. Callaghan. Toronto: Macmillan Canada, 1996.

**Cooking Vegetarian.** Forrest, J. and V. Melina. Toronto: Macmillan Canada, 1996.

**Canadian Living's Best Vegetarian Dishes.** Baird, E. and the Food Writers of Canadian Living Magazine and The Canadian Living Test Kitchen. Toronto: Madison Press Books, 1997.

## **APPENDIX D**

### **For More Information**

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#### **About the *FOOD STEPS* Program:**

- Call the organization stamped on the back cover of this guide, and ask for the *FOOD STEPS* Program.

#### **For reliable information on Nutrition and Your Health:**

- Call a Public Health Dietitian or Public Health Nutritionist at your local Public Health Unit.
- Call a Registered Dietitian at your local hospital or community health centre.
- Visit the web site of the Dietitians of Canada at [www.dietitians.ca](http://www.dietitians.ca)
- Visit the web site of Publications, Health Canada at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Call the Heart Health Resource Centre 1-800-267-6817 for information and a Heart Health Contact in your area.

#### **For more information about:**

- A private practice dietitian in your area, call your local Public Health Unit.
- Nutrition and heart disease, call your local chapter of the Heart And Stroke Foundation of Ontario.
- Nutrition and cancer, call your local chapter of the Canadian Cancer Society of Ontario.

## **FOOD STEPS: A Guide To Eating Better**

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### **FOOD STEPS 1:**

#### **A Guide For Men Who Don't Want To Change The Way They Eat**

This guide invites you to think about why you eat the way you do.

### **FOOD STEPS 2:**

#### **A Guide For Men Who Are Thinking About Changing The Way They Eat**

This guide helps you look at the pros and cons of eating better and asks you to decide if you're ready to change your eating habits.

### **FOOD STEPS 3:**

#### **A Guide For Men Who Are Ready To Reduce The Amount Of Fat They Eat**

This guide helps you eat less fat. It gives you a 10 week, step-by-step Action Plan to reduce your fat intake, and helps you identify and deal with things that tempt you to eat a lot of high-fat foods.

### **FOOD STEPS 4:**

#### **A Guide For Men Who Want To Keep A Low-Fat Way of Eating**

This guide shows you how to keep your low-fat way of eating for good.



**For More Information Contact:**

