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Target Fat
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TARGET FAT

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

Extension Bulletin E-2514





Food and Drug Administration

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	80 to 10 to 10
기념하는 그런 강화 1400는 그리고, 그는 그리고 있는 100 등을 다 살아왔다면 하고 있는 그 사이를 모르는 그를 가고 있었다. 1	
성을 모습하는 그 이번 시간으로 가는 이번에 있다면 전에 보고 있다. 이번 보고 있는 이번 보다는 보다를 보고 있다. 하다	
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25명 그리 전시 경우 그리다 내는 내는 사람들이 가득하다면 되었다. 그는 그 그렇게 하늘 때 모이는 이번 모에 모이고 하는데 다른다.	
그 사람들이는 얼굴하지말은 이렇게 하는 그의 이미나를 다른 하는 마른 전환으로 그런 그래에 그리고 있고 아이는 이 생각하였다.	
"이번 이번 그렇게 되었다. 그는 그는 그 그래도 보다는 그 모든 그는 이상 병원 이리 이글 시작되었다. 나는 사람이 되었다.	
그렇지만 어느는 아이들은 선생님들이 작가 가는 그리고 있다면 사람들이 들어 있다.	
이 가는 그들이 모르게 되어야 하다가 하는데 그리를 살았다. 중요한 그리는 하다 나를 하는데 모르는데 모든 것은 것이다.	
그리고 있다면 하는 이 아이를 다 하는 것이 되었다. 그리고 있다면 하는 사람들은 사람들이 되었다. 그리고 있다면 하는 사람들은 사람들이 되었다.	
경기 가다면 가게 되었다. 그 사람들은 사람들이 되었다. 그는 그리는 이 사람들은 그 전에 걸어 가장하다.	
6월 - B. 이 경이 15로 회장 다른 그는 다음이다. 그는 5명시티니는 5분 이 보다면 그렇지만 그렇지만 기억되었다. 15분 15분 5분 10분 1	
[1982년 - 1일 시 : 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1	
어린 그릇하실에 그리어 모든 마음이 가면 하는데 그렇지만 그리아 모든 사람도 모르아에 이미 그는 그래까요하는데	



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

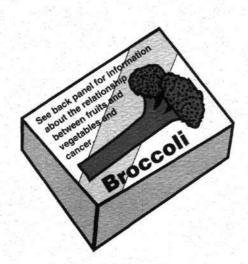
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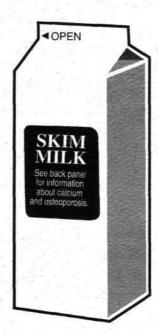
lite

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 Fa Serving Size 1/2 cup (114g) Servings Per Container 4	cts
Amount Per Serving	
Calories 90 Calories from	Fat 30
— % Daily	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%/
Sugars 5g	\bigcup
Protein 5g	
Vitamin A 4% Vitamir	n C 2%
Calcium 15% Iron 4%	6
* Percent Daily Values are based on a calorie diet.	a 2,000-

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

Serving Siz Servings P			70	
Amount Calories			ories from I	Fat 0
			% Dail	y Value*
Total Fa	t Og			0%
Saturate	d Fat	0g		0%
Cholest	erol	0mg	141	0%
Sodium	590n	ng		25%
Total Ca	arbol	hydra	ate 23g	8%
Dietary I	Fiber	1g		4%
Sugars	3g			100
Protein	3g			
Vitamin A	0%	*	Vitamin C	0%
Calcium	0%	*	Iron	2%
calorie di	et. You depend	ur dail	are based of values man your calor 2,000	y be high
Total Fat	-	s than	3	80g
Sat Fat		s than	20g	25g
		s than		300mg 2,400mg
Cholestero		o arall		
		ate	300g	375g

Potato Chips

			n Fa	
Serving Si.			28 g/ about	To pieces
	_	_		
Amount Calories			r ing lories from f	at 90
			% Daily	/ Value*
Total Fa	at 10	g		15%
Saturate	d Fat	1g		5%
Cholest	erol	0mg		0%
Sodium	280r	ng		12%
Total Ca	arbo	hydra	ate 15g	5%
Dietary	Fiber	0g		0%
Sugars	0g		e Si	JET ST
Protein	2g			
Vitamin A	0%	*	Vitamin C	10%
Calcium	0%	*	Iron	2%
calorie di	et. Yo depen	ur dail	are based of values man your calor 2,000	y be highe
Total Fat Sat Fat Cholestero Sodium Total Carb Fiber	Les Les	s than	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

Which of the foods has more fat?	1
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

