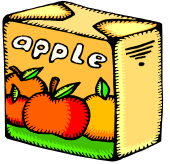





## What are some lower fat choices?

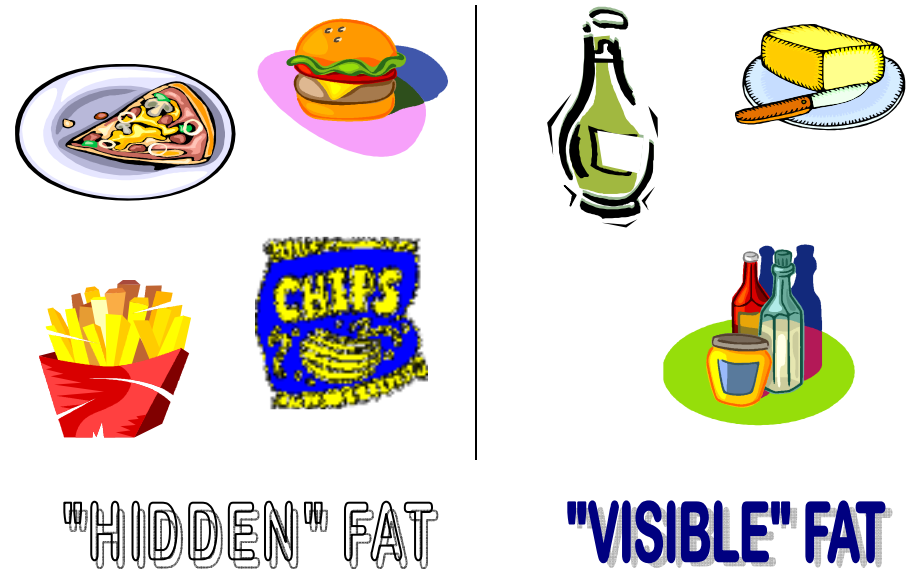
LOWER FAT	MORE FAT
<b>Fruit</b> <ul style="list-style-type: none"> <li>All fruit and fruit juices</li> </ul> 	<ul style="list-style-type: none"> <li>Fruit salads prepared with mayonnaise, whipped topping, sour cream or cream cheese.</li> </ul>
<b>Vegetable</b> <ul style="list-style-type: none"> <li>All vegetables prepared without added fat</li> <li>All vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables that are fixed with butter, margarine, cream or sauce</li> </ul> 
<b>Breads, Cereals, Rice &amp; Pasta</b> <ul style="list-style-type: none"> <li>Whole grain or enriched breads, cereals, rice, noodles, grits, plain rolls, bagels, tortillas, plain crackers, pancakes, French toast</li> <li>Plain popcorn, angel food cake</li> </ul> 	<ul style="list-style-type: none"> <li>Biscuits, croissants, pastries, doughnuts, stuffing, buttery crackers</li> <li>Cake, cookies</li> </ul> 
<b>Fats, Oils &amp; Sweets</b> <ul style="list-style-type: none"> <li>Lowfat margarine, nonfat and lowfat salad dressings, lowfat mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>Butter, margarine, shortening, oils, mayonnaise, salad dressings, cream, nondairy creamers, tartar sauce, gravies</li> </ul>

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# Choosing Foods with Less Fat

Sometimes you can see the fat in food, sometimes you can't.



"HIDDEN" FAT

"VISIBLE" FAT

**UW**  
**Extension**

**Nutrition Education Program**

Dunn County UW-Extension  
800 Wilson Avenue, Room 330  
Menomonie WI 54751  
(715) 232-1636

Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

WNPE education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-232-7360.

## Why should we eat less fat?

Fat gives you calories. Too much fat and too many calories can be bad for your health. Eating foods with less fat may reduce your risk for certain forms of heart disease and cancer. You could also lose excess weight.

## How do I buy food with less fat?

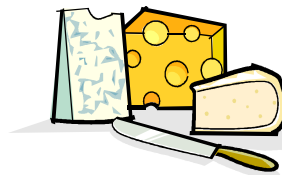
Food labels tell you how much fat is in a food. Fat is measured in grams on nutrition labels. The grams of fat listed tell you how much fat is in a serving. You can use the labels to compare the amounts of fat in foods.

Compare the amounts of fat in these two cheeses. Which one is lower in fat?

Cheddar Cheese	
Nutrition Facts	
Serving Size 1 oz. ((28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110    Calories from Fat 80	
% Daily Value*	
<b>Total Fat</b> 9g	14%
Saturated Fat 5g	27%
<b>Cholesterol</b> 30mg	9%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 7g	

Mozzarella Cheese	
Nutrition Facts	
Serving Size 1 oz. ((28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 80    Calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 8g	

One ounce of mozzarella cheese has 4 grams less fat than one ounce of cheddar cheese. Four grams of fat is about one teaspoon.

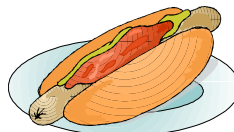



## If a food has more fat, does that mean I should not buy it?

There are no forbidden foods. But if you prefer certain foods that are higher in fat, eat them less often and in small amounts.



## What are some lower fat choices?

LOWER FAT	MORE FAT
<b>Meat, Poultry, Fish, Dry Beans, Eggs &amp; Nuts</b> <ul style="list-style-type: none"> <li>Lean, well-trimmed beef and pork, ground chuck, ground round, lean ham</li> <li>Tuna canned in water</li> <li>Fish, chicken, turkey without skin</li> <li>Cooked dried beans and peas</li> </ul>	 <ul style="list-style-type: none"> <li>High-fat meats like ribs, corn beef, sausage, bacon, hot dogs, regular lunch meats</li> <li>Tuna canned in oil</li> <li>Breaded fried fish and chicken</li> <li>Peanut butter</li> </ul>
<b>Milk, Yogurt &amp; Cheese</b> <ul style="list-style-type: none"> <li>Skim and lowfat milk, part skim and lowfat cheese, lowfat yogurt</li> <li>Lowfat frozen yogurt</li> </ul>	 <ul style="list-style-type: none"> <li>Whole milk, natural whole cheese (like cheddar or Swiss), process cheese, sour cream</li> <li>Ice cream</li> </ul>

