












































## FAST FOODS

		
Regular Hamburger	Cheese Pizza 2 slices	Regular Hot Dog
  	   	   
3	3 1/4	3 1/4
		
Fish Burger with Sauce	Chicken Burger with Sauce	Double Hamburger with Sauce
     	      	            
5 3/4	7 1/4	8 1/4

**TIPS** - Fast food can be a nutritious choice if you choose the lower fat items more often. Choose low fat condiments like lettuce, tomato and ketchup vs mayonnaise or tartar sauces. Ask to hold the sauce. Have fewer slices of super deluxe pizza. Choose grilled chicken sandwiches vs breaded and fried. Choose single vs double burgers more often.

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# A MATTER OF FAT

A guide to help you find the hidden fat in your diet.

## WHICH HAS LESS FAT?\*

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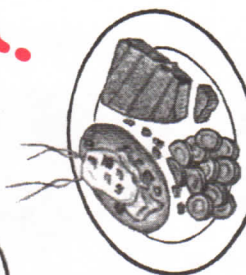
Large Muffin



Quiche with Salad



Caesar Salad



Sirloin Steak Dinner

\*Look on page 3 to find out if you chose correctly



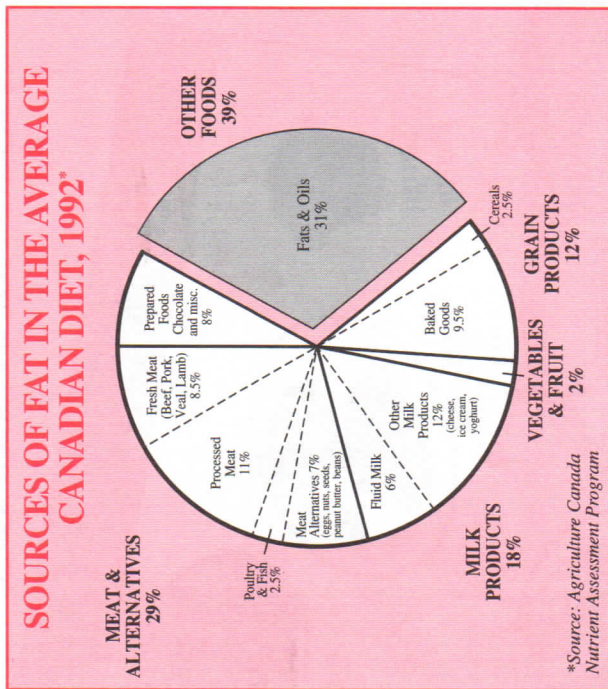
## FAT FACTS

Some fat in the diet is necessary for good health. Fat not only adds taste and enjoyment to food but it's also a major source of energy and essential fatty acids (fatty acids which cannot be produced by the body). Fat is particularly important for the normal growth and development of children. However high fat diets have been associated with a higher incidence of heart disease, obesity and some types of cancer.

## WHERE'S THE FAT?

Fat in foods can be visible, like the fat on meat, or invisible such as the fat used in the processing or preparation of foods such as potato chips, muffins, french fries, etc. Unlike the fat on meat, much of which can be trimmed off, the hidden or invisible fat cannot be removed. Another major source of fat is the fat we add to our foods (e.g., butter/margarine to toast or vegetables, cream sauces on pasta, dressing on salads, etc.)

The largest proportion of fat in the Canadian diet comes from fats and oils, which include butter, margarine, salad dressings, mayonnaise, and fat used for frying etc.



## HOW TO USE THIS BOOKLET

This booklet shows in a visual way the fat content of a variety of foods. A teaspoon is used to depict 4 grams of fat. The more teaspoons shown under a food, the higher the fat content.

 = 4 grams of fat and 36 Calories

The pictures show how the natural fat content of foods is increased by the addition of fat in processing, preparation and/or at the table.

Being able to recognize the sources of fat in your diet is an important step towards learning how to reduce your fat intake and balance higher and lower fat choices. Tips are given within each section to help you apply the information to your own diet.

Keep in mind that the recommended daily fat intake for females (aged 19-49) is 65 g (16 tps); for males (aged 19-49) is 90 g (22 tps); for adults over 50 is 60 g (15 tps).

