

# FAT FACTS

by Caroline Smith

**FAT:** The average American consumes 40% - 50% of their total calories from fat. Goal: consume less than 30% of your total calories from fat over the entire day.

## CALCULATION FOR % CALORIES FROM FAT

grams of fat on label x 9  
----- x 100 = % calories from fat  
total calories listed on label

Preferably you want less than 30% fat and less than 10% of that from saturated forms.

**WHAT ARE HIDDEN FATS?:** Hidden fats in foods are those not visible. A few examples:

|                       |                         |
|-----------------------|-------------------------|
| Lunch meats           | Cream soups             |
| Hamburger             | Danish Pastries         |
| Liver Paste           | Some specialty crackers |
| Gravies               | ice cream               |
| Sauces                | Buttered popcorn        |
| Canned or Frozen meat | Potato chips            |
| Casseroles            | Certain candies         |

**30 SNACKS FOR LESS THAN 1 GRAM OF FAT:** When you cut the fat out of your diet, there is still plenty of room for fun and tasty snacks. Try one of the following when you need a snack or a quick meal. Each contains less than one gram of fat.

- ◆ Two pretzel rods
- ◆ Fresh fruit chunks sprinkled with cinnamon
- ◆ Two rice cakes spread with fruit spread
- ◆ A cinnamon-raisin bagel spread with apple butter
- ◆ A flour tortilla wrapped around vegetarian "refried" beans



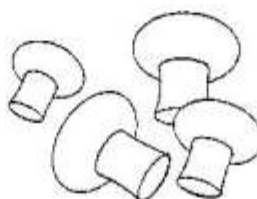
- ◆ Eight ounces of Bloody Mary mix with a stalk of celery (and without the vodka)
- ◆ Popcorn sprinkled with salt and chili powder
- ◆ One cup of Wheat Chex sprinkled with Cajun seasoning mix and baked in an oven until crisp
- ◆ One-half cup of applesauce sprinkled with nutmeg
- ◆ A juicy dill pickle

- ◆ A cup of pasta tossed with fresh tomatoes and basil
- ◆ A cup of beans cooked in Sloppy Joe sauce served on toast
- ◆ An English muffin spread with tomato sauce and mushrooms and baked until hot - to make a mini cheese-less pizza
- ◆ A frozen banana
- ◆ A cup of herb tea stirred with a cinnamon stick



- ◆ Four breadsticks
- ◆ Four ounces of fruit juice mixed with four ounces of club soda to make a fruit juice spritzer
- ◆ Twenty frozen grapes
- ◆ Six melba rounds dotted with strawberry jam
- ◆ One Dole frozen Fruit and Juice bar

- ◆ One-half cup of split pea soup with four non-fat crackers
- ◆ Raw vegetables dipped in fat free dressing
- ◆ One fresh ear of corn lightly sprinkled with salt
- ◆ A steaming baked potato stuffed with hot vegetables
- ◆ A small whole wheat pita stuffed with sliced tomatoes, cucumbers, sprouts and a sauce of lemon juice and Dijon mustard



- ◆ Three ginger snaps
- ◆ One slice of toast sprinkled with cinnamon and sugar
- ◆ A homemade oat bran muffin spread with raspberry jam
- ◆ A skewer of mushrooms grilled over the coals until lightly browned
- ◆ One fruit kabob - assorted melon balls and fruit chunks on a skewer