

Exercise Your Right to

Eat Less Fatty Foods



Learn the fats to choose!

Look at fat facts on the nutrition label:

- The key to understanding fat is to recognize that all types of fat are high in calories, so it is important to be mindful of your total fat intake every day. Use the Nutrition Facts label to help you track your fat grams and make healthier choices:
- Stick to the serving size – if you eat two servings of a fatty food, you've doubled the fat!
- Keep total daily fat intake under 60 grams if you're a woman and 75 grams if you're a man
- Choose small amounts of "healthy" fats, which are monounsaturated and polyunsaturated fats found in plant-based foods and fish, such as olive oil, nuts, avocados, and salmon
- Stay away from "harmful" fats, which are saturated fats found in dairy and other animal products (whole milk, butter, and meat) and trans fat which is partially hydrogenated oil often found in baked goods, fried foods, cookies, doughnuts and chips.

Fatty foods can sneak up on you and your waistline.

How? Fat provides double the calories of carbohydrates and protein. Eating too much fat and calories can lead to weight gain and other health problems such as high cholesterol, heart disease and diabetes.

Common foods high in fat include:

- Chips and snack crackers
- Cookies, cakes, pies and doughnuts
- Fried foods and French fries
- Whole milk and cream
- High-fat meats like ribeye and brisket and poultry with skin
- Salad dressings, mayonnaise, sour cream and cream cheese
- Butter, margarine, shortening and oil

Take the next step – say "adieu" to fatty foods.

To cut the fat at home:

- Substitute unsweetened applesauce or prune puree for up to half of the butter, margarine, shortening or oil in recipes for baked goods
- Use low-fat or fat-free milk in place of whole milk or heavy cream in recipes for soups and casseroles
- Grease pans with cooking spray instead of butter, margarine, shortening, or oil
- Try two egg whites in place of one egg in recipes for baked goods and egg dishes
- Use turkey ham instead of bacon in greens or other recipes
- Choose low-fat or fat-free dairy products, like sour cream and cream cheese
- Make your own salad dressing with olive oil, vinegar, herbs, and spices instead of using high-fat, creamy salad dressings

Choose meats wisely:

- Build meals around lean protein sources like chicken, turkey, fish, beans and tofu
- Buy lean or low-fat cuts of red meat, such as round, chuck and sirloin and eat sparingly
- Buy ground meats and poultry that are at least 90% lean
- Trim visible fat off meat and remove skin from poultry before cooking
- Drain grease out of the pan after browning ground beef and other meat and poultry

To cut fat when eating out:

- Ask for salad dressings, gravies, or creamy condiments or sauces on the side and use sparingly
- Choose baked, broiled, grilled, roasted or sautéed items instead of fried
- Order a broth-based soup, baked potato (watch the toppings), or salad on the side instead of French fries
- Limit or skip the “free” bread and butter or chips and salsa on the table before the meal
- Choose red (marinara) sauces instead of cream-based sauces in pasta dishes

- Order pizza with a thin crust, go light on the cheese, and substitute vegetables for some (or all) of the meat toppings or select a lean meat like Canadian bacon
- Limit your portion sizes – if you only eat half your entrée, you only eat half the fat and calories! Divide the portion to share with another person or take half home for another meal