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# **Fat-Fiber Counter**

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**Nutrition Education Resource Center**  
**The University of North Carolina at Greensboro**

## ***Baked Goods/Desserts***

<b>Food Item</b>	<b>Serving Size</b>	<b>Fat (grams)</b>	<b>Dietary Fiber (grams)</b>
<b>Cake:</b>			
angel food	1 piece, 2-5/8" x 2-3/4" x 1-1/4"	+	0.1
chocolate, yellow, white	1 piece, 1/12 of cake	10	0.1
pound	1 piece, 1/12 of cake	10	0.1
sponge	1 piece, 1/12 of cake	4	0.1
Coffee Cake		7	0.1
<b>Cookies:</b>			
chocolate, sugar, sandwich	2 cookies	2	0
oatmeal, whole grain	2 cookies	4	0.6
vanilla wafers	2 wafers	1	0
Danish	1	9	0.2
Donuts	1	8	0.1
Pie: cream or custard	1 piece, 1/8 of pie	12	0.5
fruit (apple, cherry, etc.)	1 piece, 1/8 of pie	16	0.1
Pizza, plain	1/8 of 12" pie	5	0.1
Pudding made with whole milk (chocolate, vanilla, etc.)	1/2 cup	4	0
Pudding, rice or bread and baked custard	1/2 cup	7	0.1

## ***Breads***

Bagel	1	2	0.6
Biscuit	2-1/2" diam.	5	0.4
Bran muffin	1	2	2.5

+ Between 0 and 1 gram fat per serving

\* Rich source of fiber

## Breads

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Bread:			
cracked wheat	1 slice	1	1.0
pumpemickel	1 slice	+	1.0
raisin	1 slice	1	0.6
rye	1 slice	+	1.2
white	1 slice	1	0.4
whole wheat	1 slice	1	1.4
Crackers:			
graham cracker	2 squares	1	0.1
Ritz cracker	3 crackers	3	0.1
rye wafers	3 - 3-1/2" long	+	0.1
saltines	4 squares	2	0
wheat	3-3-1/2" long	+	0.9
Frankfurter/Hamburger bun	1	2	0.8
Pancake, plain or buttermilk	1 - 4" diam., 3/8" thick	2	0.5
Roll:			
dinner	} 1 - 3-3/4" x 2-1/2" x 1-3/4"	2	0.8
hard, brown		1	1.5
hard, white		1	0.8
Taco shell (tortilla)	1	+	0.1
Waffle, frozen, round	1	1	0.7

## Cereals and Pasta

Bran:			
*extra Hi-Fiber	1/2 cup or 1 oz.	1	13
*hi-Fiber	1/3 cup or 1 oz.	1	9
*others	1/2 cup or 1 oz.	1	4
Cheerio type	1-1/4 cup or 1 oz.	1	1.1
Corn flake type	1-1/4 cup or 1 oz.	1	0.3
Egg noodles, boiled	1/2 cup	1	0
Granola type	1/4 cup or 1 oz.	2	1.3

+ Between 0 and 1 gram fat per serving

\* Rich source of fiber

## Cereals and Pasta

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Macaroni or spaghetti: boiled	1/2 cup	+	0
whole wheat	1/2 cup	+	2
Oat bran	1 Tbs.	+	1.0
Oatmeal, cooked	3/4 cup	1	2.0
Rice, brown, cooked	1/2 cup	+	1.0
Rice, white, cooked	1/2 cup	+	0.2
Wheat type (shredded, Wheaties, etc.)	1 cup or 1 oz.	1	2.6
Wheat germ	1 Tbs.	1	0.9

## Fats

Bacon, cooked and drained	2 medium strips	8	0
Butter	1 pat (about 1 tsp.)	4	0
Cream Cheese	1 Tbsp.	5	0
Dressings:			
blue cheese, regular	1 Tbsp.	8	0
French style, regular	1 Tbsp.	6	0
French style, low calorie	1 Tbsp.	1	0
Italian style, regular	1 Tbsp.	9	0
Italian style, low calorie	1 Tbsp.	1	0
salad dressing, mayonnaise- type	1 Tbsp.	6	0
thousand island, regular	1 Tbsp.	8	0
Margarine	1 pat (about 1 tsp.)	4	0
Mayonnaise: regular	1 Tbsp.	11	0
reduced calorie	1 Tbsp.	4	0