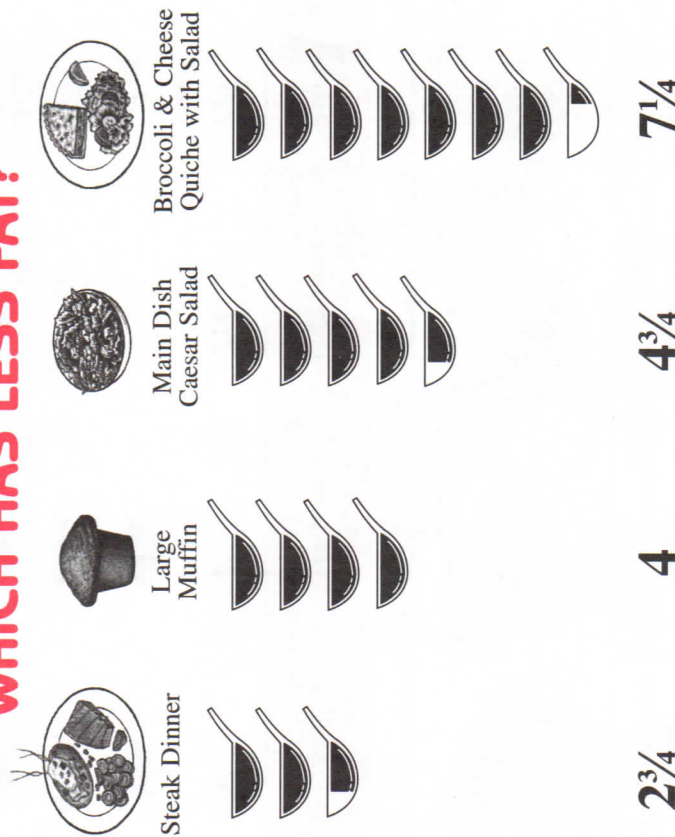
Nutrient Sources: Canadian Nutrient File 1991, Health Canada  
Bowes and Church's "Food Values of Portions Commonly Used", Sixteenth Edition, 1994.

## A WORD ABOUT PORTION SIZES

The portions illustrated throughout this pamphlet correspond to those recommended as a serving by Canada's Food Guide to Healthy Eating. You may actually consume larger portions. For example, you might eat double the 1 cup (250 mL) portion of pasta and sauce shown or eat more than 20 french fries. One way to reduce the amount of fat in your diet is to cut back on portion sizes of higher fat foods. Two sizes of salads are shown - a 1 cup side salad and a 2 cup (500 mL) main dish salad - compare the fat content.

Items from all food groups - Grain Products, Vegetables and Fruits, Milk Products, Meat and Alternatives and Other Foods (e.g., Snacks) are depicted. However some foods are not shown, such as cereals. Some cereals have more fat than others e.g., Granola. Check the nutrition information section on cereal boxes and other processed foods for their fat content.

## WHICH HAS LESS FAT?



Fat can be found in most foods we consume throughout the day from the breakfast muffin to the snacks eaten while watching T.V.

### To control your fat intake:


1. Think of the major sources of fat in your diet.
2. Reduce the portion size and the frequency with which you eat higher fat foods.
3. Substitute lower fat versions whenever possible.
4. Balance your intake of higher and lower fat foods throughout the day or week.
5. Make one change at a time...small changes add up.
6. Remember that all foods can be enjoyed in a healthy diet. Balance is the key.



GRAIN PRODUCTS

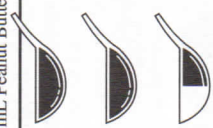

BREAD AND BAKED GOODS

1 slice Whole Wheat Toast with 5 mL Butter/Margarine



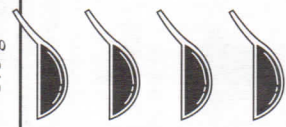
1 1/4

1 slice Whole Wheat Toast with 5 mL Butter/Margarine and 10 mL Peanut Butter



2 1/2

Large Muffin 175 g



4

Doughnut 59 g



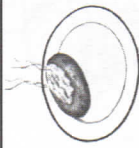
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TIPS - Reduce the amount of higher fat spreads such as butter/margarine or use only one e.g. butter/margarine or peanut butter. Choose higher fat baked goods such as croissants, danish pastries, etc. less often. Share a large muffin with a friend.

