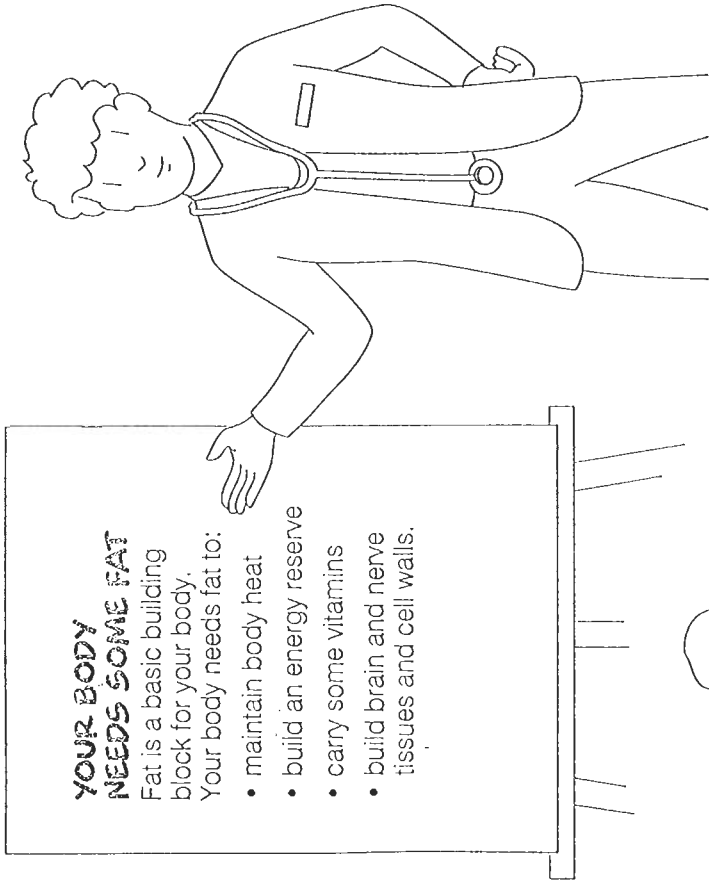


FAT IN YOUR DIET CAN AFFECT YOUR HEALTH

today — and in the future!



YOUR BODY NEEDS SOME FAT

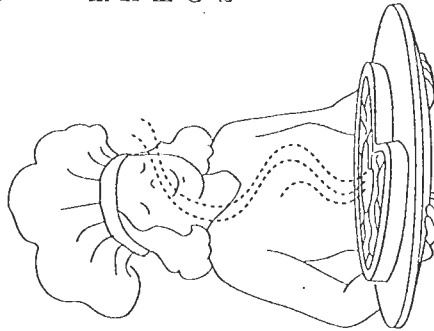
Fat is a basic building block for your body.

Your body needs fat to:

- maintain body heat
- build an energy reserve
- carry some vitamins
- build brain and nerve tissues and cell walls.

FAT IS AN IMPORTANT PART OF FOOD

Besides being an important source of energy, fat helps make food taste and smell good!



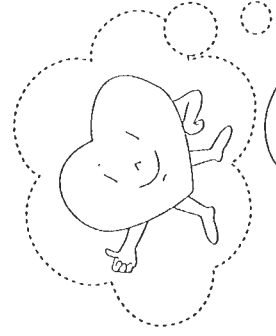
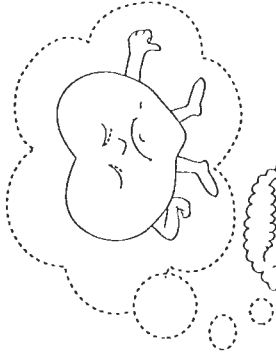
But you can have too much of a good thing!

LIMIT FAT IN YOUR DIET FOR GOOD HEALTH!

TOO MUCH FAT CAN HARM YOUR HEALTH!

For example, a diet with lots of fat can cause:

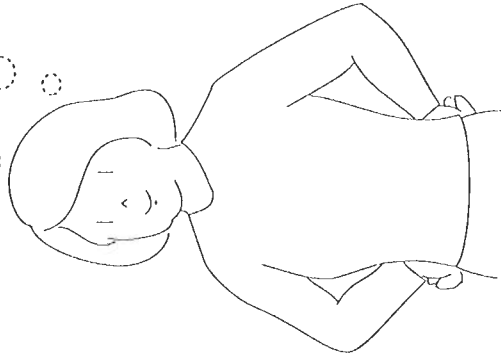
- weight gain -- any fat the body can't use right away for energy is stored as body fat
- heart problems -- fat can build up in blood vessels, leading to blood clots and heart disease.