+ Between 0 and 1 gram fat per serving

\* Rich source of fiber

## Fats

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Salad or cooking oil	1 Tbsp.	14	0
Sour Cream	1 Tbsp.	3	0
Tartar sauce:	regular	1 Tbsp.	8
	low calorie	1 Tbsp.	3
White sauce, medium	1/4 cup	8	0

## Fruits

Apple, unpared	1 small - 2-1/2" diam.	1	2.1
	1 medium - 3" diam.	1	3.3
Applesauce, canned, unsweetened	1/2 cup	+	2.6
Apricots	2 medium	+	1.6
Apricots, dried	5 halves	+	1.4
Banana	1/2 small - 7-3/4" long	+	1.6
	1/2 cup slices	+	2.6
Cantaloupe	1/4	+	1.6
Cherries, sweet	10 large	+	1.2
	1/2 cup	+	1.2
Dates, dried	5	+	3.1
Fig	1 medium	+	2.4
Fruit Juice (apple, orange, grape, etc.)	1/2 cup	+	0.5
Grapefruit	1/2 whole	+	0.6

+ Between 0 and 1 gram fat per serving

\* Rich source of fiber

## Fruits

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Grapefruit, canned	1/2 cup	+	0.5
Grapes, seedless	10	+	0.3
	1/2 cup	+	0.7
Honeydew melon	1 wedge (1/10 melon)	+	1.3
Nectarine	1 medium - 2-1/2" diam.	+	3.0
Olives	10 medium	5	2.1
Orange	1 small - 2-1/2" diam.	+	2.4
Peach, unpared	1 medium - 2-1/2" diam.	+	1.4
	1/2 cup slices	+	1.2
Peaches, canned halves	1/2 cup	+	1.2
Pear, unpared	1 small - 2-1/2" diam.	+	2.6
Pineapple		1/2 cup	+
Pineapple: canned	1/2 cup	+	1.1
Plums	2 medium - 1" diam.	+	0.4
	*Prunes: uncooked	2 medium	+
stewed, unsweetened	1/2 cup	+	7.8
Raisins	2 Tbsp.	+	1.2
Raspberries	1/2 cup	+	3.1
Rhubarb, stewed, sweetened	1/2 cup	+	2.8

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## ***Fruits***

<b>Food Item</b>	<b>Serving Size</b>	<b>Fat (grams)</b>	<b>Dietary Fiber (grams)</b>
Strawberries	1/2 cup	+	1.7
Tangerine	1 medium - 2-3/8" diam.	+	1.6
Watermelon	1 cup	+	0.5

## ***Meat, Poultry, Fish, Eggs***

### **Beef:**

#### **Braised or pot-roasted:**

less lean cuts, such as chuck blade, lean only;	3 ounces	16	0
leaner cuts, such as bottom round, lean only	3 ounces	8	0

#### **Ground beef, broiled:**

lean	3 ounces	15	0
regular	3 ounces	17	0

#### **Roast, oven-cooked:**

less lean cuts, such as rib, lean only;	3 ounces	15	0
leaner cuts, such as eye of round, lean only	3 ounces	6	0

#### **Steak, broiled:**

lean and fat	3 ounces	17	0
lean only	3 ounces	8	0

### **Chicken:**

#### **fried: flour-coated with skin**

1/2 breast	3 ounces	10	0
1 drumstick	2 ounces	8	0
1 thigh	3 ounces	14	0

#### **roasted:**

1/2 breast: with skin	3 ounces	8	0
without skin	3 ounces	3	0
1 drumstick: with skin	2 ounces	6	0
without skin	2 ounces	3	0

NOTE: Serving size refers to the weight of the meat after cooking.

+ Between 0 and 1 gram fat per serving

\* Rich source of fiber

## Meat, Poultry, Fish, Eggs

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Egg	1 large	6	0
Ham: lean, baked or roasted	3 ounces	11	0
Lamb: chop	3 ounces	5	0
roast	3 ounces	12	0
Liver	3 ounces	10	0
Meatloaf	3 ounces	12	0
Meat salads: chicken	1/3 cup	11	0.3
tuna	1/2 cup	11	0.5
<b>Pork:</b>			
Chop:			
broiled:			
lean and fat	3 ounces	19	0
lean only	3 ounces	9	0
pan-fried:			
lean and fat	3 ounces	26	0
lean only	3 ounces	14	0
Loin, roasted, lean only	3 ounces	12	0
Sausage, link or patty	2 ounces	18	0
Shoulder, braised, lean only	3 ounces	10	0
Spareribs, braised, lean and fat	3 ounces	26	0
<b>Processed meats:</b>			
Boiled ham, luncheon meat	2 ounces	4	0
Bologna:			
beef or pork	2 ounces	13	0
chicken or turkey	2 ounces	9	0
Frankfurter:			
beef or pork	1 frank	13	0
chicken or turkey	1 frank	8	0
Salami	2 ounces	9	0

NOTE: Serving size refers to the weight of the meat after cooking.

