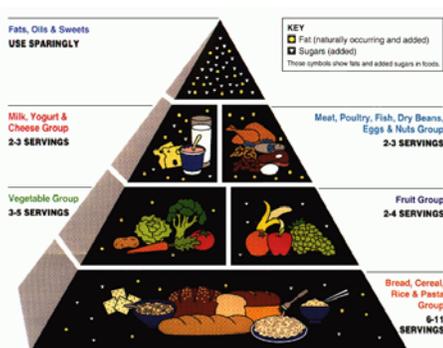


Low Fat Eating Style

Everybody Is Talking About Reducing Fat In Their Diet. Why?

Health professionals (including those from the American Dietetic Association, American Heart Association, American Cancer Society and the American Medical Association) are recommending a diet low in fat for all Americans. A lower fat eating style can promote weight loss, lower your blood cholesterol level, reduce your risk of cancer, and provide a host of other health benefits.



What Can You Do To Lower Your Fat Intake?

- ◆ Eat a balanced diet with less added fat such as butter, oil margarine, salad dressing, gravy, cream.
- ◆ Learn to cook without added fats, without frying, and to remove all visible fats from foods.
- ◆ Learn to read food labels to determine which foods are high in “hidden” fat.

What Are “Hidden” Fats?

Some foods are obviously high in fat such as butter, oil, cream, highly marbled meats, etc. Some other foods, however, are very high in fat but you may not know it just by looking at them. These “hidden” fat foods tend to be fried, creamy, or butter flavored. The key to recognizing these foods is reading product ingredient labels and learning how to use them in limited amounts in your meals.

It's Easy To Begin Your Lowfat Eating Style!

		Eat More of These Foods	Eat Less of These Foods
GRAINS 		Bread, bagels, pasta, rice English muffins most cereals, pretzels, soda crackers, air-popped popcorn	Granola, sweetrolls croissant, cake, cookies pie, variety crackers biscuits, muffins, taco shells, snack chips, oil-popped or microwave popcorn
FRUIT & VEGETABLES 		All except those listed in column #2	Olives, avocados, creamed vegetables, fried vegetables, french fries, potato chips
DAIRY 		Skim or 1% milk, 1% cottage cheese, non or low fat yogurt, sherbet, sorbet, ice milk, part skim milk cheeses	Whole milk, ice cream, cream cheese, cream, cream soups, most cheeses
MEATS 		Fresh fish and shellfish light meat skinless poultry, venison, lunchmeats with 0-2 gm fat/oz. Trimmed: Beef: round, tips, flank Pork: tenderloin Veal: loin, shoulder, Round	Marbled meats, bacon, sausage, frankfurters, cold cuts, fatty poultry, fried meat, fish or poultry
MISCELLANEOUS 		Dried beans, peas, lentils, fruit juice, vegetable juice, broth based soups, salsa, mustard, cocoa powder, non-oil salad dressings,	Butter, margarine, oil, gravy, chocolate, mayonnaise, salad dressing, nuts, seeds, peanut butter, tartar sauce, non-dairy