

MSU Extension Publication Archive

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Target Fat

Michigan State University Extension Service

Karen Bremenstul, Extension Nutrition Specialist; Evelyn DeNike, Public Affairs Specialist, Food and Drug Administration

Issued October 1994

20 pages

The PDF file was provided courtesy of the Michigan State University Library

Scroll down to view the publication.



TARGET FAT

Ideas for using the new food label and the food guide pyramid
for lower fat meals and snacks.

Extension Bulletin E-2514

MICHIGAN STATE
UNIVERSITY
EXTENSION



Food and Drug Administration



TARGET FAT!!

The new food label targets 65 grams of fat each day, (100% Daily Value) based on a 2,000-calorie diet. Your fat needs may be different if you are pregnant, breastfeeding or trying to lose weight. Food can be nutritious and have fat. It is the total fat you eat in a day that is important. Eating many high-fat foods can increase your chances of heart disease, some types of cancer and weight gain. Use the chart below to help find the fat grams you need:

If you are a . . .	Eat This Number of Grams of Fat or Less
young child (over 5), inactive woman, older adult, man or woman trying to lose weight	55
older child, teen girl, inactive man, active woman	65
teen boy, active man, pregnant or breastfeeding woman	90

There is Good News on the New Food Label!

The good news is:

- You can believe what you read. Only government-approved health claims will be allowed on labels.
- The serving sizes are similar for different brands of the same type of food. This will make it easier to look at labels of different brands and compare nutrients.
- The new labels will make it easier to make healthy food choices and still enjoy your favorite foods. There are no "bad" foods, but some foods are higher in fat than others.
- Almost all packaged and canned foods will have **Nutrition Facts** labels on them.



Up Front

The front of the food package has a new look. You may find words like “low fat” and “lean.” You can believe these words.

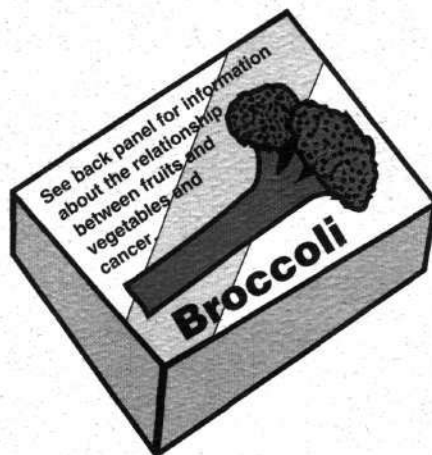
There may also be a claim about health. These claims have to meet government guidelines and can’t be used unless they are true.

Words You May See on Lower Fat Foods

fat free
low fat
reduced fat
less fat
lean
extra lean
light
lite

Health Claims You May See About Fat

Dietary fat and
cancer
Dietary saturated fat
and cholesterol and
coronary heart
disease





Introducing ‘% Daily Value’

The new food labels let you quickly compare products.

You can use the % Daily Value to compare similar products.

% Daily Value is a guide set by the U.S. government that lets you see how the food fits into a daily diet based on 2,000 calories.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90 Calories from Fat 30	
	% Daily Value *
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
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.	

TIP:
 If the % Daily Value for a nutrient is 5% or less, that means the food is low in that nutrient.



The food labels can help you learn about fat in foods. It is the **TOTAL FAT YOU EAT IN A DAY** that is important, not just the fat in one food. If you eat a high-fat food, choose lower fat foods for the rest of the day.

Look at the labels of two different snack foods on this page.

Pretzel Sticks

Nutrition Facts			
Serving Size 85 sticks (30 g)			
Servings Per Container 4			
Amount Per Serving			
Calories 100 Calories from Fat 0			
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	590mg		25%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	3g		
Vitamin A	0%	*	Vitamin C 0%
Calcium	0%	*	Iron 2%
* 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	2,000	2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Potato Chips

Nutrition Facts			
Serving Size 1 ounce (28 g/ about 10 pieces)			
Servings Per Container 2			
Amount Per Serving			
Calories 150 Calories from Fat 90			
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	2g		
Vitamin A	0%	*	Vitamin C 10%
Calcium	0%	*	Iron 2%
* 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	2,000	2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Which of the foods has more fat? _____

How much fat do you eat if you have 2 servings of potato chips (10 chips per serving)? _____



Serving Sizes Count!

