

Count 100 Cards.

The Count 100 Cards are an alternative self-monitoring tool for Lifestyle Balance participants. The cards are designed for participants who find standard self-monitoring too difficult or who have been successful using standard self-monitoring and now want a streamlined method.

The Count 100 Cards may be used in various ways:

- Xeroxed as is on one sheet of paper, for seven days of self-monitoring per page.
- Cut into squares (allow some white space around the cards for recording comments) and stapled together to create a small booklet for the wallet or purse.
- For the home assignment during the week after Session 6 or 4, Healthy Eating: Cut into squares and stapled into the participant's Keeping Track booklet for that week.
- For greater durability: Xeroxed onto Avery 5095 Name Badge labels (they have been formatted for this particular label size) and then peeled off and stuck onto 3-by-5" index cards. The food list might be stuck on the back of every card or on only one card for reference.

Attached are:

- Participant instructions.
- Master copies of cards for 1200, 1500, 1800, and 2000-calorie goals.
- A master copy of cards on which the calorie goal is left blank and the boxes are shaded for 1200 calories. Selected participants may wish to use these cards to develop individualized patterns (e.g., with a 1500-calorie goal, a participant could "spend" an additional 300 calories in various ways: 3 more bread servings, 1 more bread and 2 more fat servings, etc.). To maintain roughly 25% of calories from fat, participants should be cautioned against eating more than 2 or 3 fat servings per day.

The shaded boxes on the cards indicate the number of recommended servings for each calorie goal, based on the following calculations:

Food Guide Pyramid Group	Avg/serving		Recommended Daily Servings for:											
	Cal.	Fat (g)	1200 calories, 33 grams fat			1500 calories, 42 grams fat			1800 calories, 50 grams fat			2000 calories, 55 grams of fat		
			Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat
Bread	100	1	5	500	5	6	600	6	8	800	8	9	900	9
Vegetables	0	0	3	0	0	4	0	0	5	0	0	5	0	0
Fruits	100	0	2	200	0	3	300	0	4	400	0	4	400	0
Milk	100	3	2	200	6	2	200	6	2	200	6	2	200	6
Meat	100	5	2	200	10	2	200	10	2	200	10	2	200	10
Fat/Sweets	100	10	1	100	10	2	200	20	2	200	20	3	300	30
Total daily averages:			1200 31			1500 42			1800 44			2000 55		

Please note:

1. The food groups are the same as in the Food Guide Pyramid, but the Count 100 Cards differ from the Food Pyramid in several significant ways.
 - The Count 100 food list includes only low-fat choices.
 - The Count 100 serving sizes have been adjusted so that one serving is roughly equivalent to 100 calories (except for vegetables which are counted as 0 calories per serving). For example, one serving of fat equals *1 Tablespoon* of oil, butter or margarine, rather than 1 teaspoon as in the Food Guide Pyramid or ADA exchange system. This allows the same portion size to be used for these foods as well as mayonnaise and peanut butter, all of which contain about 100 calories/Tablespoon. It also allows participants to count as 1 Fat/Sweet a number of common portion sizes of sweets and alcoholic beverages, such as a medium oatmeal cookie, 1/2 cup of sherbet, or 1 can (12-oz) of light beer. Lifestyle Coaches should carefully instruct participants to accurately measure portion sizes in the Fats/Sweets group and, if in doubt, overestimate rather than underestimate portions.
 - The 1200-calorie eating pattern includes 5 bread servings (the Food Guide Pyramid recommends a minimum of 6). However, the result is essentially the same, given the averaging of portion sizes and calories in the Count 100 system.
2. Participants are instructed to eat only those foods on the food list provided, and if other foods are eaten, to record them on the back of the card. Some participants will be able to use the Fat Counter to count the calories for these foods and may develop ways to include them, in serving sizes roughly equivalent to 100 calories, on the food list. Others will need the help of the Lifestyle Coach to do so.
3. Participants may want to record the meal at which each food is eaten by writing in the blocks a "B," "L," "D," or "S" for breakfast, lunch, dinner, or snack instead of, or in addition to, a check mark. Or participants may want to plan a particular pattern for each meal ahead of time by writing the letters in the blocks and then placing a check mark *over* these letters when the foods are eaten.

How to Use the Count 100 Cards.



The Count 100 Cards are a quick and easy way to count calories. And by following the cards *exactly*, you should be able to stay under your calorie goal.

- Step 1. Write your Lifestyle Balance goals at the top. These are **daily** (not weekly) goals.
2. Circle the day of the week. Fill in the date.
3. Put a check mark in one of the boxes whenever you eat **1 serving** of any of the foods on the food list.

To stay under your calorie goal:

- Eat only the foods on the food list. (If you do eat other foods, write them on the back of the card. Include the name, description, and amount. Your Lifestyle Coach will help you count the calories from these foods. You will need to *add these calories to the total for the day.*)
 - Eat no more than the number of servings shown by the shaded boxes.
 - Weigh and measure the amounts you eat. Stick to the serving sizes on the food list.
 - Cook and serve the foods without any added fat. If you do add fat, measure it carefully. Then count it as 1 or more servings from the Fats/Sweets group.
4. Total the calories for the day.
- Count the number of check marks, skipping those in the Vegetable group. (1 Vegetable serving is so low in calories, it's counted as 0.)
 - Multiply by 100 (or simply add two zeros to the number of check marks). Write the answer in the Total Calories blank.
5. Record your weight, the kind of physical activity you do, and the number of minutes activity for the day.