Nut	riti	on	Fac	ts
Serving Siz Servings Pe		•	ig)	
Amount Calories		_	from Fat 35	
		9	6 Daily Va	ilue*
Total Fa	t 4g			6%
Saturate	d Fat 0).5g		4%
Polyunsa	aturated	Fat 0g		
Monouns	saturate	d Fat 1.	5g	
Choleste	erol 0	mg		0%
Sodium	135mg			6%
Total Ca	rbohy	drate	10g	3%:
Dietary F	iber Le	ss than	1 g	1%
Sugars	1g		-	
Protein	1g			
Vitamin A	0%	*	Vitamin C	0%
Calcium	2%	*	iron	4%
* Percent D 2,000-cal	•		based on a	

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 % cup (124 g) Servings Per Container approx. 3% **Amount Per Serving** Calories 50 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol Omg 0% Sodium 10mg 0% Total Carbohydrate 15g 5% Dietary Fiber 1g 4% Sugars 14g Protein og Vitamin A 6% Vitamin C Calcium Iron Percent Daily Values are based on a 2,000calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 Calories 2,500 Total Fat 80g Less than Sat Fat Less than 25g 20g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Fiber 30g 25g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Fresh Fruits and Vegetables

Food	Fat Grams
apple	0
orange	0
carrot	· > 0
peach	- j 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 on page 8.)	day? (See the Food Guide Pyramid



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.

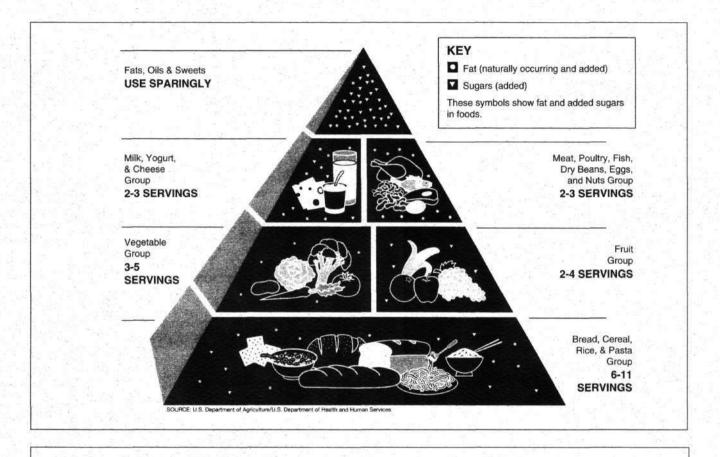
Serving Size Servings Per Co)	
Amount Per Calories					n Fa	t
			%	Da	aily	Value
Total Fat _		g	k		12-	%
Saturated Fat			_g		- 87, 1	%
Polyunsaturate	be	Fa	t	g		
Monounsatura	tec	1 F	at		g	
Cholesterol		100	_mg			%
Sodium	_n	ng	, Ng			%
Total Carbol	ıy	dr	ate		g _	%
Dietary Fiber		g				%
Sugars	g		114			
Protein	g			8 1	nļ.	
Vitamin A	%	*	Vitar	nin	c _	%
Calcium	%	*	Iron		-	%

Serving Size Servings Per Co	100 1024	
Amount Per Calories	Serving _ Calories from F	at
	% Daily	Value
Total Fat	g	%
Saturated Fat	g	%
Polyunsaturat	ed Fatg	0.25
Monounsatura	ited Fatg	
Cholesterol	mg	%
Sodium	_mg	%
Total Carbo	hydrateg	%
Dietary Fiber	g	%
Sugars	g	1 1 1 E
Protein	g	
Vitamin A	% * Vitamin C	%
Calcium	% * Iron	%

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.



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	N-	5%
Total Carbohydrate	11g	4%
Dietary Fiber 0g	- 1914	0%
Sugars 12g	9 1	
Protein 8a		The state of

Protein 8g

Vitamin A	10%	*	Vitamin C	4%
Calcium	30%	*	Iron	0%

^{*} Percent Daily Values are based on a 2,000calorie 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
	Less than	20g	25g
Cholesterol		300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbo	hydrate	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

9	% Daily	Value*
Total Fat 3g		5%
Saturated Fat 2g		10%
Cholesterol 10mg		3%
Sodium 125mg	1 - 5	5%
Total Carbohydrate	11g	4%
Dietary Fiber 0g		0%
Sugars 11g		
Protein 9a		

Protein 8g

Vitamin A	10%	*	Vitamin C	4%
Calcium	30%	*	Iron	0%

* Percent Daily Values are based on a 2,000calorie 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 Carbo	hydrate	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 Iron Percent Daily Values are based on a 2,000calorie 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 2,400mg Sodium Less than 2,400mg Total Carbohydrate 375q 300g Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

What other nutrients do these foods contain?

