Title: Pick the Right Fats

Target Audience: PG, BF, PP, Children over age two

Objectives: The client will:

1. Name some “good fats’ and “bad fats” (saturated fats, trans fats, and unsaturated fats, omega-3 fats, etc.)
2. Identify sources of saturated and unsaturated fats
3. Choose heart healthy foods in a virtual shopping experience

Teaching Materials Needed, Including Handouts:

1. Materials for the interactive nutrition display including materials for the interactive components chosen from the list below.
2. Copies of handout materials for each attendee

Advance Preparation Needed:

1. Set up interactive display center in areas easily accessible to clients.
2. Make copies of all handout materials for attendees
3. Complete preparations for the interactive activities chosen from the list below.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one change you could make to lower the fat in your family’s meals?”
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Fat is a major source of energy and is important for growth and development.
2. Saturated fats such as those found in meat and dairy products can increase your risk of heart disease.
3. Trans fats found in shortening, snack foods, and baked goods can also increase heart disease risk.
4. Unsaturated fats found in oils, nuts, seeds, and fish can help lower your risk of heart disease.
5. Making simple changes in your food preparation can lower your intake of “bad fats”.
6. Reading labels can help you avoid foods with saturated fats and trans fats.

**Interactive Component:** Choose one or more of the following interactive items:

1. Have recipes available for simple foods (potato salad, casserole, chicken enchiladas, etc.) and have attendees provide suggestions of ways to reduce the fat in the recipes.
2. Have a display of various food labels for a variety of snack and other foods. Demonstrate how to read the label and determine how much saturated and total fat is in each serving of these foods. Discuss how this information can be used to reduce different types of fat.
3. Offer samples of two versions of a food item—one higher in fat, one lower in fat. Allow attendees to taste both and discuss how the recipes have been changed. Offer copies of the lower fat recipes for attendees to take home.
4. Using teaspoons of vegetable shortening to represent the amount of fat in various food items; let the clients try to match up the amount of fat with typical foods. After they make their choices, show them the correct answers to compare with their own. Discuss ways to reduce fat in commonly purchased foods and offer ideas for substitutes.
5. Have a display of various sources of fat in meal preparation (lard, canola oil, olive oil, shortening, butter, etc.) Separate the sources by “good” and “bad” options and talk with clients about how they can use each appropriately to make their meals more heart healthy.
6. Offer samples of several low fat snack items or offer a substitute list of ways to lower fat in family meals and snacks. Discuss with client which ideas might work for their family.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of interacting with WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

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**Lesson Plan Approved By:**

**Date:**
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Fat provides energy and is needed for growth and development

Saturated fats:
Found in meat, dairy products
Can increase risk of heart disease

Trans fats:
Found in shortening, snack foods, and baked goods
Can increase risk of heart disease

Unsaturated fats:
Found in oils, nuts, seeds, and fish
Helps lower your risk heart disease

To Reduce Fats:
Choose low-fat or fat-free dairy products
Cook with oils instead of lard, shortening or butter
Read food labels and avoid foods with saturated and Trans fats
Bake, broil, or grill foods instead of frying
Substitute lower fat ingredients in recipes