

“FOOD FOR THOUGHT”

Facts on Fat

Fat has received a bad reputation over the years. A recent study (JAMA 2006) showed low fat diets didn't lower the risk for some cancers or heart disease. However, it is still important to limit your intake of saturated and trans fat. Not only do these fats increase your bad cholesterol (LDL) they add extra calories to your diet. You need some fat to cushion and protect vital organs and function as a building block for some necessary chemicals and hormones in the body.

Types of Fat

- **Saturated Fat** – found in animal products such as beef and pork, chicken skin, butter, whole milk, and cheese.
- **Trans Fat (trans fatty acids)** – found in vegetable shortening, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Small amounts are found in butter, milk products, cheese, beef, and lamb.
- **Cholesterol** – found in liver, other organ meats, egg yolks, and dairy fats.

How do I figure what percent of calories comes from fat in a given food?

There are 9 calories in a gram of fat. Look at the food label under the "Nutrition Fact" section for the number of fat grams and calories in a serving.

FORMULA:

$$\frac{\text{Fat Grams} \times 9 \text{ calories}}{\text{Total Calories}} \times 100 = \text{Percent (\%)} \text{ calories from fat}$$

The goal is to limit the amount of fat to 30% calories from fat and 10% calories from saturated fat.



HOW TO READ NUTRITION LABEL

To choose foods low in saturated fat and cholesterol, use the Daily Value (DV) Quick Guide Label:

Sample Label for
Macaroni and Cheese

Start Here

Limit these
Nutrients

Get Enough
of these
Nutrients

Footnote

Nutrition Facts

Amount Per Serving		Calories from Fat 110	
		% Daily Value*	
Calories 250			
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 1.5g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick Guide
to % DV

5% or less
is low
20% or more
is high

How to lower dietary saturated fat, trans fat, and cholesterol?

- Check the Nutrition Facts panel.
- Choose foods lower in saturated fat, *trans* fat, and cholesterol.
- Choose mono unsaturated fats such as olive, peanut and canola oils; avocados and most nuts.
- Choose polyunsaturated fats such as soy, corn, sunflower and cottonseed oils.
- Choose vegetable oils (except coconut and palm oils) and soft margarines (liquid, tub, or spray) more often.
- Consider fish such as mackerel, sardines, and salmon. They contain omega-3 fatty acids that research is showing may offer protection against heart disease.
- Limit foods high in cholesterol such as liver and other organ meats, eggs, yolks, and whole milk.
- Choose foods low in saturated fat such as fat free products, lean meats, fish, skinless poultry, whole grain foods, and fruit and vegetables.