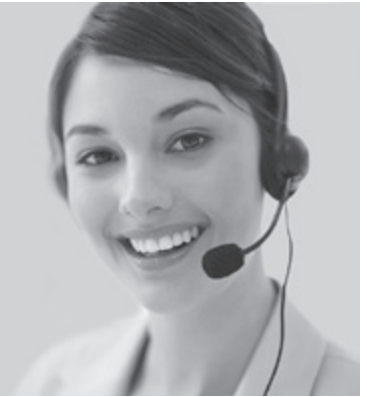


“It was great to talk with you.

Thank you for your interest in learning how to ‘cut back on unhealthy fats, sodium, and added sugars.’ 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 health coach, I’m ready to help in any way I can.”



Most Americans eat too much unhealthy fat, sodium, and added sugars. This is linked to heart disease, stroke, type 2 diabetes, and obesity. The guidelines below can help you stay within healthy limits.

1. **Replace the unhealthy fats you eat with healthy ones.** Doing so has been shown to lower the levels of “bad” cholesterol (LDL) and triglycerides in the blood, which reduces the risk of heart attack, stroke, and type 2 diabetes.

**Two types of fat are unhealthy.** Both are solid at room temperature.

- *Saturated fat.* This type is found in animal foods (such as meats and high-fat dairy foods) and tropical oils (such as palm and coconut oils).

Limit saturated fat to less than 10 percent of your daily calories. For example, a man who eats 2,000 calories per day would limit his saturated fat intake to less than 22 grams per day. Talk with your health coach if you would like a personal goal for saturated fat.

- *Trans fat.* Food companies make *trans* fats by pumping hydrogen into oils to make them solid at room temperature. This is called “hydrogenation.” It has been used less frequently in recent years, but *trans* fats are still found in many processed foods.

**Avoid *trans* fat as much as you can.** It is the unhealthiest type of fat.



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# UPMC HEALTH PLAN

## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

Healthy fats are liquid at room temperature. They are sometimes called “oils” even though they are found in some solid foods. They include:

- **Monounsaturated and polyunsaturated fats.** These are found in vegetable oils (except for palm or coconut), nuts, seeds, and fatty fish such as tuna and salmon.
- **Omega-3 fats.** This is a special kind of polyunsaturated fat. Omega-3s are found in fatty fish; nuts, and seeds, including walnuts and flaxseed; and canola and flaxseed oils.

Examples of how to replace solid fats with oils:

- Eat salmon loaf or burgers instead of meatloaf or hamburgers.
- Use oil or soft (tub) margarine instead of butter or stick margarine.
- Add a tablespoon or two of nuts or seeds to a salad instead of bacon or cheese.

**Note:** Both healthy and unhealthy fats contain the same number of calories per gram. (A gram is a unit of weight. A paperclip weighs about 1 gram.) Fat contains more than twice the calories per gram as carbohydrates (sugars and starches) or proteins.

Keep amounts of healthy fats small. If you are overweight or obese, talk with your health coach about a fat gram goal that is right for you.

2. **Eat less than 2,300 milligrams of sodium per day.** This has been shown to lower blood pressure, which lowers the risk of heart disease and stroke.

Did you know that 75 percent of the sodium in the American diet comes from **processed and restaurant foods**? To eat less sodium:

- Read food labels and choose foods with less sodium.
- Eat out less often and limit fast food.
- Eat fewer processed foods, such as:
  - Frozen entrees, pizza, soups, and baked goods.
  - Salty or smoked meats and seafood, including luncheon meats.
  - Salty snacks, such as chips and crackers.
  - Food prepared in brine, such as pickles and sauerkraut.

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UPMC HEALTH PLAN

## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

The remaining 25 percent of the sodium in the American diet comes from **salt added at the table or in cooking**. To eat less sodium:

- Put salt shakers out of sight during meals.
- Use half the salt (or less) that is called for in a recipe.
- Replace salt with herbs, spices, peppers, lemon juice, or vinegar.
- Limit salty seasonings, such as ketchup or barbecue sauce.

**Cut back on sodium slowly.** It takes time for your taste buds to adjust. After a month or so, you'll begin to prefer a less salty taste.

Note: Lowering your blood pressure is especially important if you have pre-hypertension or hypertension. Reducing the amount of sodium you eat to 1,500 mg per day can help you lower your blood pressure even more.

3. **Eat less added sugars.** This has been shown to lower the risk of heart disease, stroke, obesity, type 2 diabetes, and some types of cancer.

When sugars are added to foods and drinks, they add “empty” calories because they do not contain nutrients that you need for health. Naturally occurring sugars, such as those in fruit or milk, are not added sugars. Those foods contain nutrients you need for health.

Examples of added sugars are granulated sugar, brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

**Limit added sugars to less than 10 percent of your daily calories.** For example, if you eat 1,600 calories per day, you would limit added sugars to less than 40 grams per day. (One teaspoon of granulated sugar contains 4 grams, so that would be 10 teaspoons. That's the average amount in one 12-ounce can of soda.)