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## Meat, Poultry, Fish, Eggs

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
<b>Seafood:</b>			
Fish cakes	3 ounces	7	0
Fish fillet:			
baked or broiled with added fat	3 ounces	6	0
baked or broiled without added fat	3 ounces	1	0
breaded or battered and fried	3 ounces	10	0
Fish sticks, breaded	3 ounces	11	0
Oysters: raw	5-8 medium	2	0
fried	3 ounces	12	0
Salmon steak, broiled or baked	3 ounces	6	0
Shrimp: french fried	3 ounces	9	0
boiled	3 ounces	1	0
Tuna: packed in oil, drained	3 ounces	7	0
packed in water, drained	3 ounces	1	0
Turkey, roasted:			
dark meat	3 ounces	7	0
white meat	3 ounces	3	0
Veal cutlet, breaded	3 ounces	12	0

## Milk and Milk Products

Buttermilk	1 cup	+	0
Cheese: American, process	1 ounce	9	0
cheddar	1 ounce	9	0
colby	1 ounce	9	0
monterey	1 ounce	9	0
mozzarella, part skim	1 ounce	5	0
muenster	1 ounce	9	0
parmesan	1 ounce	7	0
	1 Tbsp. grated	1	0
provolone	1 ounce	8	0
Swiss	1 ounce	8	0

NOTE: Serving size refers to the weight of the meat after cooking.

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\* Rich source of fiber

## ***Milk and Milk Products***

<b>Food Item</b>	<b>Serving Size</b>	<b>Fat (grams)</b>	<b>Dietary Fiber (grams)</b>
Cottage cheese: less than 1% fat	1/2 cup	+	0
2% fat	1/2 cup	2	0
4.2% fat	1/2 cup	5	0
Cream, heavy, whipped	1 Tbsp.	3	0
Ice cream	1/2 cup	7	0
Ice milk	1/2 cup	3	0
Milk: 1% fat	1 cup	2.5	0
2% fat	1 cup	5	0
evaporated, not diluted	1 cup	20	0
skim	1 cup	+	0
whole	1 cup	7	0
Sherbet	1/2 cup	1	0
Yogurt: plain unflavored	1 cup	8	0
plain unflavored, lowfat	1 cup	4	0
fruit varieties	1 cup	5	0

## ***Seeds and Nuts***

Almonds, shelled	1/4 cup	17	2.2
Pecans or walnuts:			
chopped pieces	1/4 cup	19	1.6
halves	1/4 cup	16	1.3
Peanut butter, smooth	2 Tbsp.	16	2.4
Peanuts:			
roasted and salted	1/4 cup	18	2.9
Spanish	20	5	0.7

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## Vegetables and Legumes

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Asparagus: boiled	4 medium spears	+	0.9
cut, boiled	1/2 cup	+	1.1
Avocado, fresh	1/2 medium	19	2.2
*Beans, dried, cooked (kidney, pinto)	1/2 cup	+	7.3
Bean sprouts	1/2 cup	+	1.6
*Beans, baked	1/3 cup	2	7.0
Beets, diced or sliced, boiled	1/2 cup	+	2.1
Broccoli, boiled	1/2 cup - 1/2" pieces	+	2.2
Brussels sprouts, boiled	1/2 cup	+	2.3
Cabbage, shredded, boiled	1/2 cup	+	2.0
Carrots: sliced, boiled	1/2 cup	+	2.3
raw	1 medium - 7-1/2" x 1-1/8" diam.	+	2.3
	6 strips	+	0.8
Cauliflower: boiled	1/2 cup	+	1.1
raw, sliced	1/2 cup	+	0.9
Celery: raw	1 stalk	+	0.7
raw, chopped	1/2 cup	+	1.1
Coleslaw	1/2 cup	5	1.7
Corn: canned, drained	1/3 cup	+	3.1
*on the cob, boiled	1 ear - 5" long	1	5.9
Cucumber, raw	6 slices - 1 oz.	+	0.1
	1 small - 6-3/8" x 1-3/4" diam.	+	0.6

