



TAKING SMALL STEPS



WE HAVE ONE LAST BRIEF TOPIC TO COVER BEFORE WE ARE DONE. WE HAVE PRESENTED YOU A LOT OF INFORMATION TODAY. HOWEVER, OUR GOAL IS NOT TO OVERWHELM YOU! INSTEAD, IN THIS NEXT PART WE WANT TO BE SURE THAT YOU CAN TAKE HOME SOME OF THESE IDEAS AND LEARN HOW TO EASILY TAKE SMALL STEPS TO MAKE HEALTHY CHANGES FOR YOU AND YOUR FAMILY.

WE STRONGLY BELIEVE THAT EACH OF YOU IS FULLY ABLE TO MAKE THE CHANGES THAT WE HAVE TALKED ABOUT TODAY! WE IMAGINE THAT IT'S A BIG RESPONSIBILITY TO BE THE FAMILY CAREGIVER, AND WE WANT TO HELP YOU MAKE THESE CHANGES FOR YOURSELF AND FOR YOUR FAMILY. WE KNOW THAT YOU LOVE YOUR FAMILY, AND THAT YOU WANT TO MAKE THE CHANGE TOWARDS HEALTHIER EATING HABITS. HOWEVER, WE ALSO KNOW THAT YOUR FAMILY MAY BE RELUCTANT TO ACCEPT ALL OF THESE CHANGES AT FIRST. THAT'S WHY WE WANT TO MAKE SURE THAT YOU START BY TAKING A FEW SMALL STEPS TO CHANGE YOUR FAMILY'S DIET. MAKING ALL THE CHANGES AT ONCE IS IMPOSSIBLE! INSTEAD, IT IS BETTER TO CONCENTRATE ON A FEW THINGS ABOUT YOUR FAMILY'S NUTRITION THAT YOU WANT TO FOCUS ON. THEN, YOU CAN MAKE THOSE



CHANGES, SEE HOW THEY WORK, ADJUST THEM AS NECESSARY AND CONTINUE TO MAKE MORE CHANGES.

FOR EXAMPLE, IF YOU LIKE TO MAKE REFRIED BEANS WITH MANTECA (LARD), INSTEAD OF USING THE LARD, TRY VEGETABLE OIL. THE GOAL IS TO GRADUALLY MAKE SMALL CHANGES. IT MAY TASTE A LITTLE DIFFERENT BUT THIS WILL HELP LESS SATURATED FAT LIKE LARD FROM GETTING INTO YOUR ARTERIES. REMEMBER THE CLOGGED PIPE? SMALL CHANGES LIKE THIS WILL PREVENT THAT FROM HAPPENING TO YOU AND YOUR FAMILY.

LET'S TAKE A LOOK AT THIS HANDOUT FOR SOME IDEAS ON A FEW SMALL STEPS WE CAN TAKE TO REDUCE FAT.

 *HOLD UP HANDOUT SHOWN ON THE NEXT PAGE*



**You can make changes
little by little.**

**Check how you will try to eat
less fat.**

- Eat fruit instead of fatty desserts such as
flan, ice cream, or cakes.
- Drink skim or 1% milk.
- Buy cheeses marked "low fat" or "fat free."
- Bake, broil, or boil chicken instead of
frying it.
- Remove the skin from chicken.



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National Heart Blood and Lung Institute (1996). *Cut down on fat - not on taste!* (NIH Publication No. 96-4045). Bethesda, MD: U.S. Department of Health and Human Services.



WE KNOW THAT EACH FAMILY'S HABITS ARE DIFFERENT. SO, SOME STEPS WILL BE EASIER TO PUT INTO PRACTICE, WHILE OTHER STEPS MIGHT BE HARDER BECAUSE YOUR FAMILY MIGHT NOT WANT TO SEE THEM HAPPEN. BECAUSE TASTE AND FLAVOR ARE SO IMPORTANT IN FOODS, WE WANT TO SHOW YOU SOME MORE IDEAS ON EASY WAYS TO KEEP THE FLAVOR AND TASTE OF FOODS, WHILE CHANGING THE FATS IN YOUR FAMILY'S DIET. LET'S TAKE A LOOK AT THIS HANDOUT AND LET'S ALL FOLLOW ALONG.