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 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 Percent Daily Values are based on a 2,000calorie 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 25g Sat Fat Less than 20g Cholesterol Less than 300mg 300mg 2,400ma Sodium : Less than 2,400mg **Total Carbohydrate** 375g 300g Fiber 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Which food has less fat? _	 	 . ·		·
_	 		 	



MEAL PLANNING - TARGET FAT

What's your fat target for th	e day? (Se	e page 1)	
Here is a sample menu sho lunch. What foods can you target?			
Breakfast		Dinner	
Food	Grams of Fat	Food	Grams of Fat
1 slice whole wheat toast	_1_		
1 teaspoon margarine	4		
1 teaspoon jelly	0		
% cup cornflakes	0		
1 cup 2% milk	5		- A - C - NA - T-
1 banana	1		
Lunch		Snacks	
Food	Grams of Fat	Food	Grams of Fat
3 oz. batter- fried chicken	15		
1 biscuit	3		
1 cup 2% milk	5		
1 ear corn on the cob	_1_		
1 teaspoon margarine	4		
½ cup plain potatoes	0		



MEAL PLANNING - TARGET FAT

Plan a daily menu using this chart. Try to stay within your target of fat for the day.

Breakfast		Dinner	
Food	Grams of Fat	Food	Grams of Fat
Lunch		Snacks	
Food	Grams of Fat	Food	Grams of Fat
	\$1.50 (1.40 (1.40))		



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 gra	ms of fat you ate.			
How many grai	ms of fat did you ea	nt today?	14.) (1544 - 141.) 	
Step 4.				
Look at the cha	art on page 1. What	is your fat gran	n target?	
Step 5.				
	than your target, w			eat less fat?
				· · · · · · · · · · · · · · · · · · ·
5 				
7			1	



Foods I Ate Today

Food	How Much?	Grams of Fat



Fat Counter

Grams of Fat	Grams of Fat
Bread, Cereal, Rice,	Cheddar cheese, 1½ ounces 14
and Pasta Group	Processed cheese, 2 ounces 18
Bread, 1 slice 1	Mozzarella cheese,
Hamburger roll, English muffin 2	part skim, 1½ ounces
Tortilla, 1	Cottage cheese, regular, ½ cup 5
Rice, pasta, cooked, ½ cup 0	Ice cream, ½ cup
Plain crackers, small, 3-4	lce milk, ½ cup
Pancakes, 2 medium 3	Frozen yogurt, ½ cup 2
Doughnut, 1 medium	
Danish, 1 medium	Mark Davidson, Clab, Down Branco
Breakfast cereals check label	Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
Vegetable Group	Lean meat, poultry, fish,
Vagatables assisted 1/2 aug.	cooked, 3 ounces 6
Vegetables, cooked, 1/2 cup 0	Ground beef, lean, cooked,
Vegetables, leafy, raw Vegetables, not leafy, raw, ½ cup 0	3 ounces 16
Potato, plain	Bologna, 1 ounce
Potatoes, scalloped, ½ cup	F. Egg, 1 1 101 A 10 1 1 1 1 1 1 1 1 1 1 1 1 1
Potato salad, ½ cup	Dry beans and peas,
French fries, 10	cooked, ½ cup
	Peanut butter, 2 tablespoons 16
Fruit	Nuts, 1/3 cup 22
Whole fruit (apple, orange) 0	
Fruit, raw or canned, ½ cup 0	Fats, Olls, and Sweets
Fruit juice, unsweetened, % cup 0	
Avocado, 1/4 whole	Butter, margarine, 1 teaspoon 4
	Mayonnaise, 1 tablespoon 11
Milk, Yogurt, and Cheese	Salad dressing, 1 tablespoon 7
Skim milk, 1 cup	Fat-free salad dressing, 0 1 tablespoon
Nonfat yogurt, plain, 1 cup 0	Sour cream, regular, 2 tablespoons 6
2% lowfat milk, 1 cup 5	Cream cheese, 1 ounce 10
Whole milk, 1 cup	Sugar, jam, jelly, 1 teaspoon 0
Lowfat yogurt, plain, 1 cup 4	Chocolate bar, 1 ounce
Lowfat yogurt, fruit, 1 cup 3	Choodate bai, i conce



Save Fat Grams By Choosing Lower Fat Foods

The Choice is Yours						
INSTEAD OF:	Grams of Fat	TRY:	Grams of Fat	Fat Grams Saved 5		
Beef hot dog on bun	13	Turkey hot dog on bun	8			
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?								
					Tonis S		7 - FRE 48 -	
		500 N						

TARGET FAT



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