+ Between 0 and 1 gram fat per serving

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## Vegetables and Legumes

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Eggplant, peeled, diced, cooked	1/2 cup, 1/4 medium - 4 oz.	+	2.5
*Greens, cooked (collard, kale, spinach, turnip)	1/2 cup	+	5.7
Green beans, cooked	1/2 cup	+	2.0
Green pepper	2 rings 1 medium - 2-3/4" x 2-1/2" diam.	+ +	0.2 0.8
*Lentils, dried, cooked	1/2 cup	+	3.7
Lettuce	1/6 head 6 medium leaves	+ +	1.4 0.7
*Lima beans, cooked	1/2 cup	+	4.5
Mushrooms: raw, sliced	1/2 cup	+	0.9
canned, drained	1/2 cup	+	1.8
Okra, raw	1/2 cup	+	2.6
Onions: raw, chopped	1 Tbsp.	+	0.1
boiled	1/2 cup	+	1.4
spring or green	2 medium	+	0.9
*Peas: green, boiled	1/2 cup	+	4.2
*Peas: dried, cooked	1/2 cup	+	4.7
Pickles: dill	1 medium - 3-3/4" x 1-1/4" diam.	+	1.1
sweet	4 slices	+	0.5
Potatoes: baked with skin	1 medium - 2-1/2" diam.	+	3.0
boiled, sliced	1/2 cup	+	1.6
French fried	10 strips	10	1.6
mashed with milk and butter	1/2 cup	5	0.9

+ Between 0 and 1 gram fat per serving

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## Vegetables and Legumes

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Sauerkraut, solids and liquid	1/2 cup	+	3.3
Soups:			
bean (bean with bacon, etc.)	1 cup	6	1.5
cream with water	1 cup	9	0.4
with whole milk	1 cup	14	0.4
split pea, pea	1 cup	4	0.7
vegetable, minestrone	1 cup	2	0.6
Squash (summer, zucchini)	1/2 cup	+	1.5
*Sweet potatoes: canned, drained	1 cup	1	4.6
boiled, peeled	1 - 5" long x 2" diam.	1	3.5
Tomatoes: raw	1 medium - 2-3/5" diam.	+	2.0
canned, solids and liquids	1 cup	+	2.2
Tomato juice	1/2 cup	+	0.4
Turnips, boiled and mashed	1/2 cup	+	1.6

## Miscellaneous

Alcoholic beverages	1 cup	0	0
Candy: chocolate	1 ounce	9	0
caramel	1 ounce	3	0
hard	1 ounce	0	0
Coffee and tea	1 cup	0	0
Gelatin desserts, fruit-flavored	1/2 cup	0	0
Jam, jelly, preserves	1 Tbsp.	0	0
Ketchup, mustard	1 Tsp.	+	0

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## Miscellaneous

Food Item	Serving Size	Fat (grams)	Dietary Fiber (grams)
Non-dairy whipped topping	1 Tbsp.	1	0
Popcorn, without butter	1 cup	0	0.4
Potato chips	10 chips	8	0.1
Pretzels	10 pieces	1	0.1
Soft drinks	12 oz.	0	0

Most data drawn from: Science and Education Administration, 1981. *Nutritive value of foods*. Home and Garden Bulletin Number 72. Washington, DC: U.S. Government Printing Office. Some data drawn from: (1) Agricultural Research Service, United States Department of Agriculture, 1975. *Nutritive value of American foods in common units*. Agricultural Handbook No. 456. Washington, DC: U.S. Government Printing Office; (2) Pennington, J. A. T., and H. N. Church, 1980. *Food values of portions commonly used*. Philadelphia: J. B. Lippincott Company; Lanza, E., and Butrum, R. R. 1986. "A critical review of food fiber analysis and data." *Journal of the American Dietetic Association* 86: 732-743.

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# ALL ABOUT FIBER

## WHAT IS DIETARY FIBER?

Fiber is the part of plant foods that cannot be digested and absorbed into the blood stream. Only foods from plant sources contain fiber: fruits, vegetables, cereals and breads made from whole grains, dried beans and peas, seeds, and nuts. There is no fiber in dairy products, meat, poultry, fish, or eggs.

## HOW MUCH FIBER SHOULD I EAT?

For good health and reduced risk of cancer, you should eat foods providing at least 25-30 grams of fiber each day. For many of us in the U.S., this means doubling our intake of high fiber foods.

## HOW MUCH FIBER DO I EAT?

Most people eat less fiber than they need. Using the form **What am I eating?**, keep a record of what you eat and figure your daily fiber intake.

You should eat **25 - 30 grams of fiber**. If your intake is low (less than 25 grams), slowly make changes to increase your fiber intake.

If your intake is at least 25 grams, keep up the good work! You may wish to keep a record for another day as a check. You may still find these materials helpful.

## HOW DO I INCREASE FIBER IN MY DIET?

Fiber is present only in plant foods. See the **Fat-Fiber Counter** in this packet for fiber content of common foods. Items with a star are rich sources of fiber.

Follow these hints to add fiber to your diet:

- Eat more plant foods – fruits, vegetables, dried beans and peas.  
Four to six servings per day is suggested.
- Read labels of packaged foods.
- Choose 2 to 3 whole grains in breads and cereals every day.
- Leave peelings on fruits and vegetables when possible.
- Avoid convenience foods.
- Make high fiber substitutions when possible. See **Other Choices – High-Fiber Substitutions** in this packet.
- If you use bran, limit it to one serving per day.

# MYTHS AND TRUTHS ABOUT FIBER

- MYTH:** High fiber diets cause gas, bloating, and diarrhea.

**TRUTH:** Digestive problems may occur if you increase fiber too quickly. To avoid problems, **slowly** increase your intake of fruits, vegetables, and whole grain products.
- MYTH:** Chopping or mashing destroys dietary fiber.

**TRUTH:** Dietary fiber is not readily destroyed in the kitchen. Fiber is often lost by peeling and trimming fruits and vegetables. To get the most fiber in your diet, eat the entire fruit or vegetable with edible peels and seeds.
- MYTH:** Raw fruits and vegetables contain more dietary fiber than cooked fruits and vegetables.

**TRUTH:** Cooking does not destroy fiber. Many cooked fruits and vegetables are commonly trimmed and peeled thereby reducing fiber.
- MYTH:** Salads are high in fiber.

**TRUTH:** Maybe. It depends on what is in the salad. Spinach, carrots and broccoli are high in fiber while lettuce is low in fiber.

# OTHER CHOICES – HIGH-FIBER SUBSTITUTIONS

	<b><i>LOW FIBER FOOD</i></b>	<b><i>HIGH FIBER FOOD</i></b>
Cereals	Ready-to-eat cereals (corn flakes, rice krispies or Chex, puffed cereals, Total)	Bran cereals, whole wheat or other whole gran cereal. Choose those providing 3 or more grams of dietary fiber per serving.
Breads	White flour as first ingredient	Oatmeal (regular, quick, instant), oat bran, Ralston, Wheatena
Flour in recipes	Mashed, French fried, boiled or peeled potatoes	Potatoes boiled or baked with skin
Desserts, snacks	White cake	Carrot cake, spice cake with raisins or prunes, zucchini cake/bread
	Sugar Cookies	Oatmeal cookies with raisins
Soups and Casseroles	Pasta, Noodles	Whole wheat pasta, noodles
	Bread crumb topping	Mixture of bread crumbs, crushed bran or bran cereal
	Soups	Add whole, chopped or pureed vegetables. Cooked legumes (dried beans, peas) are especially high in fiber.

# DIET IS IMPORTANT

Cancer is the second leading cause of death in the United States. Diet can lower your risk for certain kinds of cancer — colorectal, prostate, and breast cancers — according to 1986 statistics from the American Cancer Society. Colorectal, prostate, and breast cancer account for 33% of all cancers in males and 42% of all cancers in females.

You can **choose** to decrease your risk of cancer by:

- **decreasing** the amount of fat in your diet
- **increasing** the amount of fiber in your diet

These two changes are **easy** to combine — a diet that is **low in fat** is almost always **high in fiber**.

## BENEFITS

Our food habits develop slowly and we can only expect these habits to change slowly. **Any** steps you take to decrease the fat and increase the fiber in your diet are helpful. It's your **choice**. A low-fat, high-fiber diet can also:

- help lower risk of another major killer disease in the U.S. — heart disease;
- be a good choice for all family members — young children to senior citizens;
- provide adequate vitamins, minerals, and protein;
- help control calorie intake and avoid obesity; and
- be helpful in treatment of constipation.