A LOW-FAT DIET CAN IMPROVE YOUR HEALTH!

It can help protect you from:

- high blood pressure and heart disease
- cancer, including breast, prostate and colon cancer
- obesity
- type II diabetes, a common type of diabetes.



This booklet is not a substitute for an informed discussion about a healthy diet between you and a health-care provider, dietitian or nutritionist.

Learn more...

THERE ARE 2 MAIN TYPES OF FAT

SATURATED FATS

These fats can increase your risk of heart disease.

Saturated fats come from:

- animal sources (red meat and dairy products such as butter and cheese)
- some tropical vegetable fats (coconut, palm kernel and palm oils).

In general, saturated fats are solid at room temperature.

UNSATURATED FATS

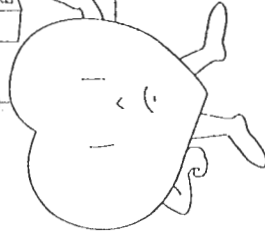
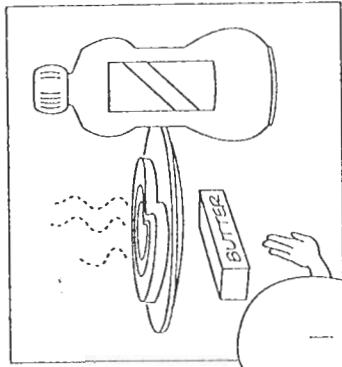
These fats are better for you than saturated fats.

There are 2 types of unsaturated fats:

- polyunsaturated fats, such as safflower, sunflower, corn and soybean oils
- monounsaturated fats, such as olive and canola oils. Monounsaturated fats are thought to reduce your risk of heart disease.

ABOUT CHOLESTEROL

This waxy substance has been linked to heart disease. Saturated fats raise your cholesterol level. Avoid saturated fats whenever possible.



One key to good health is to keep total fat intake down.

HOW MUCH FAT SHOULD I EAT?

That depends on how many calories you need per day.



THE NUMBER OF CALORIES

you need each day depends on your sex, weight, activity level and age. In general:

- INACTIVE WOMEN AND OLDER ADULTS need 1600 calories.
- CHILDREN, TEENAGE GIRLS, ACTIVE WOMEN AND INACTIVE MEN need 2200 calories.
- TEENAGE BOYS AND ACTIVE MEN need 2800 calories.

THE AMOUNT OF FAT

is based on your calories per day. In general, limit your daily fat intake to 30% or less of total calories. And remember, unsaturated fats are healthier than saturated fats. But too much of any fat is unhealthy. For good health, reduce:

- saturated fat to 10% or less of daily calories
- polyunsaturated fat to 10% or less of daily calories
- monounsaturated fat to 10-15% of daily calories.

Recommended calories per day	Grams of fat per day*
1600	53 g total fat 18 g saturated fat 18 g polyunsaturated fat 18-27 g monounsaturated fat
2200	73 g total fat 24 g saturated fat 24 g polyunsaturated fat 24-37 g monounsaturated fat
2800	93 g total fat 31 g saturated fat 31 g polyunsaturated fat 31-47 g monounsaturated fat

* Each gram of fat has 9 calories.

USE THE FOOD GUIDE PYRAMID

to help you plan a healthy, low-fat diet.

FATS, OILS & SWEETS
Use sparingly.

