



My Plan to Trim the Fat

- Write down your top 5 high fat foods
- Complete the table
- Circle one food and one of the three ways to eat less fat from that food
- Make this a goal for the next week

My top 5 high-fat foods	Choose one of the three ways to trim the fat for each of your high fat foods		
	I will eat this food less often: (Set a limit)	I will eat less of this food: (Set an amount)	I will eat this food instead:

How to Read a Food Label

Reading the label will help you make smart food choices and get the most nutrition out of calories in order to reach your goals!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260 Calories from Fat 120	
% Daily Value	
Total Fat 13g	20%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 25g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

- Limit these nutrients
- Get enough of these nutrients

Serving Size

We are used to saying “portion” or “helping” when we talk about how much we eat. “Serving size” is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

Servings Per Container

Be sure to look at the number of servings in the package. Small packages may appear to be one serving. Often, they contain more. Snack food items are a good example. If you eat the whole package, then you must multiply the nutrition values by the number of servings in the package.

Nutrition Numbers

Compare the number for Calories from Fat to Total Calories. You want your total fat calories to be no more than 1/3 of your total calories for the day.

If the number of the grams (g) of Saturated Fat is close to the number given for Total Fat, that food or beverage may not be the best choice. Look for choices low in *Trans Fat*.

Look for choices that have at least 1 gram of fiber. Aim for 20-35 grams of fiber per day.

Compare the number of grams (g) of Sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added sugars. You want to limit added sugars.

Percent Daily Values (DV)

The Percent Daily Value gives a marker for the recommended nutrition needs based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie/nutrient needs. Tip - 5% DV or less is low, 20% or more is high. You will not find a % DV for *Trans fat*, Sugars, or Protein.



Nutrient Label Claims

There are lots of terms on food labels. Here's what some of them mean:

Free:

Sugar free, fat free, sodium free or calorie free – too small an amount to affect you or your diet.

Low :

Low fat: 3 grams or less of fat per serving

Low in saturated fat: 1 g or less per serving and not more than 15 percent of calories from saturated fat

Low-cholesterol: 20 mg or less and 2 g or less of saturated fat per serving

Low calorie: 40 calories or less per serving

Low-sodium: 140 mg or less per serving



Reduced :

Contains 25% less of a nutrient than compared to a similar food.

Examples include **reduced calorie, reduced fat, reduced cholesterol, reduced sodium**. You will also see “reduced in”, “fewer”, “lower”, “lower in”, or “less”.

Light:

$\frac{1}{3}$ fewer calories, 50% less fat or 50% less sodium than the original.



High:

20% of the Daily Value of a nutrient (example: calcium, vitamin C)
You will also see “excellent source of” or “rich in”.

Good Source:

10-19% of the Daily Value of a nutrient (example: folate, iron)
You will also see “contains” or “provides”.



More:

10% of the Daily Value of a nutrient (example: fiber)
You will also see “enriched”, “fortified”, or “added”.

Healthy:

Low in fat and saturated fat, 60 mg or less cholesterol per serving
At least 10% of the Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fiber per serving, and 480 mg or less of sodium per serving.

Lean:

Less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving



Extra Lean:

Less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per serving



Old Habits Die Hard



You can bury bad habits. Replace old bad habits with new, healthy habits. Here are some tips:

- **Become aware of your actions.** When you realize what you are doing, you can change it.
- **Keep a record** of what you want to change. If you write it down, you are more likely to change it. If your new plan does not work, try something else.
- **Avoid situations that trigger bad habits**, such as eating in front of the TV.
- **Post reminders about healthy habits** where you will notice them...on the refrigerator, on the table, in your car, on the bed, wherever.
- **Practice makes permanent.**

MOVE!

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What Are The Types Of Fat?

Limiting your fat intake is key to losing weight. Healthy eating includes small amounts of fats, but some fats are much healthier than others. Eating monounsaturated or polyunsaturated fats instead of saturated or trans fats may help improve your blood cholesterol.

