



**Ohio State University Extension
Family Nutrition Program
Expanded Food and Nutrition Education Program**

Nutrition News

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Ever wonder what those claims on the FRONT of the package means? FDA regulates these claims and they must meet certain criteria:

"No fat" or "fat free" means food contains less than 1/2 gram of fat per serving

"Low fat" means food contains less than 3 grams of fat per serving

"Reduced fat" means the food contains at least 25% less fat per serving than the "original" product.

"Lite" or "light" means food contains either 1/2 the calories OR 1/2 the fat per serving than original or similar product

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"Fat February"

Fat has a "bad boy" reputation. If you eat too much over time, it can make you gain weight, become overweight, give you high cholesterol, high blood pressure, and heart disease. But fats and oils are part of a healthy diet too. Fats:

- help absorb vitamins A, D, E, and K.
- help make strong body cell walls.
- help some body functions work.
- supply energy. One teaspoon has 5 grams of fat and 45 calories.

The fat in our diet comes from plants and animals. The 2005 Dietary Guidelines recommend a total fat intake between 20% and 35% of calories for adults.

When you have more than 35% of your calories from fat, then you may be getting too much saturated fat and too many calories.

Too many calories and too much saturated fat may cause heart disease.

Not all fats are created equal. The types of fats make a difference to heart health. There are saturated fats, unsaturated fats, and trans fats.

Saturated fat

- It is solid at room temperature.
- It is the main fat that increases LDL (bad) blood cholesterol levels.
- It comes from animal products and tropical plant oils (palm, palm kernel, coconut).

Unsaturated fat

- It is liquid at room temperature—oils.
- It can be **monounsaturated** or **polyunsaturated**.
 - Oils and foods with high monounsaturated fat levels are olive, canola, peanut and other nut oils, and avocado.
 - Oils and foods with high polyunsaturated fat levels are safflower, sunflower, sesame, corn, and soybean.
- It is the type of fat that increases HDL (good) blood cholesterol levels.

Trans fat

A liquid fat that has been made solid (hydrogenation). This fat increases LDL (bad) cholesterol and decreases HDL (good) cholesterol. Thus it is also known as "double trouble" for heart health.

Trans fat is present in processed foods such as cakes, cookies, crackers, pies, margarine, fried potatoes, potato chips, corn chips, popcorn, and solid shortening.

2005 Dietary Recommendations for Fat Intake

- Consume less than 10% of calories from saturated fat and keep trans fat intake as low as possible.
- Keep total fat under 35% of calories. Make most fats monounsaturated and polyunsaturated.
- When buying and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit the amount of fats and oils high in saturated fat or trans fat.

Tips for Reducing Total Fat in Your Diet

- Choose the leaner cuts of meat and poultry.
- Drain fat from cooked meats.
- Use skim/nonfat or low-fat (1%) milk instead of whole milk.
- Bake, broil, or grill rather than deep fry or pan fry.
- Season foods with herbs and lemon juice instead of butter or margarine.
- Don't eat as many high-fat or refined sugar snacks such as cookies, crackers, cakes, pastries, and chips.

- Search for hidden fats. Read food labels.
- Cut oil or fat in half when preparing a recipe. You usually can't tell the difference.
- Use two egg whites instead of one whole egg.
- Replace fried foods and high fat foods with fruits and vegetables.
- Choose low-fat or fat-free salad dressings and mayonnaise.
- Buy tuna packed in water instead of oil.
- Cut your margarine and butter portions in half.
- Eat slower. It takes at least 20 minutes for your brain to tell your body that it is full.
- Divide a plate into sections. Fill three-fourths of the plate with vegetables, fruits, and grains. Fill the other one-fourth with a dairy food or a protein food such as meat or poultry.

Food substitutions you can make

Instead of this food:	Use a lower fat substitute:
Ice cream	Frozen yogurt, sherbet, or sorbet
Potato chips	Unbuttered popcorn, baked or 'light' chips
Fried chicken or fish	Grilled or baked chicken or fish Chicken or fish with the skin and fried bread coating removed
French fries with ketchup	Baked potato with salsa
Pepperoni/sausage pizza	Pizza with veggie toppings
Biscuit	English muffin

Information sources for this newsletter: U.S. Department of Health and Human Services, U.S. Department of Agriculture, *Dietary Guidelines for Americans, 2005*. Duyff, R.L. (2002). *American Dietetic Association Complete Food and Nutrition Guide*, (2nd ed.) John Wiley & Sons, Inc., Hoboken, N.J.

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