If you are now on a special diet (such as a low sodium or a diabetic diet), please check with your physician before making plans to decrease dietary fat and increase fiber. In **most cases**, if you choose to alter fat and fiber, it will fit in with other changes you have made.

# ALL ABOUT FATS

## 1. What is dietary fat?

There are two types of dietary fat — **visible** and **hidden**. Visible fats and oils are the ones you add to food in cooking and at the table. Hidden fat is found naturally in meat, eggs, nuts, whole milk, and many other foods.

## 2. How much fat *should* I eat?

Although fat is needed by the body, the amount your body needs is very small compared to the amount you eat. The fat you eat provides the body with energy which is measured in calories. Most Americans eat about 40% of the day's total calories as fat. To decrease your risk of cancer, reduce the fat in your diet to **less than 30% of total calories**.

## 3. How much fat is that?

To figure the maximum fat for your diet, follow these steps:

- a. Look at the chart **How Much Fat Should I Eat?** and find your sex and height.
- b. The number in the column to the right under men or women is the maximum grams of fat for your daily diet.

This value is a general guideline for the average person who is close to desirable body weight and is not involved in heavy physical activity.

## 4. How much fat do I eat?

Most people are not aware of what and how much they eat. The best way to gain control over a habit you wish to change is to find out what you are eating now. Using the form **What Am I Eating?**, keep a record of what you eat and figure out your daily fat intake.

4. **How much fat do I eat? (con't)**

Compare your fat intake to the value you looked up in the chart on the page **How Much Fat Should I Eat?** If your fat intake is more than the value in the table, try hints from **Other Choices —Low-Fat Substitutions**. If your value is close to or less than the value in the table, keep up the good work! You may wish to keep a record for another day as a check. You may still find these materials helpful.

5. **How can I lower the fat in my diet?**

Cancer risk is related to large amounts of fat in the diet. The following ideas will help you lower fat in the diet.

- Read labels of packaged foods
- Avoid or limit high fat foods in meals and snacks
- Make low-fat substitutions when possible. **See Other Choices—Low-Fat substitutions** in this packet for ideas.
- Remove skin from poultry.
- Trim visible fats from meats.
- Change your recipes to lower fat content.
- Bake or broil rather than fry.
- Do not use sauces and dressings made with fat, cream, etc.

6. **Does it matter what *kinds* of fats I choose?**

Cancer risk seems to be related to total fat intake rather than kinds of fat. However, you may want to talk to your physician about lowering your risk of heart disease by decreasing total fat and perhaps choosing only certain kinds of fats and oils.

## HOW MUCH FAT SHOULD I EAT?

Find your sex and height and then move across to the column called "fat intake in grams". The number found here is the amount of fat that you should be eating each day.

MEN			WOMEN		
Height	Desirable Body Weight in lbs.	Fat Intake (in grams)	Height	Desirable Body Weight in lbs.	Fat Intake (in grams)
5' 3"	124	54			
5' 4"	130	57			
5' 5"	136	60			
5' 6"	142	62	5'	100	39
5' 7"	148	64	5' 1"	105	41
5' 8"	154	67	5' 2"	110	43
5' 9"	160	70	5' 3"	115	45
5' 10"	166	72	5' 4"	120	48
5' 11"	172	75	5' 5"	125	49
6'	174	78	5' 6"	130	51
6' 1"	184	81	5' 7"	135	53
6' 2"	190	83	5' 8"	140	55
6' 3"	196	85	5' 9"	145	57
6' 4"	202	88	5' 10"	150	59
6' 5"	208	91	5' 11'	155	60
6' 6"	214	93	6'	160	63

## MYTHS AND TRUTHS ABOUT FAT

- MYTH:** Butter is higher in fat and calories than margarine.

**TRUTH:** They contain exactly the same amount of fat and have the same calories. The **type** of fat differs, however.
- MYTH:** Vegetable oils are lower in fat and calories than animal fats like lard, butter, or meat drippings.

**TRUTH:** They contain exactly the same amount of fat and have the same calories. The **type** of fat differs, however.
- MYTH:** Non-dairy creamers (coffee whiteners) are low in fat.

**TRUTH:** Most contain the fat of coconut oil. Read the ingredients list on the package for more information.
- MYTH:** The **kind** of fat I eat is more important than the **amount**.

**TRUTH:** To decrease cancer risk, eat less of **all** kinds of fats and oils.
- MYTH:** As long as I am near desirable body weight, I know my diet contains the right amount of fat.

