

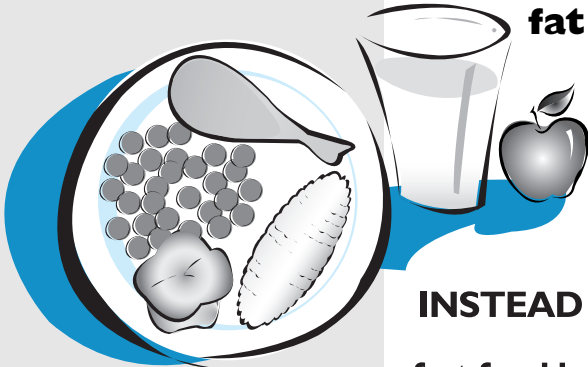


The Fats of Life

FNP

Fact Sheet

The foods you eat can help you have a healthy heart all your life. Eating too much fat increases your risk of heart disease, obesity, type 2 diabetes and certain types of cancer. Make these healthy food choices to lower fat in your meals and snacks:



INSTEAD OF:

fast food hamburger
6 teaspoons fat



doughnut
3 teaspoons fat



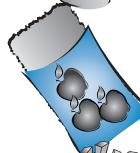
fried chicken leg
2 1/2 teaspoons fat



ice cream cone
2 teaspoons fat



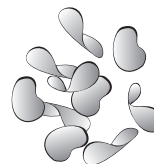
fried apple pie
3 teaspoons fat



large fries
5 teaspoons fat



10 potato chips
1 1/2 teaspoons fat



CHOOSE:

sliced turkey sandwich
1 teaspoon fat



bagel
0 teaspoons fat



baked or broiled chicken leg
1 teaspoon fat



frozen yogurt
1/2 teaspoon fat



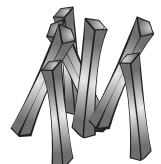
apple
0 teaspoons fat



small fries
2 1/2 teaspoons fat



carrot sticks
0 grams fat



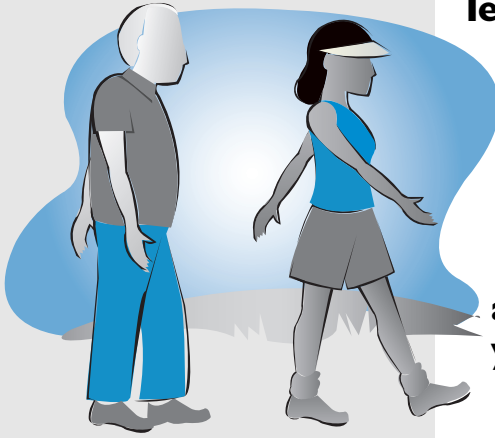
The Fats of Life



Fill your plate with vegetables, whole-grain breads and cereals, and lean meat or chicken without the skin.

Drink a glass of skim or lowfat milk. Choose fruit, pretzels and air-popped popcorn instead of candy and chips.

Don't forget to get plenty of physical activity. Being active burns fat and helps your heart grow stronger.



How much fat should you eat?

The Dietary Guidelines for Americans recommend eating no more than 30% of calories from fat. To figure how much fat this would be:

Multiply 30% or .3 X number of calories you need.

Divide by 9 to get number of fat grams. Each gram of fat has 9 calories.

Example:

30% or .3 X 2,000 calories = 600 calories

600 calories divided by 9 calories = 66.7 grams of fat

A person eating 2,000 calories would need no more than about 67 grams of fat each day. (1 teaspoon fat=5 grams fat and 45 calories.)

Grams of fat to reach 30% fat recommendation

Calories*

1,200

1,600

2,000

2,200

2,500

Grams of total fat to stay within 30% recommendation

40

53

67

73

83

**1,600 calories is about right for many sedentary women and some older adults.*

2,200 is about right for most children, teen-age girls, active women and many sedentary men. Women who are pregnant or breast feeding may need somewhat more.

2,800 calories is about right for teen-age boys, many active men and some very active women.

Visit Our Website:
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