

FOOD, FAT AND FAVORITES

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

Food Brings People Together

Just think about how food brings people together at holidays, 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 less healthy types of fat, and high in over-all fat is one of the major contributors to higher rates of cancer, heart disease, and strokes. And, for the last 70 years, the overall amount of fat in our diets has been getting higher and higher.

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

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

Update Your Plate

Compare these foods	
	Teaspoons of fat*
Fried chicken (3 oz.)	3
Baked chicken without skin (3 oz.)	2
Fried pork chop (3 oz.)	4
Bologna or hot dog (2 oz.)	4
Turkey bologna (2 oz.)	2
* Each teaspoon has 4 grams of fat.	

Trade Your Fats

One way to update your plate is to change the kind of fat on your plate. What kinds of fats are best to eat?

Monounsaturated and polyunsaturated fats. These



are the fats in fish, nuts, seeds and vegetable oils. Here's how:

- ◆ Use canola and olive oil instead of butter and stick margarine.
- ◆ Try canned tuna for lunch instead of bologna.
- ◆ Snack on a handful of nuts instead of a chunk of cheese.

When buying packaged foods, read the ingredient list to select foods with a low amount of or no saturated fat and partially hydrogenated vegetable oils.

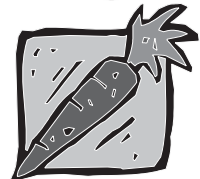
Eat Less Fat

Fat in food has a lot of calories. And, many foods have more fat than you think. The way a food is prepared can also make a difference in how much fat it contains.

An easy way to update your plate is to put more low-fat foods on your plate. You'll cut back on the amount of fat and not even notice it!

Some Examples:

- ◆ 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. Try herbs and spices to flavor the rice and carrots instead of butter or margarine.
- ◆ Make recipes that use small amounts of meat and lots of vegetables, beans or starch. Try lasagna, chili with lots of beans, or stew with extra vegetables and potatoes.



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

Higher Fat Meal	Lower Fat Meal
Fried chicken thigh & drumstick ____ 3 tsp fat	Baked chicken thigh & drumstick _____ 2 tsp fat
French fries, 10 strips _____ 2 tsp fat	Baked potato w/chives & pepper, 1 med. 0 tsp fat
Green beans with butter, 1/2 cup ____ 1 tsp fat	Lowfat sour cream, 1 Tbsp _____ 1/2 tsp fat
Whole milk, 1 cup _____ 2 tsp fat	Green beans, no butter, 1/2 cup _____ 0 tsp fat
Apple pie, 1 slice _____ 3 tsp fat	1% lowfat milk, 1 cup _____ 3/4 tsp fat
	Baked apple, 1 large _____ 0 tsp fat
Total = 11 tsp fat	Total = 3 1/4 tsp fat

Eat Less Fat

Eating some healthy fat is better for your heart, and eating less fat overall is better for your weight. Too much of any fat, including healthy fat, is unhealthy.

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 those foods less often.

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.
- ◆ Drink skim or lowfat milk.
- ◆ Use canola or olive oil whenever possible.

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

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

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
UNH Cooperative Extension, 315 Daniel Webster Hwy., Boscawen, NH 03303, 602-225-5505 ext. 331

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800 Park Ave.
Keene, NH 03431
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Whole Village Center
258 Highland St.
Plymouth, NH 03264
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