

# CHOOSE SENSIBLY

## Lesson 2

## Eat Healthy, Stay Fit

**Choose Sensibly covers four areas to help us make some good choices for good health.**

**Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.**

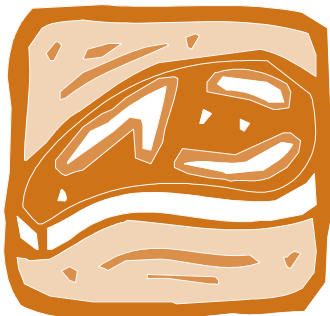
Fats supply energy and calories. They also help absorb the vitamins A, D, E, and K. You need some fat in the food you eat, but choose sensibly. Some kinds of fat, like saturated fats, increase the risk for heart disease by raising blood cholesterol. Unsaturated fats, found mainly in vegetable oils do not increase blood cholesterol. Fat intake in the United States is lower than it was many years ago, but most people still eat too much saturated fat. Eating lots of fat of any type can provide excess calories.

### Types Of Fats

#### Saturated Fats

Foods high in saturated fats tend to raise blood cholesterol. Keep your intake of these foods low:

- ◆ high-fat dairy products: cheese, whole milk, cream, butter, and regular ice cream
- ◆ processed meats and fatty cuts of meat
- ◆ the skin and fat of poultry
- ◆ lard, palm oil, coconut oil, and coconut milk



#### Dietary Cholesterol

Foods that are high in cholesterol also tend to raise blood cholesterol:

- ◆ liver and other organ meats
- ◆ egg yolks
- ◆ dairy fats (cream, butter, etc.)

#### Trans Fatty Acids

Foods high in *trans* fatty acids tend to raise blood cholesterol. Partially hydrogenated vegetable oils are found in many hard margarines and shortenings. Foods high in *trans* fatty acids include some commercially fried foods and some bakery goods.

#### Unsaturated Fats

Unsaturated fats or oils such as vegetable oils, most nuts, olives, avocados, and fatty fish like salmon don't raise blood cholesterol. Unsaturated oils include both monounsaturated fats and polyunsaturated fats. Olive, canola, sunflower, and peanut oils are some oils high in monounsaturated fats. Vegetable oils such as soybean, corn and cottonseed, and many kinds of nuts are good sources of polyunsaturated fats. Try and eat more fish, such as salmon, tuna, and mackerel which contain omega-3 fatty acids. Use moderate amounts of food high in unsaturated fats, taking care to avoid excess calories.

## Choose Sensibly

### ***Keep Food Choices Low In Saturated Fat and Cholesterol, and Moderate In Total Fat***

Get most of your calories from plant foods: grains, fruits, vegetables. If you eat foods high in saturated fat for a special occasion, return to foods low in saturated fat the next day. Taking these steps can go a long way in helping to keep your blood cholesterol level low.

#### Fats and Oils

- ◆ Choose vegetable oils rather than solid fats, like meat and dairy fats or shortening.
- ◆ If you need fewer calories, decrease the amount of fat you use in cooking and at the table.

#### Meat and Beans

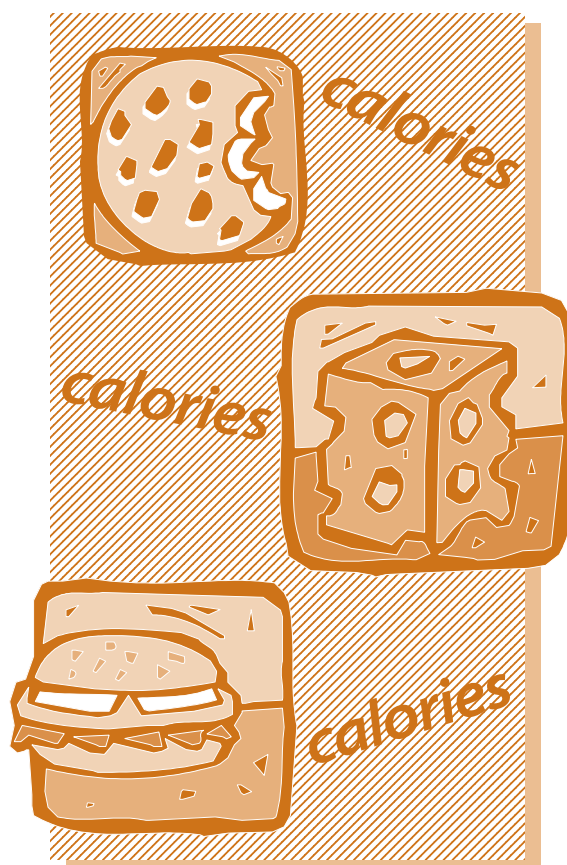
- ◆ Choose 2 to 3 servings of fish, shellfish, lean poultry, other lean meats, beans or nuts daily. Trim fat from meat and take skin off poultry. Choose dry beans, peas or lentils often.
- ◆ Limit your intake of high-fat processed meats such as bacon, sausages, salami, bologna, and other cold cuts. Try the lower fat varieties. Check the Nutrition Facts Label.
- ◆ Limit your intake of liver and other organ meats. Use egg yolks and whole eggs in moderation. Use egg whites and egg substitutes freely when cooking since they contain no cholesterol and little or no fat.

