

Beware Of The Fatty Five



It sounds almost un-American to attack a fatty diet that includes such traditional favorites as hot dogs, french fries and potato chips. But it's clear that what you eat can affect your health.

The American diet is among the fattiest in the world. Fat accounts for as much as 40 percent of our total calories. National health experts hope to reduce that to 30 percent. This means most of us need to eat less fat.

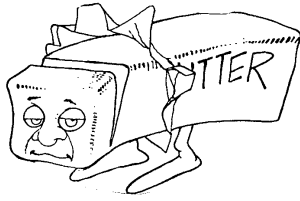


Why cut the fat in your diet? First, it will help you lower your risk of developing these diseases:

- **Heart Disease** – Fatty foods can raise your blood cholesterol level. Cholesterol can clog arteries, which increases the danger of heart attack or stroke. Cutting back on the amount of fat you eat could lower your blood cholesterol enough to reduce your risk of heart disease.
- **Cancer** – A high fat diet can raise your risk for certain types of cancer – particularly cancer of the colon, pancreas, and prostate. According to the National Cancer Institute, the foods we eat may contribute to one-third of all cancer deaths.
- **Other Benefits** – Trimming the fat is a great way to reduce calories...to get your weight down. Keeping your weight down will help prevent or control high blood pressure, high blood cholesterol, and diabetes. Besides reaching a healthy weight, cutting extra calories can help you look and feel great!

To help you eat less fat, we've picked five major problem areas for excess fat in the American diet – the "**Fatty Five**." Here's how to avoid them:

Butter & Margarine



Using butter or margarine is too much of a habit for most people. Be aware that each teaspoon or pat of butter or margarine is 45 calories.

- Try to limit yourself to two pats per meal (or use substitutes such as fat-free sour cream, herbs, spices or fat-free butter flavored sprinkles).
- When you do use margarine, choose a light soft or tub margarine.

Salad Dressings



If you use dressings made with oil or mayonnaise, use them lightly. Less than two tablespoons per serving is a good guideline. Better still:

- Buy reduced-calorie, light, or fat-free dressings and mayonnaise.
- Make your own low-fat dressing: use less oil and more vinegar (or lemon, lime, or orange juice). Add herbs or spices for more flavor.

When eating out, ask for light or fat-free salad dressing. If they are not available, ask for the dressing on the side. Then follow the less than two tablespoon rule.

Steer Clear of Fried Foods!

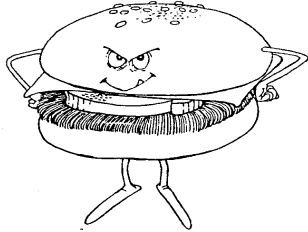


There are many ways to prepare food without frying. Instead of using oil to keep foods moist and prevent sticking, use water, broth, wine or a non-stick skillet. To brown foods in a skillet, use a no-stick cooking spray instead of fat or oil.

- Try broiling, baking, steaming, poaching, simmering, roasting or boiling instead of frying.
- Steam rather than sauté vegetables.
- Choose baked, mashed, or boiled potatoes more often than fries.

Coat foods like chicken, fish or vegetables with breadcrumbs and bake rather than fry.

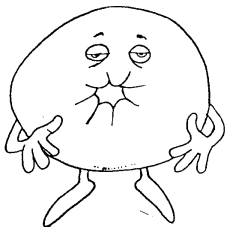
Red Meats and Lunch Meats



Sausage, hot dogs, ground beef, and many lunchmeats contain large amounts of hidden fat. Bacon and fat-marbled cuts of beef, lamb and pork have more visible fat.

- Use more chicken, turkey, fish and lean cuts of red meat.
- Trim fat from meat before cooking. Remove the skin from chicken before eating.
- Choose the leanest ground beef you can find. Look for ground beef labeled at least 90% lean. It's worth the extra cost.
- Eat less meat and fill your plate with more vegetables. A normal portion of meat is 3 ounces (after cooking), about the size of a deck of cards.
- Avoid browning vegetables with meat. They act like sponges, soaking up the fat.
- Instead of sandwiches made with regular lunchmeat, try low-fat or fat-free lunchmeats, peanut butter, water-packed tuna, chicken, turkey, or low-fat cheese & vegetable combinations.

Snacks and Processed Foods



This group includes such fatty favorites as chocolate, doughnuts, potato chips and ice cream. The good news is there are plenty of tasty choices that are lower in fat.

- Snack on unbuttered popcorn, pretzels, whole grain crackers, bagels, bread sticks or English muffins with fresh tomatoes or fruit slices.
- Choose low-fat or fat-free ice cream, frozen yogurt, or sherbet and enjoy a frozen treat with half the calories of ice cream.
- Make dips with fat-free or low fat sour cream or yogurt instead of fat-laden sour cream.

- For appetizers, snacks and desserts, go for fresh fruits and vegetables. They're delicious, low-calorie, and rich in natural vitamins and minerals.

Be a label reader:

- Avoid foods made with palm oil, coconut oil, beef fat, lard, or hydrogenated oils.
- Become aware of your own eating habits and recognize where the "**Fatty Five**" are getting you down. The key to a healthy diet is to eat a variety of foods.
- Choose lean meats, low fat dairy products, whole grains, and fresh fruits and vegetables more often.
- Where fat is concerned, moderation is your best bet.

Follow a few of these suggestions and you'll be headed toward a leaner, healthier you!

Cardiovascular Health Program
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