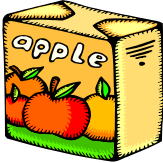
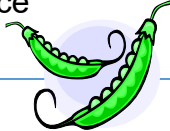

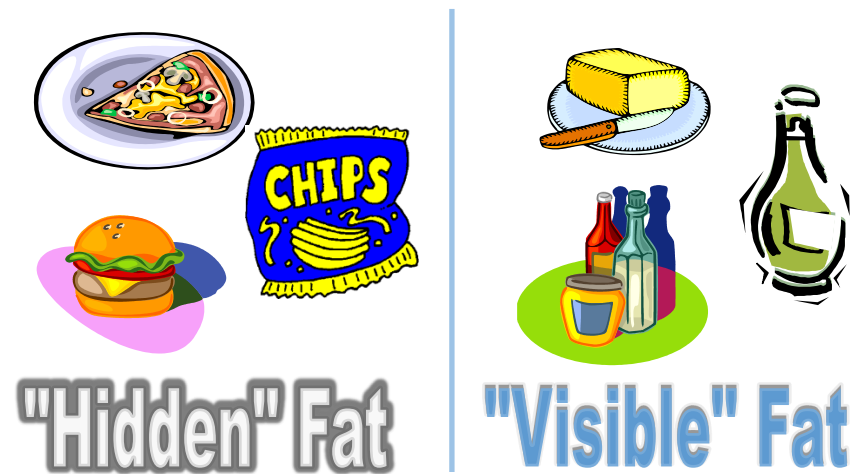


## What are some lower fat choices?

Lower Fat	More Fat
<b>Fruit</b> <ul style="list-style-type: none"> <li>All fruit and fruit juices</li> </ul> 	<ul style="list-style-type: none"> <li>Fruit salads prepared with mayonnaise, whipped topping, sour cream or cream cheese</li> </ul>
<b>Vegetable</b> <ul style="list-style-type: none"> <li>All vegetables prepared without added fat</li> <li>All vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables that are fixed with butter, margarine, cream or sauce</li> </ul> 
<b>Breads, Cereals, Rice &amp; Pasta</b> <ul style="list-style-type: none"> <li>Whole grain or enriched breads, cereals, rice, noodles, grits, plain rolls, bagels, tortilla, plain crackers, pancakes, French toast</li> <li>Plain popcorn, angel food cake</li> </ul>	<ul style="list-style-type: none"> <li>Biscuits, croissants, pastries, doughnuts, stuffing, buttery crackers</li> <li>Cake, cookies</li> </ul> 
<b>Fats, Oils &amp; Sweets</b> <ul style="list-style-type: none"> <li>Low-fat margarine, nonfat and low-fat salad dressings, low-fat mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>Butter, margarine, shortening, oils, mayonnaise, salad dressings, cream, nondairy creamers, tartar sauce, gravies</li> </ul>

# Choosing Foods with Less Fat

Sometimes you can see the fat in food, sometimes you can't.



**FOOD WISE**  
Healthy choices, healthy lives.



Extension  
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## Nutrition Education Program

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## Why should we eat less fat?

Fat gives you calories. Too much fat and too many calories can be bad for your health. Eating foods with less fat may reduce your risk for certain forms of heart disease and cancer. You could also lose excess weight.

## How do I buy food with less fat?

Food labels tell you how much fat is in a food. Fat is measured in grams on nutrition labels. The grams of fat listed tell you how much fat is in a serving. You can use the labels to compare the amounts of fat in foods.

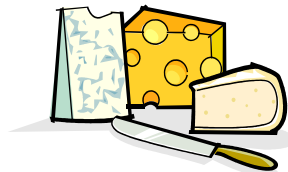


Compare the amounts of fat in these two cheeses.

Which one is lower in fat?

Cheddar Cheese Nutrition Facts		Mozzarella Cheese Nutrition Facts	
Servings per container		Servings per container	
Serving Size: 1/4 Cup (28)		Serving Size: 1/4 Cup (28)	
Amount Per Serving		Amount Per Serving	
<b>Calories</b>	<b>110</b>	<b>Calories</b>	<b>90</b>
% Daily Value*		% Daily Value*	
<b>Total Fat</b> 9.00g	11%	<b>Total Fat</b> 5.00g	7%
Saturated Fat 6.00g	28%	Saturated Fat 3.00g	15%
Trans Fat 0.00g		Trans Fat 0.00g	
<b>Cholesterol</b> 30mg	9%	<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 180mg	8%	<b>Sodium</b> 190mg	8%
<b>Total Carbohydrates</b> 2g	1%	<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber 0g	1%	Dietary Fiber 0g	1%
Total Sugars 0g		Total Sugars 0g	
<b>Protein</b> 7g		<b>Protein</b> 7g	

One ounce of mozzarella cheese has 4 grams less fat than one ounce of cheddar cheese. Four grams of fat is about one teaspoon.





## If a food has more fat, does that mean I should not buy it?

There are no forbidden foods. But if you prefer certain foods that are higher in fat, eat them less often and in small amounts.



## What are some lower fat choices?

Lower Fat	More Fat
<p><b>Meat, Poultry, Fish, Dry Beans, Eggs &amp; Nuts</b></p> <ul style="list-style-type: none"> <li>Lean, well-trimmed beef and pork, ground chuck, ground round, lean ham</li> <li>Tuna canned in water</li> <li>Fish, chicken, turkey without skin</li> <li>Cooked dried beans and peas</li> </ul> 	 <ul style="list-style-type: none"> <li>High-fat meats like ribs, corn beef, sausage, bacon, hot dogs, regular lunch meats</li> <li>Tuna canned in oil</li> <li>Breaded fried fish and chicken</li> <li>Peanut butter</li> </ul>
<p><b>Milk, Yogurt &amp; Cheese</b></p> <ul style="list-style-type: none"> <li>Skim and low-fat milk, part skim and low-fat cheese, low-fat yogurt</li> <li>Low-fat frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Whole milk, natural whole cheese (like cheddar or Swiss), process cheese, sour cream</li> <li>Ice cream</li> </ul> 