Good Fats

Monounsaturated:



Canola, olive, nut and peanut oils (use these fats for cooking); peanuts; nuts; avocado; olives

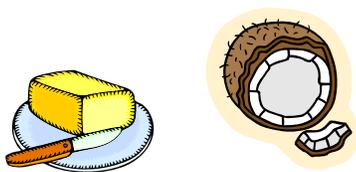
Polyunsaturated:



Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, seeds, peanuts, fish

Bad Fats

Saturated:



Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils – coconut, palm and palm kernel
Saturated fats are solid at room temperature

Hydrogenated:



Many fats used in processed foods, snack foods, stick margarine, vegetable shortening; Read the ingredients list for shortening, “partially hydrogenated vegetable oil” (A liquid vegetable oil is changed to a solid fat by a chemical process.) *May be labeled as *trans* fat

MOVE!



Fat Out..... Flavor In

A little fat goes a long way. One teaspoon of butter or oil has 5 grams of fat and about 45 calories. Check out these tips to cut fat and add flavor:

- When eating out, ask for the topping or sauce to be put on the side. Ask for lower fat options like salsa, mustard, or ketchup.
- With salads, choose fat free/reduced fat dressings, flavored vinegar, or lemon juice. Ask for the dressing to be served on the side. 
- Pick lean cuts of meats, poultry, and seafood. Trim away any fat or skin.
- Cook foods without adding fat. Use nonstick cooking spray instead of butter, margarine, or oil when grilling, frying, or sautéing. Use non-stick cookware. You can sauté in a small amount of broth. If you do add fat, use a small amount of olive or canola oil.
- Choose to bake, roast, grill, steam, poach, or pan sauté instead of frying. If roasting or baking in the oven, use a rack to raise the food up off the bottom of the pan to allow the fat to drip away.
- Instead of using ham hock or fatback to season vegetables, use lean ham or broth to get the meat flavor.
- Use napkins or paper towels to blot out extra fat from foods. This helps with pizza or fried foods.
- Taste your food before spreading on butter or margarine. Choose another topping. Try using fruit butter or low sugar spreadable fruit on toast. 

The *MOVE!* handouts, “Spice It Up” and “Recipe Smart Substitutions”, will give you more ideas on how to cut fat and add flavor.



Sodium

What is sodium? It is a mineral found naturally in food.

Why do we need it? Our bodies need sodium to maintain fluid balance, control blood pressure, keep our nerves working, and help our muscles relax.

How much do we need?

- 500 milligrams (mg) of sodium ($\frac{1}{4}$ teaspoon of salt) per day
- 1 teaspoon of salt has 2,000 mg of sodium
- Keep your sodium below 2,300 mg ($1 \frac{1}{8}$ teaspoon of salt) per day



How can you control your sodium intake?

- Read the Nutrition Facts Label to look for sodium.
- Food that is pre-packaged or processed (food that comes in cans, boxes, or packages) is higher in sodium. Try to buy foods lower in sodium or that have “No Added Salt”.
- Try to avoid adding salt while cooking and at the table.
- Always taste your food before adding salt.
- Season your food with herbs, spices, salt-free seasoning, vinegar, or lemon juice instead of salt.



Some people are very sensitive to sodium; their blood pressure may go up with added salt and salty foods. These individuals should be careful not to have too much sodium.



Online Resources

- <http://www.myfatstranslator.com>
- http://www.mypyramid.gov/pyramid/oils_count.html#
- <http://www.calorieking.com>
- <http://www.nutritiondata.com>
- <http://www.move.va.gov/handouts.asp>
- <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>
- <http://www.visn20.med.va.gov/portland/MC/Move/>



Action Plan

This week I will _____ (What)
 _____ (How Much)
 _____ (When)
 _____ (How Often)

Circle how sure you are that you can do this action:

1 2 3 4 5 6 7 8 9 10

*If your answer is less than 7, you may not be able to meet your goal.
 Think about modifying your plan to be more doable.*

Give yourself a check mark each day you accomplish your plan	Comments: Write yourself a note about today's activity.
<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	
<input type="checkbox"/> Sunday	

Possible road blocks to meeting my plan:

Things I can do to overcome these road blocks:

Other resources I need to meet my action plan:
