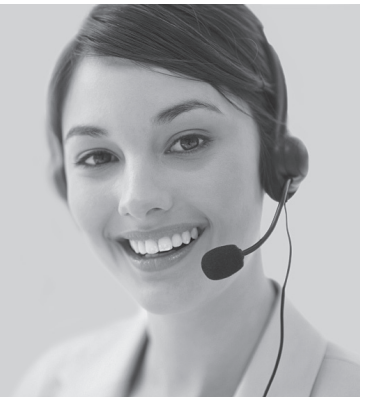


“It was great to talk with you.

Thank you for your interest in ‘Ways to Eat Less Fat and Fewer Calories.’
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I’m ready to help in any way I can.”



Eating less fat will help you eat fewer calories. Fat contains more than twice as many calories as protein or carbohydrates (starches and sugars).

Eating too much fat is also linked to chronic diseases, including heart disease and diabetes. Experts recommend that you keep your fat intake to between 20-35% of your daily calories. For someone who eats 2,000 calories per day, that would be 44-78 grams of fat per day.

Also it is recommended you replace the unhealthy fats in your diet with healthy ones. Unhealthy fats are solid at room temperature. They include:

- **Saturated fat.** This type is found in animal foods (such as meats and regular-fat dairy foods) and tropical oils (such as palm and coconut oils). Experts recommend that you replace the saturated fats you eat with healthy types of fats, such as the fat in vegetable oils, fatty fish, nuts, and seeds.
- **Trans fat.** This type of fat is found in many packaged food products. Food companies make *trans* fats by pumping hydrogen into oils to make them solid at room temperature. This process is called “hydrogenation.” Note: Avoid *trans* fat as much as you can. It is the most unhealthy type of fat.

Important: Both healthy and unhealthy fats contain the same number of calories per gram. Ask your coach for a fat gram goal that is right for you.

Three ways to eat less fat

Use the three ways below to eat less of all types of fat. Compare the examples given. Notice how much the calories go up as the fat grams increase. Think about how you can use each of these ways to eat less fat and fewer calories.

1. Eat smaller amounts of foods that are high in fat.

Compare:

- 1 tablespoon of canola oil
- 1 teaspoon of canola oil

Fat grams

14
4

Calories

100
35

➔ Better option

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Ways to Eat Less Fat and Fewer Calories

2. Eat foods that are high in fat *less often*.

Compare:	Fat grams/week	Calories/week	
• 1 glazed donut, five days per week	60	1,250	
• 1 glazed donut, one day per week	12	250	➔ Better option

3. Choose *low-fat* instead of *high-fat* foods.

Compare:	Fat grams/week	Calories/week	
• Regular (73% lean) ground beef, 4 ounces, two days per week	68	760	
• Super-lean (96% lean) ground beef, 4 ounces, two days per week	9	300	➔ Better option

Here are some **tips for choosing low-fat instead of high-fat foods**. Look how your “savings” add up!

• Use low-fat or fat-free products.

Compare:	Fat grams	Calories	
– 1/2 cup rich vanilla ice cream	17	266	
– 1/2 cup fat-free vanilla pudding	0	100	➔ Better option

• Choose flavorings that are low in fat.

Compare (as a topping for a baked potato):	Fat grams	Calories	
– 2 teaspoons margarine and 2 tablespoons sour cream	13	120	
– 2 tablespoons salsa	0	15	➔ Better option

• Lower the fat in meats by trimming off all the fat.

Compare:	Fat grams	Calories	
– Roast beef (chuck), not trimmed (lean and fat eaten), 3 ounces	11	200	
– Roast beef (top round), trimmed (lean only eaten), 3 ounces	5	150	➔ Better option

• Avoid frying foods. Try other ways of cooking.

Compare:	Fat grams	Calories	
– Chicken breast, with skin, batter-dipped, fried	19	365	
– Chicken breast, no skin, roasted	8	195	➔ Better option

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Ways to Eat Less Fat and Fewer Calories

Beware: Low-fat or fat-free products can contain a lot of calories!

Be careful how much of them you eat. Some low-fat or fat-free products are loaded with sugar and calories. Check the label before you buy.

Compare:	Fat grams	Calories	
½ cup nonfat frozen yogurt	<u>3</u>	<u>110</u>	
½ cup regular ice cream (10-12% fat)	<u>7</u>	<u>140</u>	➔ Better option

Surprised? The frozen yogurt has less fat. But it's not much lower in calories than ice cream!

Build a better recipe

Look for high-calorie, high-fat foods in your recipes. Replace them with low-calorie, low-fat foods.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (look on the back of the cocoa box)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned nonfat milk
Whole egg	2 egg whites or egg substitute
Mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Nonfat, 1%, or canned nonfat milk

***Tip:** In recipes for cakes, cookies, muffins, and quick breads:

- Replace one-third to one-half of the margarine, butter, or oil with unsweetened applesauce, pureed prunes, or nonfat milk. It works!
- Keep in mind that these recipes may still be high in calories. Eat them only rarely, and have small portions.

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Add flavor without fat

Experiment with different herbs and spices. Here are some ideas to get you started:

Beef	Bay chives, cumin, garlic, hot pepper, marjoram, mustard, onion
Cheese	Cayenne, dill, garlic, oregano, parsley
Eggs	Cayenne, chives, dill, nutmeg, onion, parsley
Fish	Basil, chervil, dill, fennel, tarragon, garlic, parsley, thyme
Lamb	Basil, garlic, mint, onion, rosemary
Pork	Coriander, cumin, garlic, ginger, hot pepper, black pepper, thyme
Poultry	Basil, garlic, lemon, oregano, paprika, rosemary, savory, sage
Salads	Basil, chives, tarragon, garlic, parsley, sorrel, herb vinegar
Soups	Bay, basil, chervil, marjoram, parsley, savory, rosemary
Vegetables	Basil, chives, cinnamon, dill, tarragon, marjoram, mint, parsley

Some herb and spice tips:

- **Go easy.** A good rule of thumb is to combine no more than two or three herbs or spices per dish. Start with ¼ teaspoon of dried herbs or spice for four servings.
- **Don't use too many seasonings in one meal.** Is your main dish strongly flavored? If so, keep the vegetable, salad, and dessert simple.
- **Crush dried herbs in the palm of your hand before adding to a recipe.** This will revive the flavor and aroma.
- **Powdered herbs are more potent than dried flakes.** Dried flakes are more potent than fresh herbs. In general, ¼ teaspoon of powdered herbs is equal to 1 teaspoon of dried herbs or 2 teaspoons of fresh herbs.
- **Store dried herbs and spices in a cool, dry, dark place.**
- **Don't keep dried herbs and spices for more than one year; they lose their flavor over time.**

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Ways to Eat Less Fat and Fewer Calories

Take Action

	Check when completed
<p>My SMART* goal for this week</p> <p>Do your best to reach the SMART goal you set with your health coach. Write it here. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p>Staying on the path to wellness</p> <p>When you are ready, choose one or two ways you will add more healthy sources of protein to your diet. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</p> <p>SMART Goal 1:</p> <p>_____</p> <p>_____</p> <p>SMART Goal 2:</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On most mornings I eat a toasted bagel with regular cream cheese. This Saturday I will buy nonfat cream cheese and try it instead of regular cream cheese on my bagels on at least three days this week.”



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Ways to Eat Less Fat and Fewer Calories

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source: Information provided by the University of Pittsburgh Obesity and Nutrition Research Center (grant DK046204 from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases).



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