VEGETABLES AND FRUIT

POTATO

Baked Potato




0

Mashed Potato (125 mL) with whole milk and Butter/Margarine



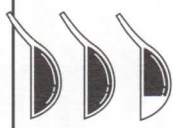
1 1/4

Baked Potato with 5 mL Butter, 25 mL Sour Cream and 10 mL Bacon Bits



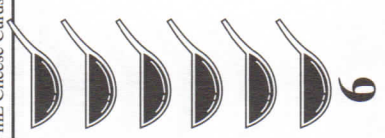
2 3/4

French Fries 20



2 3/4

Poutine 20 French Fries with 75 mL Gravy and 80 mL Cheese Curds




6

TIPS - Try serving vegetables plain or with herb seasonings instead of with butter/margarine or cream/cheese sauces. Use only one topping and substitute lower fat versions (e.g., light sour cream vs butter/margarine and regular sour cream). Eat smaller portions of higher fat items such as french fries or eat them less often.

PASTA


325 mL servings (250 mL pasta, 75 mL sauce)

Pasta with Tomato Sauce




1

Pasta with Tomato & Meat Sauce



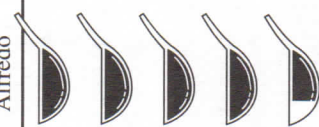

2 1/4

Macaroni & Cheese



3 1/2

Fettuccine Alfredo



4 3/4

TIPS - Use tomato sauces instead of cream or cheese sauces more often. Use lower fat milk products for cream or cheese sauces (e.g., 2% milk vs cream) and serve smaller portions of these sauces.


SALADS

Garden Side Salad (250 mL) with Vinegar/Lemon Juice with Herbs




0

Garden Side Salad (250 mL) with Calorie Reduced Dressing



1/4

Garden Side Salad (250 mL) with 15 mL Regular Dressing



2 3/4

Main Dish Caesar Salad (500 mL)



4 3/4

Main Dish Greek Salad (500 mL)



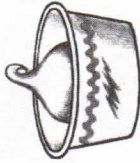


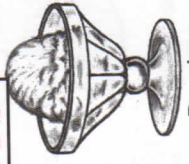
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TIPS - Salads can be a higher fat choice due to the dressings or mayonnaise or because of toppings like cheese, bacon bits, nuts, etc. Use fat reduced dressings, season with lemon juice or ask for the dressing on the side. Control portion sizes of higher fat salads such as Caesar, Greek, etc...








# FROZEN MILK PRODUCTS

125 mL servings

			
Ice Milk	Frozen Yogurt	Regular Ice Cream	Premium Ice Cream
1	1 1/2	2	3 1/4

**TIPS** - Read the label for the % M.F. (milk fat) or % B.F. (butter fat). Choose lower fat milk products more often (e.g., skim or 1% milk) - they have the same nutrients with less fat. Reduce the serving size of higher fat ice creams by choosing one scoop vs two. Use milk in coffee vs cream.






# CHEESE

				
50 g partly-skimmed Mozzarella	50 g regular Mozzarella	50 g regular Cheddar	2 Processed Cheese Slices	50 g Deep Fried Mozzarella Sticks
2	3	4 1/4	5	5 1/2

**TIPS** - Check the labels for % M.F. or % B.F. and choose the lower fat items more often. Try partly skimmed vs regular. Substitute lower fat forms i.e., low fat yogurt or light sour cream vs regular.

# BEEF






100 g serving

				
Inside Round Steak, Broiled	Sirloin Steak, Trimmed of visible fat, Broiled	Sirloin Steak, Untrimmed Broiled	Rib Roast, Trimmed of Visible Fat	Rib Roast, Trimmed with 50 mL Gravy
1	1 3/4	2 3/4	2 3/4	3 1/2

**TIPS** - Choose leaner cuts of meat from the hip or loin more often and trim off the visible fat. As much as possible, broil/grill, roast on a rack, or barbecue rather than fry. Serve meat without gravy or cream sauces or use smaller amounts of gravy/sauces. Try removing the fat from gravy by chilling and skimming fat off the top.

# PORK

100 g serving

				
50 g Regular Ham	Loin Pork Chops Broiled	Loin Pork Chops Fried in 5 mL Oil	Pork Shoulder Trimmed of Visible Fat	Pork Shoulder Untrimmed
1 1/4	1 3/4	2 1/2	2 3/4	5 1/2




































**TIPS** - Choose the right serving size - a 100 g portion is about the size of a deck of cards. Select lean processed meats like ham or roast beef or use fat reduced varieties. Check labels of pre-packaged meats for fat content.



# MEAT AND ALTERNATIVES

## CHICKEN





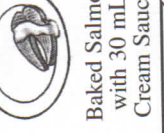






















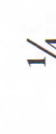


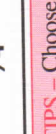




100 g serving

				
				
				
				
				
				
				
<b>1</b>	<b>2</b>	<b>3 1/2</b>	<b>4</b>	<b>5 3/4</b>

**TIPS** - Remove the skin from poultry. Choose light meat more often as it has less fat than dark meat. Have fried or breaded chicken less often. The pastry in pot pies or cream sauces on chicken increases the fat content.