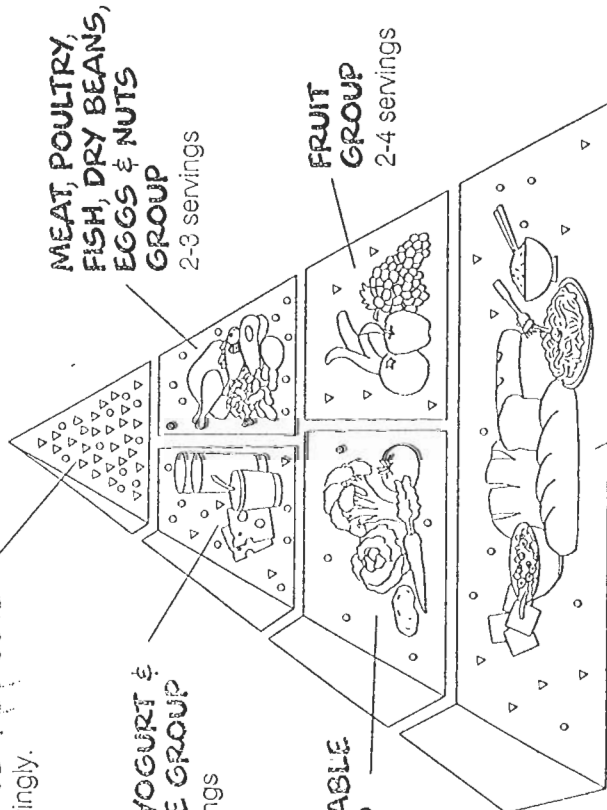
MILK, YOGURT & CHEESE GROUP
2-3 servings

VEGETABLE GROUP
3-5 servings

MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP
2-3 servings

FRUIT GROUP
2-4 servings

BREAD, CEREAL, RICE & PASTA GROUP
6-11 servings



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services.

KEY

○ Fat (naturally occurring and added)

▽ Sugars (added)

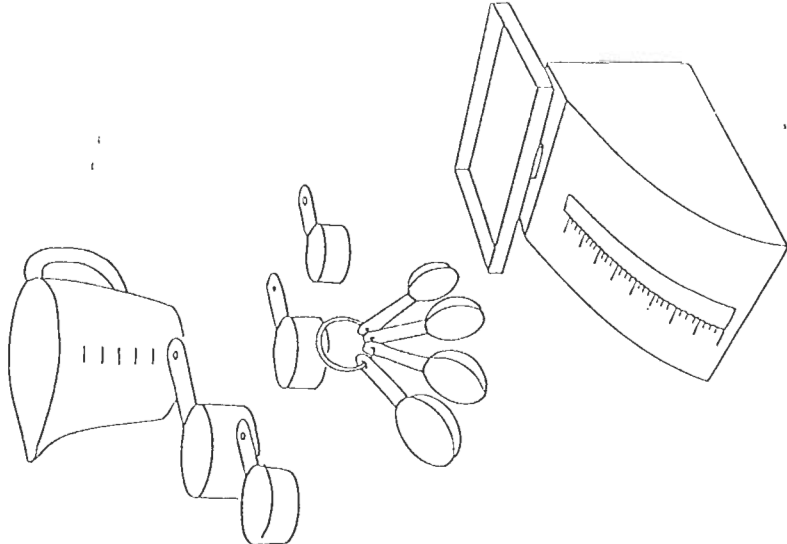
These symbols show fats, oils and added sugars in foods.

MILK, YOGURT & CHEESE GROUP

- 1 serving is 1 c. milk or yogurt, 1½ oz. natural cheese or 2 oz. process cheese.
- Foods from this group are good sources of calcium, protein, vitamins and minerals. Whole milk products tend to be high in fat. Choose low-fat and skim milk products.

VEGETABLE GROUP

- 1 serving is 1 c. raw leafy vegetables, ½ c. other vegetables (cooked or raw) or ¾ c. juice.
- An average serving contains less than ¼ gram of fat, and provides vitamins such as A and C and minerals such as iron.



MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP

- 1 serving is 2-3 oz. cooked lean meat, poultry or fish.
- ½ c. cooked dry beans, 1 egg, or 2 tbsp. peanut butter count as 1 oz. lean meat.
- Foods from this group are good sources of iron, zinc and B vitamins. Some of these foods can be high in fat.

FRUIT GROUP

- 1 serving is 1 medium piece of fresh fruit; ½ c. chopped, cooked or canned fruit; or ¾ c. juice.
- An average serving of fruit contains less than ¼ gram of fat, and is rich in potassium and vitamins A and C.

BREAD, CEREAL, RICE & PASTA GROUP

- 1 serving is 1 slice of bread, 1 oz. ready-to-eat cereal, or ½ c. cooked cereal, rice or pasta.
- An average serving contains 1-2 grams of fat, and provides carbohydrates, vitamins, minerals and fiber.

READ FOOD LABELS

The "Nutrition Facts" label appears on the side or back of most food packages. This label includes information about a food's nutritional content. Be sure to check:

Nutrition Facts	
Serving Size 4 crackers (28g) Servings Per Container About 16	
Amount Per Serving	% Daily Value*
Calories 120	Calories from Fat 25
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	3%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

SERVING SIZE

Compare the serving size on the package to the serving you actually eat! Adjust nutritional information accordingly.

