

Be a Fat Buster!



Take a look at the fat content of different foods. Reading the nutrition label will help you learn about the types of foods that are likely to be high or low in fat. Share this information with your family and friends, and use it to track down the fat in your own food choices.

Line up your snacks in order of fat content. Decide if you want to balance a high-fat snack

with a lower-fat food choice. When eating at a restaurant, ask for dressings and sauces to be put on the side. You can then put on as much or as little as YOU choose. Some restaurants and fast food chains provide nutrition information. Ask for it to make informed choices.



How Do You Score On Fat?

Do the foods you eat provide more fat than is good for you? Answer the questions below, then see how your diet stacks up.

How often do you eat:

	Seldom or Never	1 or 2 Times a Week	3 to 5 Times a Week	Almost Daily
1. Fried, deep-fat-fried, or breaded foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatty meats such as sausages, luncheon meats, or heavily marbled steaks and roasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Whole milk, regular hard cheeses, or ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. High-fat desserts such as pie, pastries, or rich cake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rich sauces or gravies or regular salad dressings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Breads with lots of fat such as croissants or rich muffins?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Whipped cream, table cream, sour cream, or cream cheese?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Butter or margarine on vegetables, dinner rolls, or toast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Take a look at your answers. If you have several responses in the last two columns, this indicates that you may have a high fat intake. You can cut back on the amount you eat as well as the number of times you eat fatty foods.

How much fat is that?

It's hard to visualize a gram of fat, but it also measures 1/4 of a teaspoon. It takes only 4 grams of fat to fill a teaspoon. Now try to visualize fat in other foods when you read the food labels.

