



Reducing Fat and Cholesterol

Are you worried about your fat and cholesterol intake? We need some fat for good health, but most of us get too much of the wrong kind. The American Heart Association says we should eat less than 300 milligrams of cholesterol per day and 30% or less of our calories from fat.

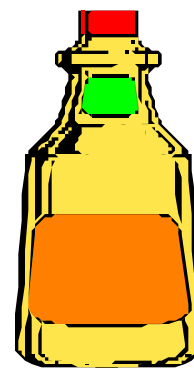
Fat is listed on the nutrition label in grams. To find out how many grams of fat to eat per day, divide the body weight you **want** to reach by three. If you eat this amount of fat per day, you will get about 30% of your calories from fat.

$$\frac{\text{Desired body weight}}{3} = \text{grams of fat to equal about 30\% of calories from fat}$$

When you read nutrition labels, look at portion sizes. If you eat more or less than the portion listed, adjust your fat grams accordingly up or down.

Saturated fat and trans fatty acids can increase blood cholesterol levels. Eat less of these. Saturated fats are in whole milk products, meat and poultry skin. Trans fatty acids are in fried foods and foods made with hydrogenated or partially hydrogenated oils. Foods containing hydrogenated oils are shortening, stick margarine, cookies, cakes, crackers and other snack foods.

Unsaturated fats can lower blood cholesterol. They include both monounsaturated and polyunsaturated fats. These fats are in liquid vegetable oils. Good choices are olive, canola, peanut, soybean or corn oils. Omega 3 fatty acids are also good. They help prevent blood clots and hardening of the arteries. Omega 3 fatty acids are found mainly in fish, especially fattier fish like salmon and tuna. But unsaturated fats, like all fats, still have 45 calories or 5 grams of fat per teaspoon, so don't use much!



How can you cut back on fat and cholesterol?

- ❖ Bake, broil, boil or grill food instead of frying.
- ❖ Trim fat from meat.
- ❖ Remove the skin from chicken, turkey and other poultry.
- ❖ Stretch meat and poultry with vegetables, whole grains or fruits.
- ❖ Eat fish twice a week.
- ❖ Chill soups and stews and remove the fat that rises to the top.
- ❖ Season with fat-free broth and herbs and spices instead of fatty meat, fat back, bacon or butter.
- ❖ Choose low fat and non-fat dairy foods.
- ❖ Shred cheese so a little looks like more.
- ❖ Use reduced fat soft or liquid margarine as a spread.
- ❖ Replace shortening, lard, butter and other solid fats with small amounts of liquid vegetable oils.
- ❖ Eat few foods made with hydrogenated or partially hydrogenated oil.
- ❖ Eat fruit instead of high fat desserts and snacks.
- ❖ Replace a whole egg with 2 egg whites or use 1/4 cup egg substitute.
- ❖ Choose "light" or "heart healthy" menu items when you eat out.



Questions to Ask Yourself

1. What foods have the most fat in my diet?

2. How could I eat less of one of these foods?

3. How could I substitute a lower fat food for one of these foods?

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