 *HOLD UP SUBSTITUTION HANDOUT SHOWN ON THE NEXT PAGE*



FOODS/BEVERAGES

Full Fat Food



Flour tortillas



Creamy salad dressings like blue cheese or thousand island



Mayonnaise



Whole milk, nondairy creamers, half-and-half



Hard full-fat cheeses



Ice cream



A whole egg



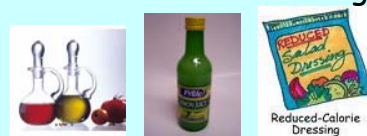
Lower Fat Food Substitution



Corn tortillas



Oil and vinegar, lemon juice, or reduced-calorie dressings



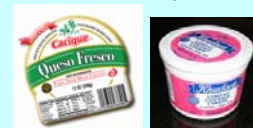
Plain nonfat or low-fat yogurt or nonfat sour cream



Skim or 1 percent milk



Part-skim ricotta, low-fat and cream cheese, queso fresco, cottage cheese



Nonfat or low-fat frozen yogurt, ice milk, fruit ices, or sherbet



Two egg whites or 1/4 cup egg substitute





YOU KNOW YOUR FAMILY THE BEST, SO WE'D LIKE TO GIVE YOU A CHANCE NOW TO COME UP WITH A FEW EASY STEPS TAILORED SPECIFICALLY TO YOUR FAMILY. LET'S DO AN ACTIVITY. EVERYONE PLEASE TAKE OUT THIS SHEET FROM THEIR PACKET.

 *HOLD UP THE LADDER HANDOUT, AND PROCEED TO THE SCRIPT FOR THE ACTIVITY PAGE.*




ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS

DOES EVERYONE HAVE THIS HANDOUT?

 *HOLD UP THE HANDOUT SHOWN ON NEXT PAGE*

FOR THIS ACTIVITY, **IMAGINE A LADDER** AND THAT YOU ARE STEPPING UP OR DOWN THE LADDER. WOULD YOU TAKE BIG, QUICK STEPS OR SMALL, GRADUAL STEPS UP THE LADDER?

 *IF FOR SOME REASON THE AUDIENCE DOESN'T SAY SMALL STEPS, ASK THEM WHY THEY ARE RESPONDING WITH 'BIG STEPS'. THEN, COACH THEM THROUGH THE RESPONSE (E.G., YOU WANT TO MOVE CAREFULLY, NOT USE UP ALL YOUR ENERGY TOO QUICKLY, ETC.) UNTIL THEY RESPOND WITH 'SMALL STEPS'.*

EXACTLY! IN THE SAME WAY, YOU WANT TO TAKE SMALL STEPS TO GRADUALLY MAKE THE CHANGE FROM A HIGHER FAT DIET TO A LOWER FAT DIET.

FOR THE NEXT MINUTE, THINK OF **3 STEPS** THAT YOU WANT TO TAKE TO IMPROVE YOUR DIET AND THE DIET OF YOUR FAMILY. THESE SHOULD BE STEPS RELATED TO FAT INTAKE THAT YOU BELIEVE YOU CAN MAKE IN THE NEXT 1-2 WEEKS. THESE STEPS SHOULD ALSO FOCUS ON THE THINGS RELATED TO FAT THAT WE TALKED ABOUT TODAY.

 *GIVE THE PARTICIPANTS TIME TO FILL OUT THEIR STEPS.*

WHO WOULD LIKE TO SHARE THE 3 STEPS THEY'VE CHOSEN TO WORK ON FOR THE NEXT 1-2 WEEKS?

 *MOTIVATE PARTICIPANTS WITH AFFIRMATIONS LIKE "GOOD JOB", "THAT SOUNDS GREAT", ETC. IF ANYBODY'S GOAL SOUNDS TOO BIG, COACH THEM ON WAYS THEY CAN MAKE THEIR GOAL MORE MANAGEABLE...REMEMBER, IT'S ALL ABOUT SMALL STEPS!*

WHO ELSE WOULD LIKE TO SHARE?



ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS

👉 ENSURE THAT ALL PARTICIPANTS WHO WANT TO SHARE HAVE HAD A CHANCE.

PLEASE KEEP THIS LIST SOMEWHERE WHERE YOU WILL BE ABLE TO SEE IT REGULARLY SO THAT YOU CAN REMEMBER TO WORK ON YOUR GOALS! ALSO, PLEASE BRING THIS SHEET WITH YOU WHEN YOU COME TO THE NEXT WORKSHOP.



ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS



I, _____, WILL TRY MY ABSOLUTE BEST TO MAKE MY EATING HABITS AND MY FAMILY'S EATING HABITS HEALTHIER BY MODIFYING FAT IN THREE SMALL WAYS IN THE NEXT ONE TO TWO WEEKS:

(1) _____

(2) _____

(3) _____