

Update Your Plate



One way to update your plate is to put more low-fat foods on your plate than high-fat foods. That way you'll cut back on the amount of fat and not even notice it!

For Example:

- ◆ If you're serving meatloaf, carrots, and rice for dinner, cut back on the amount of meatloaf and put extra rice and carrots on the plate.
- ◆ Make recipes that use small amounts of meat and lots of vegetables, beans or starch such as lasagna, chili with lots of beans, or stew with extra vegetables and potatoes.



Learn more about good nutrition and saving money at the supermarket-
The Nutrition Connections Program
teaches you about:

- ◆ Foods to keep you healthy
- ◆ Planning low cost meals
- ◆ How to buy more food with food stamps
- ◆ Food safety

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
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Boscawen, NH 03303 · 603-225-5505 ext. 30

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The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact
1-800-852-3345 x4238

FOOD, FAT AND FAVORITES

How to Eat Right,
Feel Better, Live Longer
and Have More Fun!



Read on for more information 

Food, Fat and Favorites

The fat in food gives you a lot of calories and very few nutrients. And, many foods have more fat than you think. The way a food is made can also make a difference in how much fat it contains.

Food Brings People Together

Just think about how food brings people together at holiday celebrations, weddings, religious ceremonies, family reunions, and many other occasions. It is like a glue that holds us together.

And, the food we eat reflects who we are. We learn what foods we like and dislike from our families and culture at an early age.

But, a diet high in fat is one of the major contributors to higher rates of cancer, heart disease, and strokes.

What can we do to reduce the amount of fat in our diet?

The best way to start reducing fat is to learn more about fat and what foods are high in fat.

Eat Less Fat and Cholesterol

Less fat in your diet is better for your heart and your weight.

How much fat do you eat?

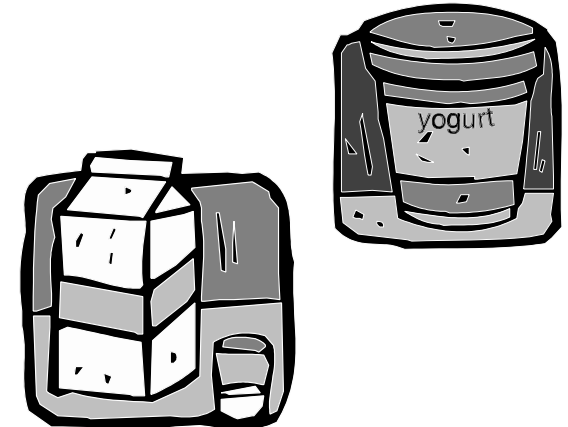
Think about the kinds of foods you usually eat. Put an **X** in the box that tells how often you eat these foods.

	Hardly ever	Sometimes	Everyday
Cookies, pies or donuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole milk, cheese or ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine, or salad dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty meats such as hot dogs, bologna, or bacon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fried foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you put an **X** in the boxes that say "every day," you may want to think about eating less fat in your meals.

Here are some easy ways to lower the fat in your meals.

- ◆ Use less butter and margarine.
- ◆ Bake foods instead of frying them.
- ◆ Trim the fat off of meats before cooking.
- ◆ Use skim or lowfat milk.



Below is an example of two different meals. One is higher in fat, the other is lower in fat.

Higher Fat Meal

Fried chicken thigh & drumstick ___ 3 tsp fat
 French fries, 10 strips _____ 2 tsp fat
 Green beans with butter, 1/2 cup ___ 1 tsp fat
 Whole milk, 1 cup _____ 2 tsp fat
 Apple pie, 1 slice _____ 3 tsp fat

Total = 11 tsp fat

Lower Fat Meal

Baked chicken thigh & drumstick _ 2 tsp fat
 Baked potato, 1 med. _____ 0 tsp fat
 Margarine, 1 tsp _____ 1 tsp fat
 Green beans, no butter, 1/2 cup ___ 0 tsp fat
 2% lowfat milk, 1 cup _____ 1 tsp fat
 Baked apple, 1 large _____ 0 tsp fat

Total = 4 tsp fat