

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260

Calories from Fat

% Daily Value*

20%

25%

To

A Primer on Dietary Fats

Sodium

Total Carbohydrate

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A 4%

Calcium 15%

Vitamin C 2%

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: 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	Less than 300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

block the growth of some types of tumors. Omega-3 fatty acids are found in cold-water fish such as mackerel, albacore, tuna, salmon, sardines and lake trout. These food sources of omega-3 should be included in a healthy diet; however, taking a dietary supplement of omega-3 (fish oil supplement) is not recommended. Some research studies show that too much omega-3 from supplements can cause excessive bleeding in case of injury or surgery and could increase the risk for a stroke.



Stearic Acid.

Stearic acid is a saturated fatty acid found in many foods, including red meat and chocolate. Research shows stearic acid, unlike other saturated fatty acids, does not elevate total blood cholesterol or LDL-cholesterol levels.

Trans Fatty Acids and Hydrogenation.

Trans fatty acids are produced when an unsaturated oil (liquid) is converted to a semi-solid (shortening or margarine) by a process called hydrogenation. Trans fatty acids also occur naturally in meats and dairy products.

Oils are hydrogenated to make them better for certain uses. For example, by hydrogenating vegetable oils to make margarine, manufacturers can produce a spreadable topping that can be used immediately upon removal from the refrigerator. Likewise, manufacturers can produce shortenings that make flakier pie crusts than butter or oils. Hydrogenation also increases the stability of an oil, making it less susceptible to spoiling when exposed to air.

Some research studies have shown that trans fatty acids may be a risk factor for heart disease. Food sources high in trans fatty acids include margarine; vegetable shortening;

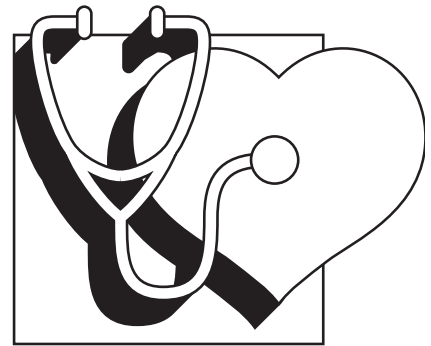
commercially baked goods such as crackers, muffins, cakes, chips, doughnuts and cookies; french fries; and reduced-calorie mayonnaise.

Cholesterol

Cholesterol is a waxy substance found in all animal fats but not in plant fats. In the food we eat, it is called dietary cholesterol. Dietary cholesterol does not appear to raise your blood cholesterol as much as saturated fat and excess calories. Your body makes most of the cholesterol in your blood. However, saturated fat and excess calories in your diet may cause your body to make too much cholesterol.

Cholesterol is vital to good health, but too much cholesterol in your blood can be a health risk. Cholesterol is part of all body cells and it is important for the formation of brain and nervous tissue. Vitamin D and some hormones are made from

cholesterol. An individual's level of blood cholesterol is affected by several factors, including diets high in saturated fat and/or calories, a lack of physical activity and heredity. A high level of blood cholesterol is a risk factor for coronary heart disease.



Fat and Healthful Diets

All food can fit into a healthful diet in moderate amounts. To allow for individual food preferences and cultural influences, it is important to avoid categorizing any food as "good" or "bad." **Balance, variety and moderation are the keys to healthful eating.**

Because saturated fat increases blood cholesterol levels, national nutrition guidelines recommend that no more than 10 percent of calories come from saturated fat. To achieve this, you should eat a diet rich in grains,



New Nutrition Facts Label

New heading signals a new label

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients.

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Servings Per Container 2	
Amount Per Serving	
Calories 260 Calories from Fat 120	
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
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%
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New mandatory component helps consumers meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into the overall daily diet

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

Source: The Food and Drug Administration

you look at your total diet, some days you may eat more than 30 percent of calories from fat, whereas other days you may eat less. Balancing your fat intake over several days should be your goal.

The Nutrition Facts food label will help you keep track of the amount of fat you eat. Fast-food and other restaurants can provide you with information about the fat content of the food they serve.

Tips for Reducing Fat in Your Diet

- Eat moderate portions. The recommended serving size of cooked meat is three ounces – a piece the size of a deck of playing cards.

- Choose non-fat or low-fat milk and other dairy products.

- Check the Nutrition Facts Label to see how much fat and saturated fat are in a serving; choose foods lower in fat and saturated fat.



- Use low-fat food preparation methods.

- Use liquid vegetable oils rather than solid fats and shortening. (The liquid oil has the same number of calories as the same amount of a solid fat or shortening, but is lower in saturated fat and trans fatty acids.)

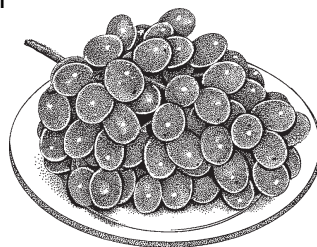
- Choose lower fat foods from each of the food groups.

- Balance your fat intake — when you choose a high-fat food balance it by choosing other low-fat foods.

- Choose fewer fried, deep-fat-fried or breaded foods.

- Choose fewer fatty meats such as sausage, luncheon meat or heavily marbled steaks.