#### Dairy Products

- ◆ Choose 3 cups of fat-free or low-fat milk, fat-free or low-fat yogurt, and low-fat cheese most often. Try switching from whole to fat-free or low-fat milk. This decreases the saturated fat and calories but keeps all other nutrients the same.

#### Prepared Foods

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



**Choose beverages and foods to moderate your intake of sugars.**

Sugars are carbohydrates and a source of calories. Carbohydrates also include the complex carbohydrates: starch and dietary fiber. During digestion all carbohydrates except fiber break down into sugars. Sugars and starches occur naturally in many foods. Examples of these foods include milk, fruits, some vegetables, breads, cereals, and grains.

## Sugars and Tooth Decay

Foods containing sugars and starches can promote tooth decay. The bacteria in your mouth use sugars and starches to produce the acid that causes tooth decay. The more often you eat foods that contain sugars and starches, and the longer these foods are in your mouth before you brush your teeth, the greater your risk for tooth decay. Frequent eating or drinking between meals is more likely to harm teeth than eating the same foods at meals and then brushing. Follow the tips in the box below for healthy teeth.

### For Healthy Teeth and Gums

- ◆ Between meals, eat few foods or beverages containing sugars or starches. If you do eat them, brush your teeth afterward to reduce risk of tooth decay.
- ◆ Brush at least twice a day and floss daily. Use fluoride toothpaste.
- ◆ Ask your dentist or health care provider about the need for fluoride or dental sealants.

## Added Sugars

Added sugars are sugars and syrups added to foods in processing or preparation, not the natural sugars in foods like fruit or milk. The body can't tell the difference between natural and added sugars. Foods containing added sugars provide calories, but may have few vitamins and minerals. In the United States, the number one source of added sugars is soda. Sweets, candies, cakes, cookies, fruit drinks and fruitades are also major sources of added sugars.



Eating foods high in added sugars, like soda, is a concern. The extra calories from these foods may lead to weight gain or lower consumption of healthy foods. Limit your use of these beverages and foods. Drink water to quench your thirst, and offer it to children.

The Nutrition Facts Label gives sugars from all sources, natural sugars plus added sugars. You can use the Nutrition Facts Label to compare the amount of total sugars among similar products. To find out if sugars have been added, you also need to look at the food label ingredient list.

### Names For Added Sugars That Appear On Food Labels

A food is likely to be high in sugars if one of these names appears first or second in the ingredient list, or if several names are listed.

*Brown sugar*

*Invert sugar*

*Corn sweetener*

*Lactose*

*Corn syrup*

*Malt syrup*

*Dextrose*

*Maltose*

*Fructose*

*Molasses*

*Fruit juice concentrate*

*Raw sugar*

*Glucose*

*Sucrose*

*High-fructose corn syrup*

*Syrup*

*Honey*

*Table sugar*

## Sugar Substitutes

Sugar substitutes such as saccharin, aspartame, acesulfame potassium, and sucralose are very low in calories. Some people find them useful if they want a sweet taste without the calories. Some foods that contain sugar substitutes still have calories. Unless you reduce the total calories you eat or increase your physical activity, using sugar substitutes won't cause you to lose weight.

