

DIETARY GUIDELINES FOR AMERICANS: CHOOSE A DIET LOW IN FAT, SATURATED FAT AND CHOLESTEROL

One of the Dietary Guidelines is to choose a diet low in fat, saturated fat and cholesterol. Fat is in almost all foods to some extent. Some foods are very high in fat, like butter, oil and margarine. Others have very little, like fruits, vegetables and some grains. Saturated fats are the fats in meat, milk, cheese and ice cream. Cholesterol is found only in foods from animals.

Some fat is important in our diet. Fat is an essential part of our nerves, spinal cord, brain and cell membranes. Fat protects internal organs such as the kidneys, and fat allows the body to absorb the vitamins A, D, E, and K.

Did you know that diets high in saturated fat and cholesterol are linked to an increased risk for heart disease? More Americans are now eating less fat, saturated fat and cholesterol than in the



past, which has resulted in fewer people dying from heart diseases. Unfortunately, many Americans still eat too much fat which can result in becoming overweight or developing heart disease and some types of cancer.

Choose a diet that provides no more than 30% of the total calories from fat. For example: if you eat 2000 calories, you should eat no more than 67 grams of fat per day ($0.30 \times 2000 \text{ calories} = 600 \text{ calories from fat} / 9 \text{ grams of fat per calorie} = 67 \text{ grams of fat}$). To find out how much fat is in a food, look at the Nutrition Facts Label for that food.

Fat is found at the top of the Food Guide Pyramid in the fats, sweets, and oils group. These foods contain calories (energy), but few nutrients which is the reason to eat these foods sparingly. Fats are also in the milk and meat groups. Choosing lower fat options, such as skim or 1% milk and lean meats, will help you decrease the amount of fat you eat in your diet.

How Much Fat Should My Child Eat?

Children under the age of two years do not need to watch or limit how much they eat. After the age of two, children can start to adopt a lower fat diet. Children like lots of sweets and candy, but it is important that they follow the Food Guide Pyramid when making food choices. Children need to

eat plenty of grains, fruits, vegetables, low-fat milk and lean meats just as adults. Save sugary foods and high fat foods for special treats.



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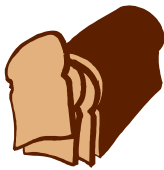
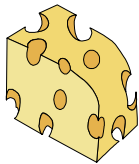
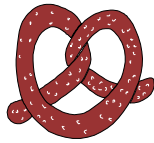
Ways to Cut Fat

- * Trim extra fat from meats before cooking.
- * Remove skin from poultry before cooking.
- * Bake, broil, or boil foods instead of frying.
- * Use nonstick sprays, or nonstick pans when cooking.
- * Add herbs or tomato sauce to cooked vegetables, rice and pasta instead of adding butter or margarine.
- * Use skim or 1% milk instead of whole milk.
- * Chill soup and gravy before serving, and skim off the layer of fat.



Where is the fat?

For each of the following foods, place a check mark by the food that has the least amount of fat. Do you make low-fat choices when eating? (Answers on page 4).



Food Safety: Kitchen Clean-up Checklist

Keeping your kitchen clean is a good way to prevent the spread of colds, flu, and other foodborne illnesses. Since bacteria can live in places you never thought of, it is important to go through this check list before eating or serving any food.

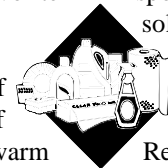
Hands – Wash the front and back of your hands and between fingers with warm soapy water for at least 20 seconds before you prepare food . Make sure you wash your hands after every time you switch tasks, especially if you have been preparing raw food and switch to working with cooked food.

Work Surfaces – Be sure to wash your



work surfaces frequently. Make sure you wipe up any spills and food particles right after they occur. Don't wait to clean up your messes until later. Messy kitchens are bacteria's favorite living area! Sanitize your work surfaces. To make a sanitizing solution, mix one teaspoon of bleach (or just use a capful of bleach) to one gallon of lukewarm water. Make sure to sanitize cutting boards and knives immediately after working with raw meats. Allow the cutting board and knife to air dry before using them again.

Towels and dishcloths – Change and wash your towels and dishcloths often. Towels and dishcloths pick up lots of bacteria. Throw out old cleaning sponges or wash them in a sanitizing solution.



Appliances – Clean up any spill on or in appliances right away. Wash appliances with hot, soapy water. Remember to clean out your refrigerator and freezer often!

Source:
The Educational Foundation of the National Restaurant Association. *Applied Foodservice Sanitation*. 1995.

NEP

Nutrition Education Program for Families

Utah State UNIVERSITY EXTENSION

State of Utah

DEPARTMENT OF WORKFORCE SERVICES



NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.

NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.

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Turtle Talk

Dear Turtle,

I am confused. I know that juice is a good source of vitamin C, but there are so many kinds of juice. All of the juice containers say that the product contains juice, but are all juices really the same?

Sincerely,
Mike

Dear Mike,

Most juice products say that they contain fruit juice in them. Choose juices that contain 100% juice. The label will tell you if the juice contains 100% juice or not. Another way to tell is if the label says fruit juice. Fruit drink, juice beverage, or juice cocktail do not contain all fruit juice. You also need to look at the ingredients on the label. If the juice lists water and sugar separately, watch out. That juice product is packed with sugar. Juice drinks with extra sugar will give you lots of extra calories and not a lot of nutrients. You may have noticed that some juice drinks only have 5%

juice in them, but a 100% vitamin C. Drink makers often add vitamin C to their drinks to make them seem more healthy, but 100% juices have many more nutrients in them that are not listed on the label that are beneficial. When choosing juices, make sure to pick 100% fruit juice.

Sincerely,
Turtle

P.S. The original fruits and vegetables are also excellent sources of vitamin C as well as other vitamins, minerals and fiber that are not found in the juice. Instead of drinking juice all the time, try eating the whole fruit or vegetable and drinking water.



Answers To Where Is The Fat On Page 2

These foods have less fat:



Pretzels
Yogurt
Bread
Frozen yogurt
Baked chicken
Fresh fruit