

What You Should Know About Fat

Fat is an important part of a healthy diet, but some fats are healthier than others. Most people eat too much of the wrong kinds of fat. Eating too much fat of any kind is unhealthy. This is true even when your weight is in a healthy range.

Most of the fat you eat should come from nuts, seeds, fish, and vegetable oils. Limit solid fats and fat from other foods. The guidelines and chart below will help you eat healthier types and amounts of fat.

- 1. Limit total fat to about 30% of your daily calories.**
- 2. Limit saturated fat to less than 7% of your daily calories.** Saturated fat is found in fatty meats, poultry skin, cheese, butter, cream, whole and 2% milk, palm oil, and coconut oil.
- 3. Limit *trans* fat to less than 1% of your daily calories.** Food companies make *trans* fat by adding hydrogen to liquid oils. This turns the oils into solid fat. *Trans* fat is found in stick margarine, shortening, and many baked and fried foods.
- 4. Limit cholesterol to less than 300 milligrams per day.** Cholesterol is found only in animal sources. Fatty meats, poultry skin, organ meats, butter, cream, cheese, whole and 2% milk, and egg yolks are high in cholesterol.

Note: Do you have a chronic health condition? If so, ask your doctor if you need your own special limits.

Daily Fat Limits

| Daily Calories | 1,000 | 1,200 | 1,400 | 1,600 | 1,800 | 2,000 | 2,200 | 2,400 | 2,600 | 2,800 | 3,000 |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total Fat (grams*) | 30 | 40 | 45 | 50 | 60 | 65 | 70 | 80 | 85 | 90 | 100 |
| Saturated Fat (grams) | 8 | 9 | 11 | 12 | 14 | 16 | 17 | 19 | 20 | 22 | 23 |
| <i>Trans</i> Fat (grams) | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 |

* A gram is a unit of weight. A paper clip weighs about 1 gram.

Nutrition Facts

Serving Size 1 cup (228g)
 Servings Per Container 2

| Amount Per Serving | |
|-----------------------|-----------------------|
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |

Compare the Nutrition Facts on food labels. Choose foods with:

- **Less total fat**
- **Less saturated fat**
- **Less *trans* fat**
- **Less cholesterol**

Percent Daily Value can help you eat less unhealthy fat. Percent Daily Value is shown in the right column on the label. **Choose foods that have 5 percent or less of the Daily Value for these fats.**

Also, limit portions to the serving size on the Nutrition Facts label.



A healthier life is on the line for you!

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Tips for Choosing Healthier Fats

| Instead of This | Choose This |
|--|---|
| Whole or 2% milk | 1% or non-fat (skim) milk |
| Regular cheese | Low-fat or non-fat cheese |
| Ice cream | Frozen fruit bars, frozen low-fat or fat-free yogurt, sherbet, fruit ice, or sorbet |
| Sour cream | Fat-free sour cream or fat-free plain yogurt |
| Half-and-half or nondairy creamer with <i>trans</i> fat | Fat-free coffee creamer with no <i>trans</i> fat |
| Butter or stick margarine (used as a spread) | Tub or liquid margarine low in <i>trans</i> and saturated fat |
| Butter, stick margarine, shortening, or lard (used in cooking) | Tub or liquid margarine low in <i>trans</i> and saturated fat, vegetable oil, or nonstick pan spray |
| Chicken or turkey with skin | Chicken or turkey without skin |
| Regular ground beef or pork | Lean ground beef or pork |
| Fatty cuts of beef or pork | Lean cuts of beef or pork (loin or round), with fat trimmed |
| Fried chicken | Grilled, baked, or broiled chicken, without skin |
| Omelet or scrambled eggs made with whole eggs | Omelet or scrambled eggs made with egg substitute or mostly egg whites |
| French fries | Baked potato with low-fat or fat-free sour cream, fries baked from frozen (check the label), or potato wedges baked from fresh potatoes |
| Regular crackers | Low-fat crackers |
| Pastries, donuts | Small bagel with low-fat cream cheese |
| Cookies and cakes high in <i>trans</i> or saturated fat | Low-fat cookies and cakes such as ginger snaps and Angel food cake |
| Regular potato chips, tortilla chips | Baked potato chips and tortilla chips |
| Rice or stuffing mixes high in <i>trans</i> or saturated fat | Homemade rice or stuffing made with a small amount of vegetable oil |
| Cream-based soups | Broth-based soups |
| Bacon | Canadian bacon, liquid smoke (in recipes) |

Take Action

Name three small changes you will make to eat less unhealthy fat. Examples: I will buy tub margarine instead of butter. I will drink 1% milk instead of 2% milk. I will remove the skin from chicken before I eat it.

1. _____
2. _____
3. _____



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