

General Fat Information

- Get a salad without cheese and with dressing on the side.
- Look at the label. Get foods with 0% trans fat and with more monounsaturated or polyunsaturated fats than saturated fat.
- Ask to see the nutrition guides at the restaurant or coffee shop. If they don't have one, consider going to another restaurant in future.
- A Krispy Kreme doughnut has 200 calories and 5 g. of saturated fat. A Panera plain bagel with creme cheese has 410 calories and 6 g. of saturated fat. Foods that you think are healthy may not be! Read the label!
- Avoid stick margarine because it has trans fat.
- Stick to foods you like. If you don't, you won't keep to a healthy diet.

Guidelines on Fat

- Total fat no more than 25 to 35 percent of your diet.
- Saturated fat under 7 percent.
- Trans fat no more than 1 percent of your diet.

Determine how many calories you should eat in one day. Calculate how much total fat and saturated fat you should eat. Write it down, and take this card with you!

My Daily Calories: _____

Daily Fat: _____

Saturated Fat: _____

Fat Tips for Your Wallet



**Eat the Good Fat and
Leave the Bad Fat
Behind!**

Good Fats

Almonds
Avocado
Canola oil
Flaxseed
Mackeral
Olive oil
Olives
Peanut butter
Peanuts
Tuna
Salmon
Sesame seeds
Sunflower seeds
Walnuts

Bad Fats

Bacon
Baked goods
Butter
Cheese
Cocoa butter
Coconut
Cream
Cream Cheese
Eggs
Fatty meat
Ice Cream
Margarine, stick
Non-dairy creamers
Shortening

Good Fats are fats that are high in mono-unsaturated and polyunsaturated fats. These fats can lower bad cholesterol (LDL) and raise good cholesterol (HDL) in the blood.

Bad Fats are fats that are high in saturated and trans fats. These fats can raise bad cholesterol (LDL) and lower good cholesterol (HDL) in the blood. **Bad Fats** can cause health problems.