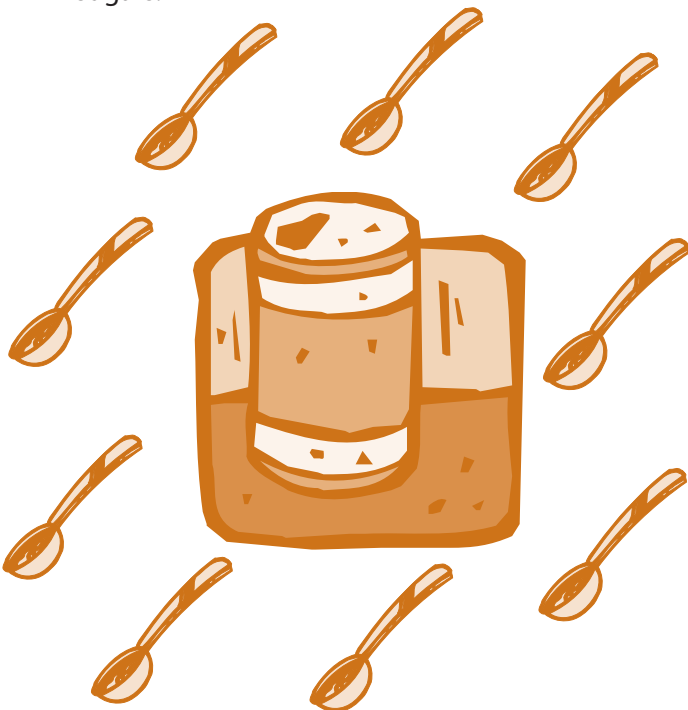
## Sugars and Other Health Issues

### *Behavior*

Intake of sugars doesn't appear to affect children's behavior or their ability to learn. Many scientific studies conclude that sugars don't cause hyperactivity in children.

### *Weight control*

Foods high in sugars add calories. When you take in extra calories and don't increase your physical activity, you will gain weight. As you aim for a healthy weight and fitness, keep an eye on portion size for all foods and beverages, not only those high in sugars.



1 12-ounce can of soda = 9 teaspoons of sugar

**Choose and prepare foods with less salt.**

Many people can reduce their chances of developing high blood pressure by eating less salt. In the body, sodium which you get mainly from salt, helps with water balance and blood pressure. Many studies have shown that a high sodium intake is linked with higher blood pressure.

There is no way to tell who might develop high blood pressure from eating too much salt. Eating less salt or sodium isn't harmful and is okay for a healthy person.

Salt is found mainly in processed and prepared foods.

Salt (sodium chloride) is the main source of sodium in foods. Only small amounts of salt occur naturally in foods. Most of the salt you eat comes from foods that have salt or sodium added during food processing, during preparation in a restaurant or at home. Some recipes include table salt, or a salty broth or sauce. Some cooking styles call for adding a very salty seasoning such as soy sauce. Not all foods with added salt taste salty. Some people add salt or a salty seasoning to their food at the table. Your preference for salt may go down if you gradually add smaller amounts of salt or salty seasonings to your food over a period of time.

Aim for a moderate sodium intake.

Most people consume too much salt, so moderate your salt intake. Healthy children and adults need to consume only small amounts of salt to meet their needs. The new Dietary Guidelines recommend a sodium intake of less than 2,300 mg. per day - the amount in about 1 teaspoon of salt.

### Names for Salt or Sodium on Food Labels

A food is likely to be high in sodium if one of these names appears first or second in the ingredient list or if several names are listed.

salt	garlic salt
bouillon	brine
MSG	sodium saccharin
onion salt	soy sauce
sodium nitrate	Worcestershire sauce
seasoned salt	baking powder
pickles	sodium propionate
	sodium



### If you drink alcoholic beverages, do so in moderation.

Alcoholic beverages supply calories but few nutrients. Alcoholic beverages are harmful when consumed in excess, and some people should not drink at all.

Taking more than one drink per day for women or two drinks per day for men can raise the risk for motor vehicle crashes, other injuries, high blood pressure, stroke, violence, suicide, and certain types of cancer. Alcohol during pregnancy increases risk of birth defects. If adults choose to drink alcoholic beverages, they should consume them only in moderation and with meals to slow alcohol absorption.

### What is drinking in moderation?

Moderation means no more than one drink per day for women and no more than two drinks per day for men.

### What counts as one drink?

- 12 ounces of regular beer (150 calories)
- 5 ounces of wine (100 calories)
- 1.5 ounces of 80-proof distilled spirits (100 calories)

Note: Even moderate drinking provides extra calories.



### Banana Mousse



- 2 Tablespoons low fat (1%) milk
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 medium banana, cut in quarters
- 1 cup plain low fat yogurt
- 8 -1/4 inch banana slices

Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into 4 dishes; put 2 banana slices on each dish just before serving.

Serves 4, 1/2 cup each  
Each serving: Calories 94, Total fat 1 gm, Saturated fat 1 gm, Cholesterol 4 mg, Sodium 47 mg, Fiber 1 gm.

## Mini Goals

Pick one mini goal to work on this week:

- ◆ Use a vegetable oil to cook foods this week instead of shortening or butter.
- ◆ Choose several products from your cupboards, refrigerator, or freezer and check the labels for sugars.
- ◆ Add half the amount of salt you normally would to food when you are cooking or adding it at the table.
- ◆ Use a new herb or spice to season food instead of salt or other salty seasonings.

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



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