Nutrition Facts on the label are based on the serving size. The serving sizes are close to the amounts people eat. Look at this label for crackers:

Crackers

Nutrition Facts	
Serving Size 5 crackers (16g)	
Servings Per Container 28	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	4%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	1%
Sugars 1g	
Protein 1g	
Vitamin A 0% *	Vitamin C 0%
Calcium 2% *	Iron 4%
* Percent Daily Values are based on a 2,000-calorie diet.	

How many crackers are in one serving? _____

If you eat 5 crackers...

How many calories do you get? _____

How much total fat do they contain? _____

If you eat 10 crackers....

How many calories do you get? _____

How much total fat do they contain? _____

If you eat 15 crackers....

How many calories do you get? _____

How much total fat do they contain? _____



Fruits and vegetables are low-fat snack choices. Only canned and frozen vegetables will have nutrition facts on the label. Many fresh fruits and raw vegetables will have nutrition information nearby at the grocery store.

*Canned Peaches
in Light Syrup*

Nutrition Facts	
Serving Size ½ cup (124 g)	
Servings Per Container approx. 3½	
Amount Per Serving	
Calories 50 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 0g	
Vitamin A 6% *	Vitamin C 8%
Calcium 0% *	Iron 2%
* 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 2,000 2,500
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 Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Fresh Fruits and
Vegetables*

Food	Fat Grams
apple	0
orange	0
carrot	0
peach	0
broccoli	0
spinach	0

What fruits would you like as a snack? _____

What vegetables could you fix for a snack? _____

How many servings should you have each day? (See the Food Guide Pyramid on page 8.) _____



Look in your cupboard for two packages of food you eat for snacks. Read the label. Write the **Nutrition Facts** from the food on these sample labels.

Nutrition Facts	
Serving Size _____ (____g)	
Servings Per Container _____	
Amount Per Serving	
Calories _____	Calories from Fat _____
<hr/>	
% Daily Value*	
Total Fat _____g	_____%
Saturated Fat _____g	_____%
Polyunsaturated Fat _____g	
Monounsaturated Fat _____g	
Cholesterol _____mg	_____%
Sodium _____mg	_____%
Total Carbohydrate _____g	_____%
Dietary Fiber _____g	_____%
Sugars _____g	
Protein _____g	
Vitamin A _____% * Vitamin C _____%	
Calcium _____% * Iron _____%	
* Percent Daily Values are based on a 2,000-calorie diet.	