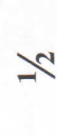




## FISH

100 g serving

				
				
				
				
				
				
				
<b>1/4</b>	<b>2</b>	<b>1/4</b>	<b>3</b>	<b>3 3/4</b>


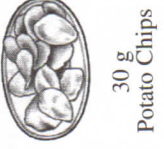
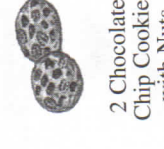




























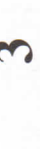


**TIPS** - Choose fish canned in water vs oil. Bake fish rather than fry and serve with lemon and herbs vs cream sauces. Choose battered and fried products less often.

## MEAT ALTERNATIVES






















				
				
				
				
				
				
				
<b>1/2</b>	<b>2 1/2</b>	<b>3 1/2</b>	<b>2 1/4</b>	<b>5</b>

**TIPS** - Try to use lower fat cooking methods vs frying. If frying, use a non-stick pan or cooking spray.

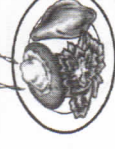
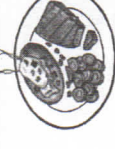

























## SNACKS

				
				
				
				
				
				
				
<b>1/4</b>	<b>2 3/4</b>	<b>3</b>	<b>3 1/4</b>	<b>3 3/4</b>

**TIPS** - Some snacks that are higher in fat have less nutritional value. Choose lower fat types such as pretzels or plain popcorn more often. Have potato chips without dip or make low fat dip with yogurt or light sour cream. If you're a cookie fan, choose plain cookies like arrowroots or ginger snaps, more often.

 <p>Tuna Salad Sandwich 2 slices Bread plus 5 mL Butter/Margarine and 50 mL Tuna Salad</p>	 <p>Meat Sandwich 2 slices Bread plus 5 mL Butter/Margarine and 50 g Roast Beef and Ham</p>	 <p>Grilled Cheese Sandwich 2 slices Bread plus 5 mL Butter/Margarine and 1 slice Processed Cheese</p>
 <p>500 mL Spinach Salad with Bacon Bits and Creamy Dressing</p>	 <p>Peanut Butter Sandwich 2 slices Bread plus 5 mL Butter/Margarine and 30 mL Peanut Butter</p>	 <p>375 mL Pasta Salad with 50 mL Mayonnaise, 5 mL Parmesan Cheese, and 4 Olives</p>
   	    	     
2 1/4	2 1/4	4

**TIPS** – Use lower fat mayonnaise when making sandwich fillings or for spreads on bread. Use only one spread e.g., butter/margarine or mayonnaise or use one spread on one slice of bread and another on the other slice. Select lower fat processed meats and cheeses. Salads can be higher fat choices due to dressings and toppings. Use fat reduced dressings. When eating out, ask for half the dressing to be used or order it “on the side”. At salad bars watch for higher fat items like olives, croutons, bacon bits and cheese. Try selecting only one higher fat choice and balancing it with lower fat items.

 <p>100 g Chicken Breast (Baked, no Skin), Baked Potato with 25 mL Sour Cream, 250 mL Garden Salad with 15 mL Calorie-reduced Dressing</p>	 <p>100 g Sirloin Steak (Broiled, Trimmed), Baked Potato with 25 mL Sour Cream, 125 mL Carrots</p>	 <p>100 g Pork Chops (Broiled, Trimmed) with 125 mL Rice, 125 mL Broccoli with 30 mL Cheese Sauce</p>
 <p>325 mL Fettuccine Alfredo 250 mL Caesar Salad</p>	 <p>120 g Broccoli &amp; Cheese Quiche 250 mL Garden Salad with 15 mL Regular Dressing</p>	 <p>Fish and Chips 100 g Breaded Fish with 25 mL Tartar Sauce, 70 g Fries, 125 mL Coleslaw</p>
     	      	       
7	7 1/4	10

**TIPS** – When making dinner selections, watch portion sizes. Choose meat servings the size of a deck of cards, and smaller portions of higher fat items like quiche and creamy pastas. Make crustless quiches, use lower fat toppings/dressings on vegetables and salads. Eat fried foods such as fish and chips, fried chicken, etc. less often. Cook meals by using lower fat cooking methods (bake/roast, broil, BBQ or microwave).