DAILY VALUES (DV)

This column tells you what percentage of the daily recommended allowance one serving provides. In general, choose foods with a total fat DV of 5% or less.

TOTAL FAT AND SATURATED FAT

These rows tell you how many grams of fat are in one serving. This can help you determine if the food has more saturated or unsaturated fat.

READ THE INGREDIENTS, TOO

These are listed in order, according to weight. The first 3 ingredients can tell you a lot about how healthy a food is -- or isn't!

UNDERSTAND WHAT NUTRITIONAL CLAIMS MEAN

"FAT-FREE" OR "NONFAT"

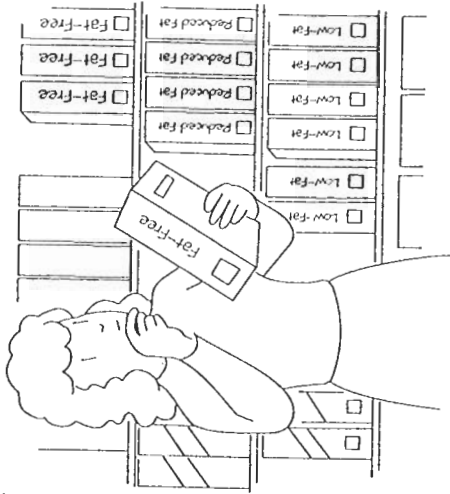
means there is less than 1/2 gram of fat per serving.

"LOW-FAT"

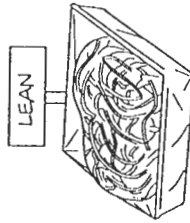
means the food has no more than 3 grams of fat per serving.

"REDUCED FAT"

means there is at least 25% less fat per serving than in the regular, non-reduced fat version of that food. Be careful -- this does not necessarily mean the food is low in fat!



TERMS FOR MEAT AND POULTRY



"LEAN"

means a serving has less than:

- 10 grams of total fat
- 4 grams of saturated fat
- 95 milligrams of cholesterol.



"EXTRA LEAN"

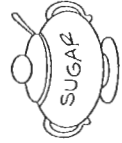
means a serving has less than:

- 5 grams of total fat
- 2 grams of saturated fat
- 95 milligrams of cholesterol.



READ BETWEEN THE LINES

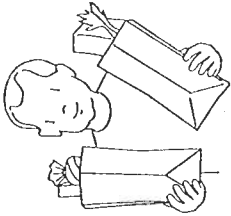
Just because a product is low in fat doesn't mean it's a healthy choice. It may still be high in sugar and calories!



LABEL SOURCE: "Food Label Close-Up," FDA Consumer, April 1994.

STOCK YOUR PANTRY WITH LOW-FAT FOODS

Here's a shopping list of healthy choices.



FRUITS & VEGETABLES:

- sources of vitamin C -- citrus fruits, cantaloupes, broccoli
- sources of vitamin E -- leafy green vegetables
- sources of beta carotene -- carrots, spinach, sweet potatoes.

BREAD, CEREAL, RICE & PASTA:

- "whole grain" or "whole wheat" breads and cereals
- no-fat added cereals.

MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS:

- egg substitutes
- lean red meats
- fish (fresh or canned in water)
- poultry without skin (avoid goose and duck)
- dry peas and beans.

COOKIES, CRACKERS & OTHER SNACK FOODS:

- fig bars
- gingersnaps
- graham or animal crackers
- pretzels.

MILK, YOGURT & CHEESE:

- skim milk
- nonfat yogurt and frozen nonfat yogurt
- nonfat or low-fat cheeses.

FATS AND OILS:

- unsaturated fats (olive, canola, peanut and corn oils)
- nonfat, low-fat or reduced fat mayonnaise and salad dressings
- nonstick vegetable cooking sprays
- margarine high in polyunsaturated fat.

EAT LIGHT THROUGHOUT THE DAY

Make wise choices for every meal of the day.