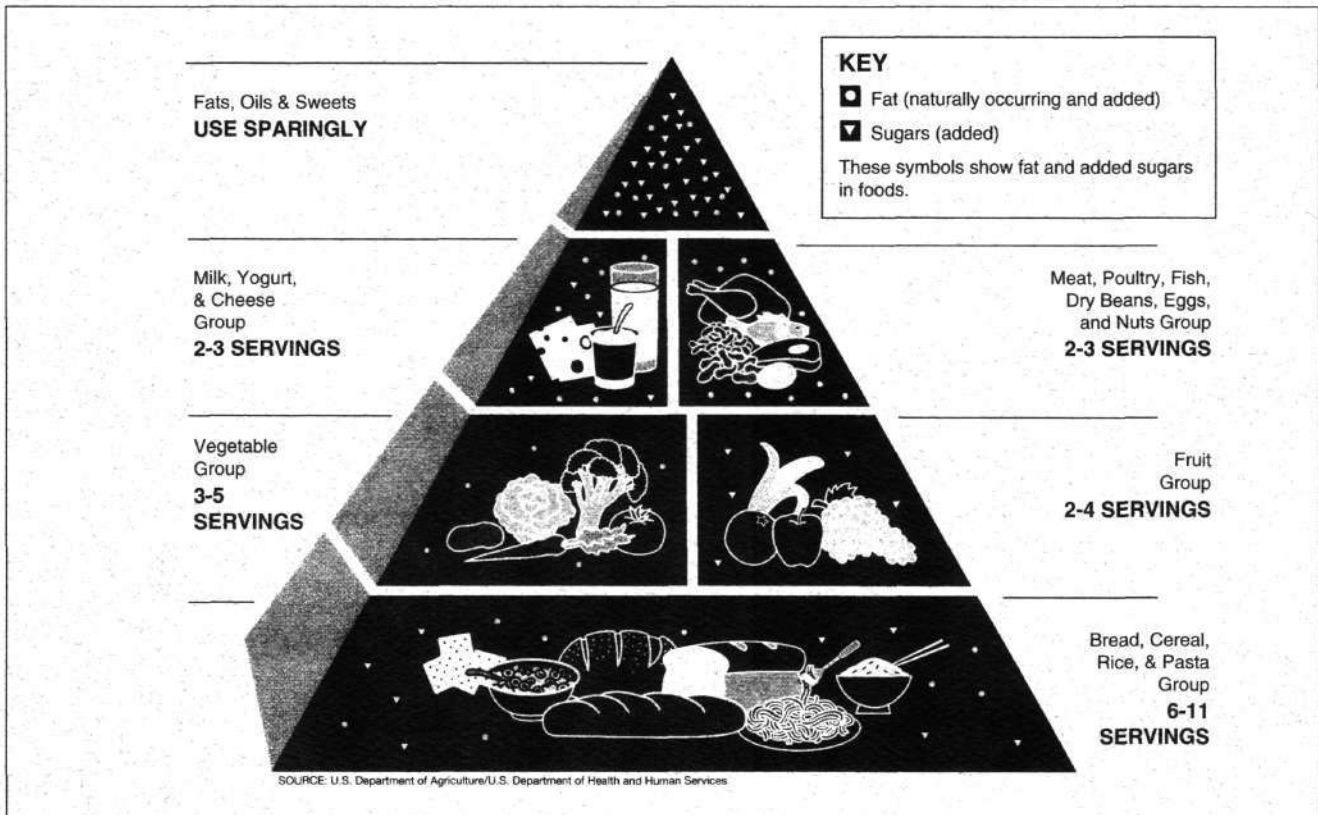
Nutrition Facts	
Serving Size _____ (____g)	
Servings Per Container _____	
Amount Per Serving	
Calories _____	Calories from Fat _____
<hr/>	
% Daily Value*	
Total Fat _____g	_____%
Saturated Fat _____g	_____%
Polyunsaturated Fat _____g	
Monounsaturated Fat _____g	
Cholesterol _____mg	_____%
Sodium _____mg	_____%
Total Carbohydrate _____g	_____%
Dietary Fiber _____g	_____%
Sugars _____g	
Protein _____g	
Vitamin A _____% * Vitamin C _____%	
Calcium _____% * Iron _____%	
* Percent Daily Values are based on a 2,000-calorie diet.	

Which food has more fat? _____

Which food has more vitamins, calcium, and iron? _____



Eating a variety of foods will help you get all of the nutrients your body needs for health. The Food Guide Pyramid will help you know how much to eat from each food group every day.



Do You Get What You Need Each Day?

Food Group	Number of servings for young children, inactive women, some older adults	Number of servings for older children, teen girls, most men, active women	Number of servings for teen boys, active men, pregnant and breastfeeding women
Bread/Grain	6	9	11
Vegetable	3	4	5
Fruit	2	3	4
Milk	2-3	2-3	2-3
Meat	2	2	3



The five food groups provide different nutrients. That is why it is important to eat the servings you need from all the different groups. The labels have “% Daily Values” on them. The % Daily Values can help you decide which foods to choose. Use them to compare brands. Compare the two types of milk below.

