



### Fat, Fiber and Cholesterol

By now you have probably heard that eating too much fat, especially saturated fat, can contribute to cancer, heart disease and can make weight control difficult.

#### How Much Fat Do I Need?

Limit your calories from fat to 30%. For example, if you eat 1500 calories in one day, don't exceed 500 calories from fat. That equals about 56g grams or 14 teaspoons. Keep in mind that a 2.5 ounce muffin has about 11 grams of fat or almost 3 teaspoons.

#### What Kind of Fat is Best?

Monounsaturated, polyunsaturated, and omega-3 fatty acids are heart healthy fats. They are found in liquid vegetable oils and fish oils. Choose a variety of oils for cooking and eating.

Saturated fat and *trans*-fats are not heart healthy. Meats and animal products are our main sources of saturated fat. Tropical oils like palm and coconut are also high in saturated fat. Read the Nutrition Facts on the food label to see how much saturated fat is in the foods you eat.

*Trans*-fats are found in foods like margarine and vegetable shortening. Any food that contains an ingredient called hydrogenated oil or partially hydrogenated oil, has *trans*-fats. The amount is not listed on the Nutrition Facts yet, but will be soon.



#### Low Fat Tips for Better Health

- Choose leaner cuts of meat and trim any visible fat.
- Choose healthy snacks and desserts like fruit, low fat yogurt, crackers with jam.
- Choose lower fat dairy products.
- "Fat free" does not mean "calorie free." Use reduced fat products in moderation.
- Eat smaller portions of high fat foods.
- Exercise regularly.

## Getting Enough Fiber:

Fiber can help keep you regular. It can help keep you healthy too!  
Seniors need 20-30 grams of fiber a day.



## Seven Ways to Boost Fiber

1. Eat fruits and vegetables. Three servings of vegetables and two servings of fruit is about 20 grams of fiber (whole fruit is better than juice). Apples, pears, oranges, figs, raspberries, carrots, peas, winter squash, sweet potatoes, Brussels sprouts, carrots and broccoli are all great sources.
2. Eat beans! They taste great in soups, salads and dips. Try to eat them at least three times per week.
3. Try whole grains more often. Brown rice, 100% whole-wheat bread, whole wheat crackers are all good sources of fiber.
4. Choose romaine lettuce or spinach for your salad instead of iceberg lettuce. Add other raw vegetables for more fiber.
5. Add fresh, frozen, canned, or dried fruit to a whole grain cereal for breakfast or a snack.
6. Eat the skins of potatoes and other fruits and vegetables.
7. Use whole wheat flour instead of plain white flour for baking pancakes or muffins.

## Tips to make more fiber easier to swallow:

1. Increase fiber slowly.
2. Drink eight – 8 ounce glasses of water, seltzer, juice, milk and other decaffeinated beverages to help ease bowel movements.
3. If flatulence (gas) is a constant problem, talk to your doctor or health care provider about how to help reduce it.



## Keep Cholesterol Down:

Eating fruits, vegetables, and whole grains and less fat, especially saturated fat, can help you lower your blood cholesterol and keep your heart healthy.

You can also keep the bad cholesterol, LDL, from sticking to your arteries by eating plenty of antioxidants. These vitamins are found in vegetables, fruits and whole grains. The tips below can help you get started on a heart healthy way of eating.

- Choose low fat snacks and treats, like fruit and low fat yogurt, in place of high fat, high calorie desserts. Save the desserts for special treats once in awhile.
- Choose no more than 5-7 ounces of turkey, chicken or fish with the skin removed and lean cuts of meat like the loin or round per day.
- Choose lower fat dairy products like skim or 1% milk and low fat yogurt and cheese.
- Choose smaller portions of some high fat foods like butter, margarine, cream cheese and sour cream.
- When cooking try to bake, steam, braise, stew or roast more often.
- Plan your meals and snacks to include more fruits, vegetables and whole grains.
- At restaurants ask for sauces and salad dressings on the side. Eat small amounts of these extras. Take home half of a large portion to eat the next day.
- Exercise is also helpful in keeping your heart healthy. Enjoy your favorite activities as often as you can. Start out slow and enjoy more as you get stronger.

### Easy Fiber Fillers

Try	Instead of
Whole wheat bread	White bread
Brown rice	White rice
Whole fruit	Fruit juice
Oatmeal	Sugary cereal
Carrots	Cucumber
Veggie burger	Hamburger
Corn tortilla	Flour tortilla
Cooked or canned beans	Meat, poultry or fish

### Easy Fat Substitutes

Try	Instead of
Non-fat or 1% milk	2% or whole milk
Fish	Hamburger
Low-fat sour cream	Full fat sour cream
Non-fat yogurt	Whole milk yogurt
Vegetable oil	Shortening, Lard
2 egg whites	1 whole egg
Cooking spray	Butter for frying
Bagel	Biscuit
Angel food cake	Pound cake

## Pinto Bean Chili

Makes 4 Servings (1 ¼ cup each)

Invite a friend over to have this Chili, baked potato and salad. Supermarkets sell frozen chopped onions and peppers if you have trouble chopping.

1 Tbsp. canola oil

1 cup chopped onion,  
about 1 large onion

½ tsp. garlic powder

1 green pepper,  
chopped

1 cup diced tomatoes,  
fresh or canned

1 cup low sodium  
tomato sauce

1 15 oz. can pinto  
beans, drained and  
rinsed

1 tsp. chili powder

½ tsp. cumin

1 tsp. oregano

Put canola oil in a large non-stick skillet and heat over medium-high heat. While the oil heats, chop the onion.

Sauté the onion and garlic until golden, about 1 minute. Add the green pepper and sauté 1 or 2 minutes.

Add the beans, tomatoes, chili powder, cumin, and oregano, and bring to a boil. Simmer until onions and green peppers are tender, about 8 minutes. Freezes well.

Calories 200, Calories from fat 60,  
Total Fat 7 g, Saturated Fat 0 g,  
Cholesterol 0 mg, Sodium 480 mg,  
Total Carbohydrates 31 g, Fiber 8 g,  
Protein 9 g

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