**TRUTH:** Your weight is mostly determined by the total number of calories you eat. Carbohydrate foods, protein foods, and fats all provide calories. The only way to be sure of a low fat intake is to make low-fat choices.
- MYTH:** Salads are low in fat.

**TRUTH:** Maybe. It depends on what is in the salad. Raw vegetables and fruits are low in fat. Salads made with mayonnaise, hard cooked eggs, bacon bits, and dressings may all add significant amounts of fat.

## OTHER CHOICES — LOW-FAT SUBSTITUTIONS

	<i>HIGH FAT FOOD</i>	<i>LOW-FAT FOOD</i>
<b>Dairy Products</b>	Whole milk	Skim milk (fluid or nonfat dry), buttermilk from skim milk
	Evaporated milk	Evaporated skim milk; double strength nonfat dry milk
	High fat cheese (Colby, Cheddar, American process, etc.)	Low-fat cheese ((Skim milk mozzarella, ricotta, farmers', low-fat cottage cheese, "lite" or reduced calorie cheese)
	Ice cream	Ice milk, frozen low-fat yogurt
	Cream	Skim evaporated milk
	Sour cream	Low-fat yogurt
	Hot chocolate	Prepared with skim milk
<b>Meat, poultry, fish, eggs</b>	Bacon	Canadian bacon, lean boiled ham, imitation bacon
	Bologna, hot dogs, sausage	Made from chicken, turkey ; turkey ham
	Ground beef, hamburger	Ground turkey, extra lean beef, or sirloin
	Fried egg	Use a non-stick spray in skillet or choose poached, baked, boiled egg, or egg substitute
	Egg in cake/muffins	Cannot leave out. Possibly substitute 2 whites for 1 whole egg. Check cookbooks for "eggless" recipes (low-fat recipes or recipes for those with egg allergy).
<b>Fats</b>	Fat or oil in cookie, quick bread, muffin recipes	Try using only 1/2 - 3/4 of the amount called for in recipe.
	Fat in casserole recipes	Do not use. If fat is used to saute' or brown onion, celery, mushrooms, etc., microwave until tender or spray skillet with a non-stick spray.
	Salad dressing	Reduced and low-calorie salad dressings. Make your own dressing using low-fat yogurt.
<b>Other</b>	Potato chips, corn chips, granola cereals, Ritz type crackers	Crunchy whole grain cereals, air-popped corn, whole grain low-fat crackers (check ingredient label)
	Nuts	Crushed cereal (Grape Nuts)
	Cream soups	Broth-based soups
	Rich desserts and bakery items (cakes, pies, cookies, pastries)	Fruit, angel food cake

**WISE LABEL READING: FATS**

One tablespoon of this product contains 4 grams of fat. Regular mayonnaise provides 11 grams of fat — almost 3 times as much! **Reduced calorie** mayonnaise is a wise choice for those who want to decrease their fat intake.

One tablespoon of this **reduced calorie** mayonnaise provides 40 calories of energy. Regular mayonnaise provides about 100 calories per tablespoon.

Compare your usual serving size with the one listed on the label. If you used **less** than one tablespoon in your serving of tuna salad or spread on your sandwich, then you consumed fewer than 40 calories and 4 grams of fat.

**PRODUCT:  
REDUCED CALORIE MAYONNAISE**

**NUTRITION INFORMATION**

Serving size = 1 tablespoon (3 teaspoons)

Servings per container: 32

Calories = 40

Protein = 0 grams

Carbohydrate = 1 gram

Fat = 4 grams

Percent of calories from fat = 91%

Polysaturated fat	3 grams
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	35 milligrams

Ingredients: Water, soybean oil, modified food starch, vinegar, whole eggs, egg yolks, sugar, corn syrup, spice, salt, citric acid, potassium sorbate, sodium benzoate, calcium disodium EDTA as preservatives, vitamin E, natural flavor and color.

**Reduced calorie** mayonnaise still provides most of its calories as fat just like regular mayonnaise.

Almost all labels include a list of ingredients. The ingredient listed first is the one present in the greatest amount. In **reduced calorie** mayonnaise, water is the first ingredient and water provides no calories or fat. In regular mayonnaise, oil (fat) is the first ingredient and egg (high in fat) is the second ingredient. When you are trying to eat a lower fat diet, reduce the number of foods listing a fat or oil as the first ingredient.