Whole Milk

Nutrition Facts			
Serving Size 1 cup (245g)			
Servings Per Container 4			
Amount Per Serving			
Calories 150 Calories from Fat 72			
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	5g		25%
Cholesterol	34mg		11%
Sodium	125mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	8g		
Vitamin A	10%	* Vitamin C	4%
Calcium	30%	* Iron	0%
* 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	2,000 2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Lowfat Milk 1%

Nutrition Facts			
Serving Size 1 cup (245g)			
Servings Per Container 4			
Amount Per Serving			
Calories 100 Calories from Fat 27			
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	2g		10%
Cholesterol	10mg		3%
Sodium	125mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	11g		
Protein	8g		
Vitamin A	10%	* Vitamin C	4%
Calcium	30%	* Iron	0%
* 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	2,000 2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Which milk has less fat? _____

Which milk has more vitamins, calcium and iron? _____



These words may be on a food that is a lower fat choice: fat free, low fat, reduced fat, less fat, lean, extra lean, light or lite. These words have been defined by the government.

Here are labels of different types of desserts.

Ice Cream

Nutrition Facts			
Serving Size ½ cup (64g)			
Servings Per Container 16			
Amount Per Serving			
Calories 150 Calories from Fat 60			
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	4g		20%
Cholesterol	20mg		7%
Sodium	70mg		3%
Total Carbohydrate	19g		6%
Dietary Fiber	0g		0%
Sugars	13g		
Protein	2g		
Vitamin A	4%	* Vitamin C	0%
Calcium	6%	* Iron	0%
* 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	2,000 2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Low-Fat Frozen Yogurt

Nutrition Facts			
Serving Size ½ cup (71g)			
Servings Per Container 16			
Amount Per Serving			
Calories 140 Calories from Fat 27			
		% Daily Value*	
Total Fat	3g		4%
Saturated Fat	2g		10%
Cholesterol	10mg		3%
Sodium	70mg		3%
Total Carbohydrate	24g		8%
Dietary Fiber	0g		0%
Sugars	17g		
Protein	3g		
Vitamin A	4%	* Vitamin C	2%
Calcium	15%	* Iron	0%
* 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	2,000 2,500
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 Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Which food has less fat? _____

What other nutrients do these foods contain? _____



TARGET FAT!!!

Fat is present in many foods. Follow these five steps to see what foods you eat have fat and what changes you could make to eat less fat.

Step 1.

Write down everything you eat and drink today for meals and snacks on the next page.

Step 2.

Write down the number of grams of fat in each food you list, using food labels and the fat counter on page 15.

Step 3.

Add up the grams of fat you ate.

How many grams of fat did you eat today? _____

Step 4.

Look at the chart on page 1. What is your fat gram target? _____

Step 5.

If you ate more than your target, what changes could you make to eat less fat?



Fat Counter

	<i>Grams of Fat</i>		<i>Grams of Fat</i>
Bread, Cereal, Rice, and Pasta Group		Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	
Bread, 1 slice	1	Cheddar cheese, 1½ ounces	14
Hamburger roll, English muffin	2	Processed cheese, 2 ounces	18
Tortilla, 1	3	Mozzarella cheese, part skim, 1½ ounces	7
Rice, pasta, cooked, ½ cup	0	Cottage cheese, regular, ½ cup	5
Plain crackers, small, 3-4	3	Ice cream, ½ cup	7
Pancakes, 2 medium	3	Ice milk, ½ cup	3
Doughnut, 1 medium	11	Frozen yogurt, ½ cup	2
Danish, 1 medium	13		
Breakfast cereals	check label	Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	
Vegetable Group		Lean meat, poultry, fish, cooked, 3 ounces	6
Vegetables, cooked, 1/2 cup	0	Ground beef, lean, cooked, 3 ounces	16
Vegetables, leafy, raw	0	Bologna, 1 ounce	16
Vegetables, not leafy, raw, ½ cup	0	Egg, 1	5
Potato, plain	0	Dry beans and peas, cooked, ½ cup	0
Potatoes, scalloped, ½ cup	4	Peanut butter, 2 tablespoons	16
Potato salad, ½ cup	8	Nuts, 1/3 cup	22
French fries, 10	8		
Fruit		Fats, Oils, and Sweets	
Whole fruit (apple, orange)	0	Butter, margarine, 1 teaspoon	4
Fruit, raw or canned, ½ cup	0	Mayonnaise, 1 tablespoon	11
Fruit juice, unsweetened, ¾ cup	0	Salad dressing, 1 tablespoon	7
Avocado, 1/4 whole	9	Fat-free salad dressing, 1 tablespoon	0
Milk, Yogurt, and Cheese		Sour cream, regular, 2 tablespoons	6
Skim milk, 1 cup	0	Cream cheese, 1 ounce	10
Nonfat yogurt, plain, 1 cup	0	Sugar, jam, jelly, 1 teaspoon	0
2% lowfat milk, 1 cup	5	Chocolate bar, 1 ounce	9
Whole milk, 1 cup	8		
Lowfat yogurt, plain, 1 cup	4		
Lowfat yogurt, fruit, 1 cup	3		