BREAKFAST

Choose:

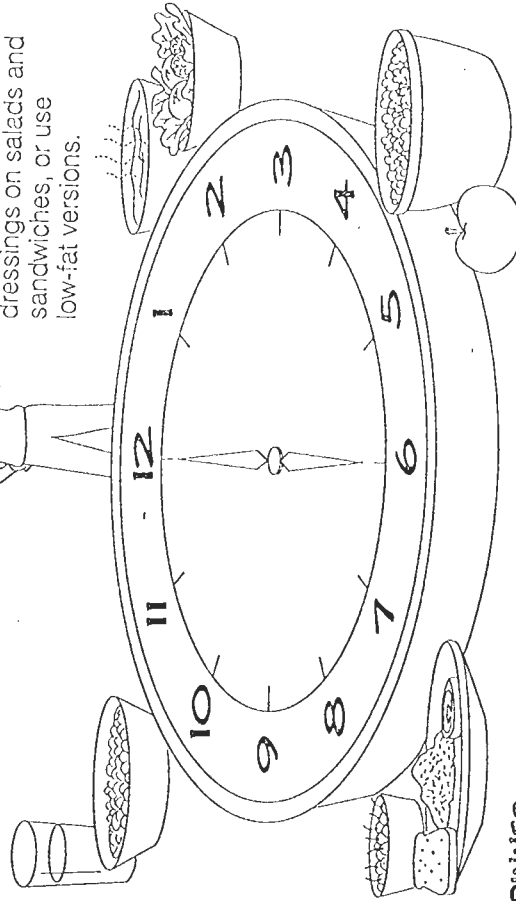
- cereals with 3 grams or more of fiber, and less than 3 grams of fat per serving
- egg substitutes or egg whites
- fruit or a glass of juice
- jams or fruit spreads instead of butter.

LUNCH

Choose:

- vegetable salads
- soups (except cream soups)
- grilled or roasted chicken or lean meat
- water-packed tuna.

Hold the mayonnaise and dressings on salads and sandwiches, or use low-fat versions.



DINNER

Choose:

- plenty of bread -- but skip the butter
- plenty of grains -- bread, pasta, rice, beans, couscous, bulgur, etc. -- made without fat
- small servings of lean meat -- a serving should be the size of a deck of cards
- fruit for dessert.

SNACKS

Choose:

- air-popped popcorn
- fruits
- vegetable sticks or juice
- dips made from low-fat yogurt and herbs.

LOW-FAT SUGGESTIONS FOR EATING OUT

at some favorite types of restaurants

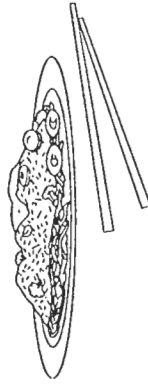
CHINESE

Good choices are:

- wonton soup
- chow mein or lo mein
- vegetable or chicken stir fry.

Stay away from:

- fried rice and fried wontons
- egg rolls
- spare ribs
- sweet and sour chicken or pork.



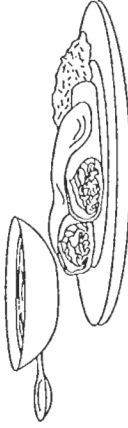
MEXICAN

Good choices are:

- fajitas
- chicken or bean burritos (without cheese)
- Mexican rice
- gazpacho.

Stay away from:

- tamales
- chorizo (sausage)
- refried beans
- huevos rancheros.



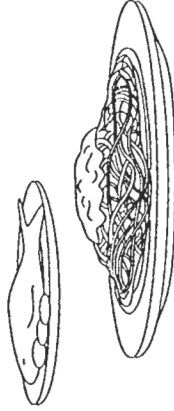
ITALIAN

Good choices are:

- spaghetti with tomato sauce
- grilled fish
- eggplant
- chicken cacciatore.

Stay away from:

- cream-based sauces
- lasagna
- eggplant parmigiana
- cannoli.



FAST FOOD

Good choices are:

- small, plain hamburgers
- salads (go easy on dressings!)
- vegetable pizzas
- baked potatoes.

Stay away from:

- pepperoni or sausage pizza
- chicken nuggets
- French fries.

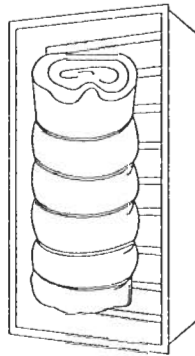


When in doubt, ask the restaurant staff which menu choices are low in fat.

PREPARE FOODS THE LOW-FAT WAY

GET RID OF EXCESS FAT

Remove skin and visible fat from poultry and meat. Drain or rinse off fat from cooked meats. Skim fat off soups.



