

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

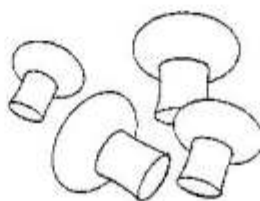


- ◆ A cup of pasta tossed with fresh tomatoes and basil
- ◆ A cup of beans cooked in Sloppy Joe sauce served on toast
- ◆ An English muffin spread with tomato sauce and mushrooms and baked until hot - to make a mini cheese-less pizza
- ◆ A frozen banana
- ◆ A cup of herb tea stirred with a cinnamon stick



- ◆ 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