Save Fat Grams By Choosing Lower Fat Foods

<i>The Choice is Yours...</i>				
INSTEAD OF:	<i>Grams of Fat</i>	TRY:	<i>Grams of Fat</i>	<i>Fat Grams Saved</i>
Beef hot dog on bun	13	Turkey hot dog on bun	8	5
Fast-food large hamburger	20	Fast-food regular-size hamburger	9	11
Fast-food fried chicken sandwich	30	Fast-food grilled chicken sandwich	12	18
1/2 fried chicken breast with skin	9	1/2 roasted chicken breast, no skin	3	6
Mayonnaise (1 Tbsp)	11	Mustard (1 Tbsp)	1	10
French fries (10)	8	Plain baked potato	0	8
Potato chips (10)	10	Pretzel twists (10)	2	8
1 cup granola cereal	15	1 cup bran flakes	0	15
Glazed doughnut	12	Bagel	1	11
Chocolate bar (1 1/2 ounces)	14	1/2 cup chocolate frozen yogurt	4	10
2 chocolate fudge sandwich cookies	7	2 fig bars	2	5



Fat Cutters in the Kitchen

There are many ways to decrease the fat you use in cooking:

- Read the label to make lower fat choices.
- Cut off the fat on beef, pork and other meats before you cook them.
- Bake, broil, boil, grill or microwave food instead of frying.
- Cook meats so fats can drain from them (and throw the fat drippings away). Bake or broil food in the oven on a wire rack in a pan. Grilling is another lower fat way to cook meat.
- If you fry foods, use a nonstick pan and a small amount of water or use broth instead of vegetable oil or shortening.
- Remove the skin from poultry before cooking.
- Reduce the vegetable oil, margarine, butter or shortening in recipes by one-third. For example, if a recipe calls for one cup of vegetable oil, use two-thirds cup instead.
- Baste meats, chicken, turkey and fish with low-fat or fat-free salad dressings, barbecue sauce, mustard, juice or jelly instead of oils, margarine, butter, mayonnaise or meat drippings.
- Herbs and lemon juice add flavor without fat.
- Refrigerate soups, stews and sauces to let the fat come to the top. Remove the fat and throw it away.

Can you think of other ways to cut fat in the kitchen? _____

TARGET FAT



Prepared by:

*Karen Bremenstul, M.P.H., R.D.
Extension Nutrition Specialist
Michigan State University*

*Evelyn DeNike, C.H.E.
Public Affairs Specialist
Food and Drug Administration
Detroit District*

Michigan State University Extension • Extension Bulletin E-2514 • New, October 1994

MSU is an Affirmative-Action Equal-Opportunity Institution. MSU Extension programs are open to all without regard to race, color, national origin, sex, disability, age or religion.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gail L. Imig, Director, Michigan State University Extension, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

Produced by Outreach Communications using recycled paper with vegetable-based ink.
New: 1094 - 20M - SDL - SP - Price, 80 cents