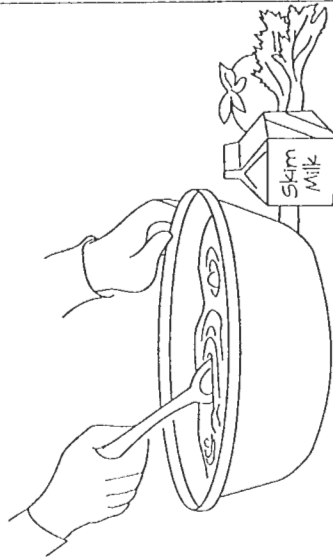
DON'T FRY FOODS

Bake, broil, roast, poach or grill meats, poultry or fish. Roast meats on a rack to drain fat. Baste with broth or juice instead of fatty drippings.



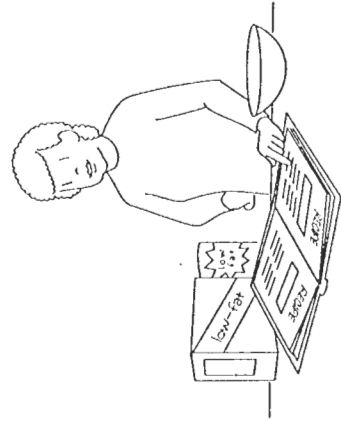
CUT THE FAT IN SOUPS AND SAUCES

Use pureed potatoes or beans, or corn starch dissolved in cold water to thicken soups and sauces. Use skim milk in cream soups and white sauces.



MODIFY FAVORITE RECIPES

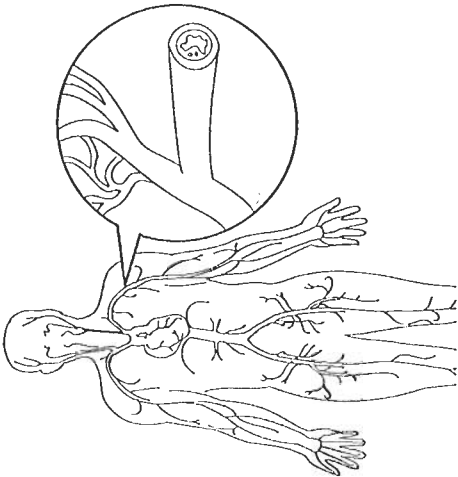
Experiment! Create low-fat versions of your favorite recipes. Use low-fat substitutes whenever possible. Reduce the amount of fat the recipe calls for by a third.



QUESTIONS AND ANSWERS

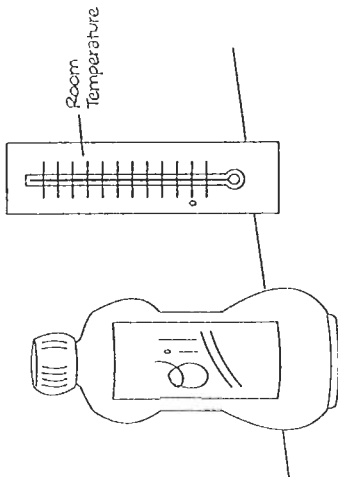
WHY IS CHOLESTEROL SO BAD?

Cholesterol can build up in the arteries if you eat too much fat, especially saturated fat. Cholesterol has been linked to heart disease and stroke.



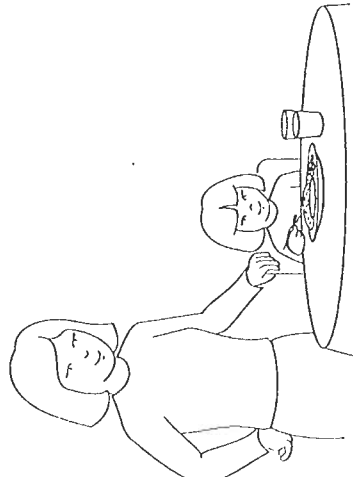
WHAT ARE "TRANS FATTY ACIDS"?

They are a type of fat formed when unsaturated oils are made into margarine or shortening. Trans fatty acids raise blood cholesterol. Avoid trans fatty acids by using fats that are liquid at room temperature.



SHOULD I LIMIT THE FAT IN MY CHILD'S DIET?

The guidelines in this booklet do not apply to children under 2. Infants and toddlers need adequate fat in their diets to grow properly and develop healthy bodies. Ask a pediatrician or dietitian what's best for your child.



So... --

STAY HEALTHY EAT LESS FAT!

1998 OHA