- Treat yourself to healthier snacks and desserts, such as fruit.



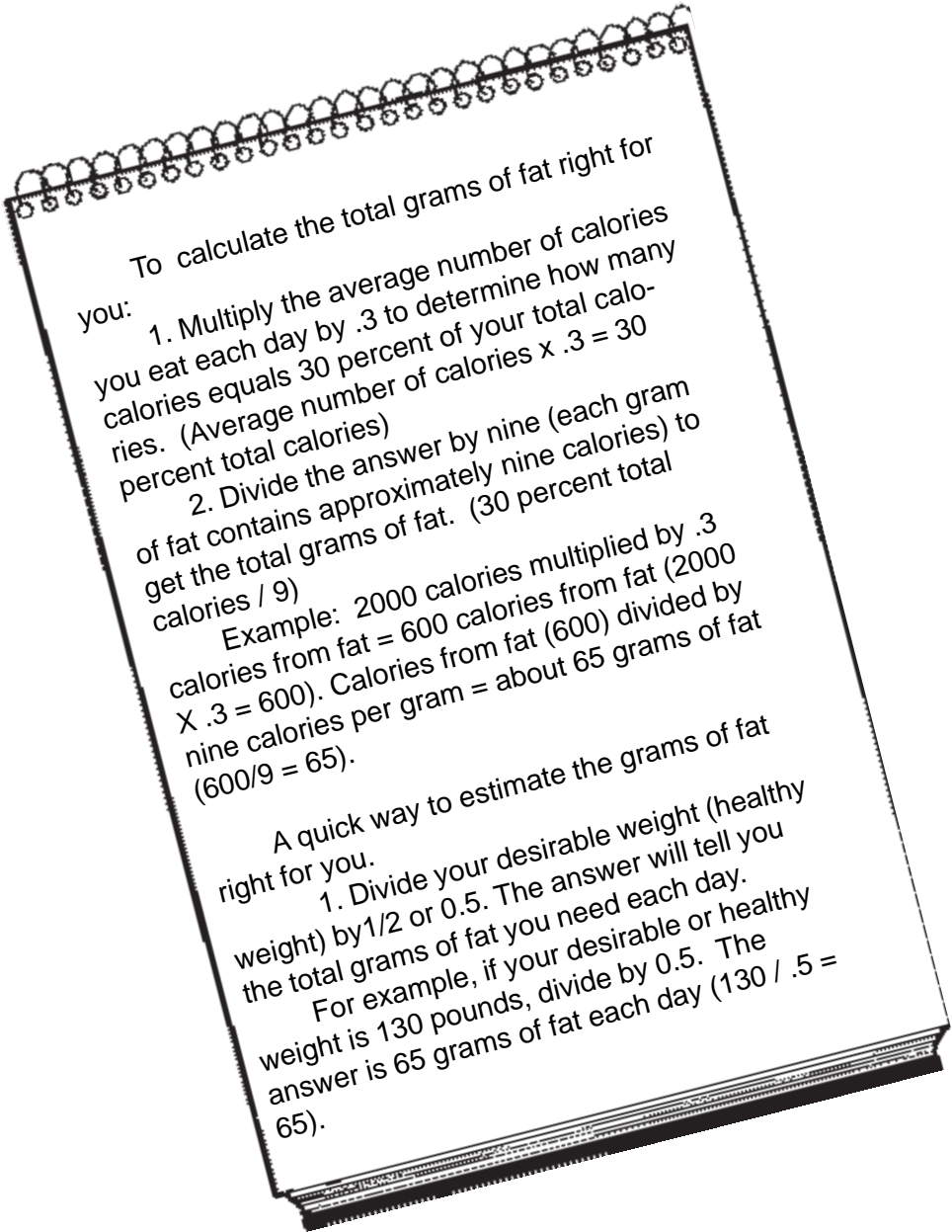
- Allow poultry and meat broth to cool, then skim off fat before making dressing, gravy or dumplings.

- Moderation in fat consumption is only one aspect of good nutrition. Variety, moderation and balance of all foods is the most prudent approach. A well-balanced diet, combined with getting regular exercise, maintaining a healthy weight, avoiding smoking and controlling chronic diseases such as hypertension and diabetes, is the best approach to a healthful lifestyle.



Other Tips

- A medium piece of fruit is one serving.
- A cup of pasta is two servings.
- A serving of vegetables is one-half cup.



To calculate the total grams of fat right for you:

1. Multiply the average number of calories you eat each day by .3 to determine how many calories equals 30 percent of your total calories. (Average number of calories x .3 = 30 percent total calories)
2. Divide the answer by nine (each gram of fat contains approximately nine calories) to get the total grams of fat. (30 percent total calories / 9)

Example: 2000 calories multiplied by .3 calories from fat = 600 calories from fat (2000 X .3 = 600). Calories from fat (600) divided by nine calories per gram = about 65 grams of fat (600/9 = 65).

A quick way to estimate the grams of fat right for you.

1. Divide your desirable weight (healthy weight) by 1/2 or 0.5. The answer will tell you the total grams of fat you need each day.

For example, if your desirable or healthy weight is 130 pounds, divide by 0.5. The answer is 65 grams of fat each day (130 / .5 = 65).

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