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UPMC HEALTH PLAN

## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

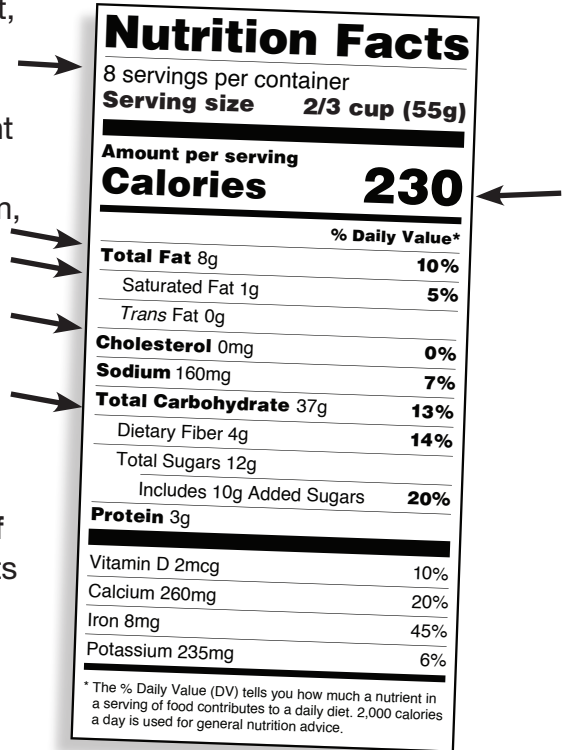
### How to read food labels for unhealthy fats, sodium, and added sugars

The Nutrition Facts label shows you how much saturated fat, *trans* fat, sodium, and sugars are in one serving of the food.

Keep in mind that the serving size on the label may not be the amount you eat. For example, if you eat twice the serving size on the label, you will be getting twice the amount of saturated fat, *trans* fat, sodium, and sugars listed on the label.

Note:

- Sugars may be from natural sugars, added sugars, or both. 'Total sugars' is the sum of added and natural sugars. You can find out the added sugars by looking at the food label.
- Percent Daily Value can help you keep your saturated fat and sodium in check. Choose foods that have **5 percent or less of the daily value for saturated fat and sodium.** (Note: *Trans* fats and sugars do not have a percent Daily Value.)



### Example Foods to Limit

	High in Unhealthy Fats	High in Added Sugars	High in Sodium
<b>Grains and Grain-Based Desserts</b>	Many grain-based baked goods and desserts, such as cookies, cake, pastries, doughnuts, sweet rolls and breads; many crackers; cooked grains, popcorn, or bread with butter or stick margarine	Pastries, doughnuts, sweetened cereals, sweet rolls, and breads	Cornbread, salted crackers, stuffing, instant cereal, grain mixes, tortilla chips, and salted popcorn

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## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

	<b>High in Unhealthy Fats</b>	<b>High in Added Sugars</b>	<b>High in Sodium</b>
<b>Vegetables</b>	Fried vegetables, vegetables with added butter, stick margarine, cheese, or cheese sauce		Vegetables (canned or frozen with salt), sauces, or cheese; potato chips; pickles
<b>Fruits</b>	Fruit pies, many baked fruit desserts	Fruits canned in syrup, fruit drinks (choose 100% juice, and limit it to a half-cup per day)	
<b>Dairy and Dairy-Based Desserts</b>	Cheese, whole milk, 2% milk, whole milk yogurt, cream, cream cheese, sour cream, ice cream, cheesecake	Yogurt with added sugar, ice cream, cheesecake, frozen yogurt, flavored milks, smoothies	Buttermilk, cheese
<b>Proteins</b>	Many cuts of beef and pork, regular ground meat, spare ribs, poultry skin, bacon, lard, fried meats, fried fish, fried poultry, egg yolks, gravy		Canned, smoked, cured, and processed meats, fish, or poultry
<b>Other Foods</b>	Butter, solid margarine, lard, shortening, many mixed dishes, fast foods, and restaurant foods	Sugar-added drinks (soft drinks, iced tea, flavored coffee drinks, fruit drinks, sports drinks, energy drinks), candy, frozen desserts, sugar, honey, jam, syrup	Salt, many condiments, salty seasonings, salted nuts and seeds, salty snacks, many mixed dishes, fast foods, and restaurant foods

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# UPMC HEALTH PLAN

## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

### Take Action

Check when completed	
<p><b>My SMART* goal for this week</b></p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p><b>Staying on the path to wellness</b></p> <p>When you are ready, choose one or two ways to cut back on unhealthy fat, sodium, or sugar. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <p>SMART goal 1:</p> <hr/> <hr/>	<input type="checkbox"/>
<p>SMART goal 2:</p> <hr/> <hr/>	<input type="checkbox"/>



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# UPMC HEALTH PLAN

## Cut Back on Unhealthy Fats, Sodium, and Added Sugars

\*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday, I will buy walnuts. I will add about a tablespoon to the salads I pack for lunch this week instead of cheese.”

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.

### Sources:

- Dietary Guidelines for Americans 2015-2020, Eighth Edition. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed February 1, 2018.



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