

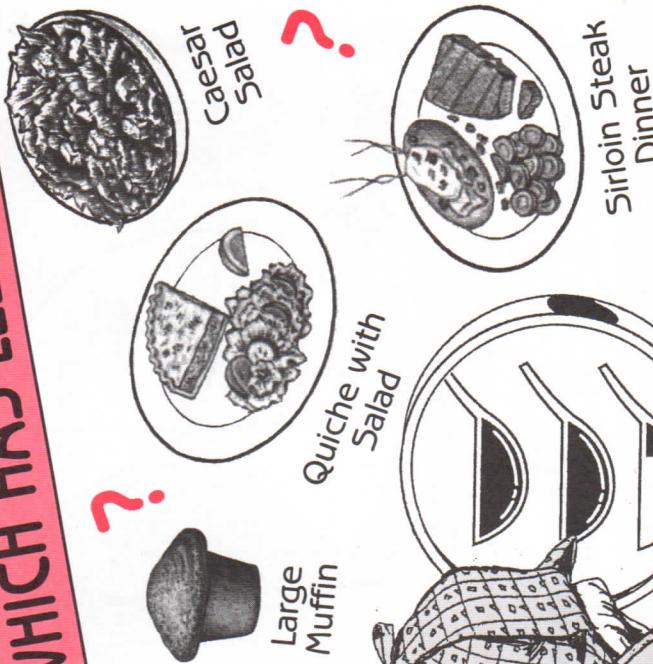
FAST FOODS

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

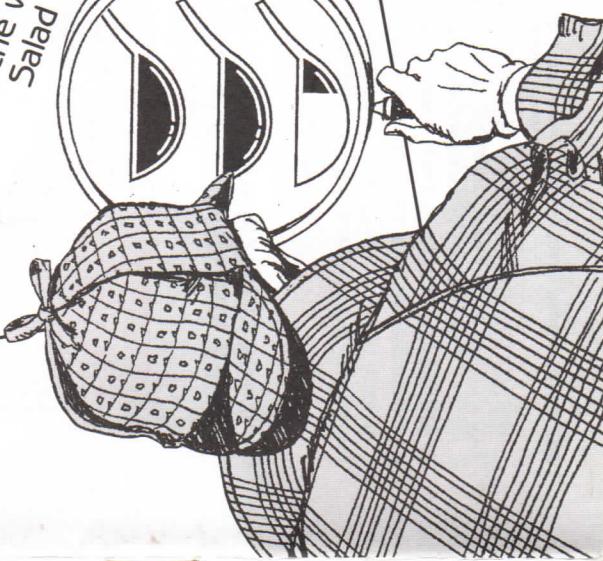
A MATTER OF FAT

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

WHICH HAS LESS FAT?*



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



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.

For more information contact:

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Reviewed by the National Institute of Nutrition

Z-BF-32-1-95



FAT FACTS

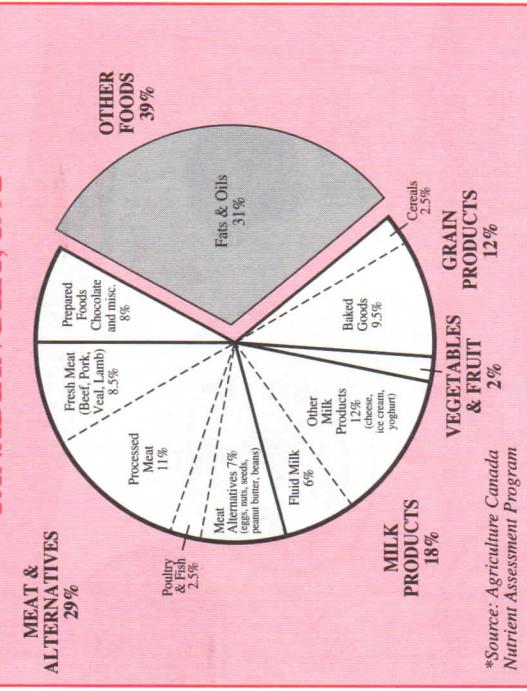
Some fat in the diet is necessary for good health. Fat not only adds taste and enjoyment to food but it's also a major source of energy and essential fatty acids (fatty acids which cannot be produced by the body). Fat is particularly important for the normal growth and development of children. However 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.

SOURCES OF FAT IN THE AVERAGE CANADIAN DIET, 1992*



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.

each = 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 tsps); for males (aged 19-49) is 90 g (22 tsps); for adults over 50 is 60 g (15 tsps).

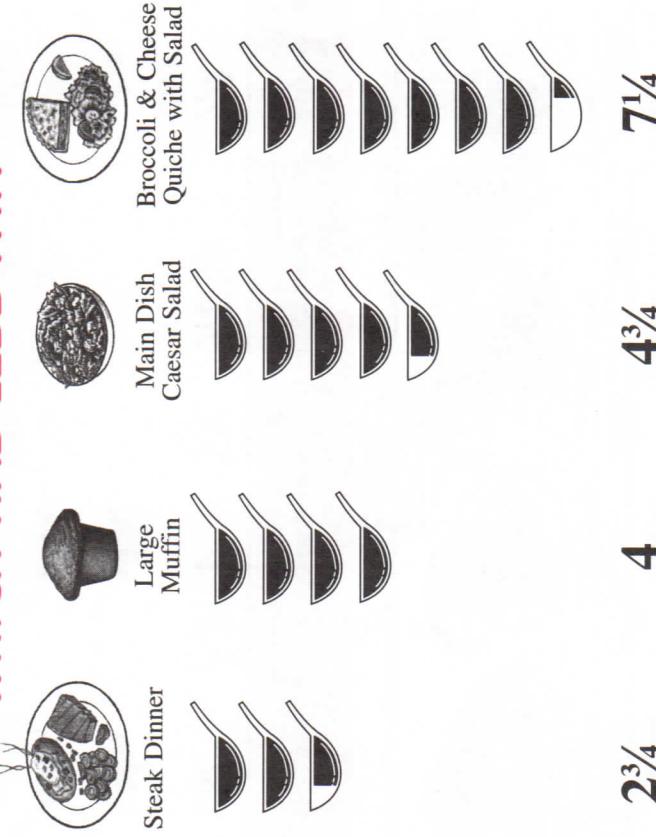
Nutrient Sources: Canadian Nutrient File, 1991, Health Canada
Bowes and Church's "Food Values of Portions Commonly Used", Sixteenth Edition, 1994.

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 and 10 mL Peanut Butter	175 g		Large Muffin 175 g	59 g	Doughnut	59 g		4
									$2\frac{1}{2}$

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.

PASTA

	Pasta with Tomato Sauce		Macaroni & Cheese		Fettuccine Alfredo		Garden Side Salad (250 mL) with 15 mL Vinegar/Lemon Juice with Herbs		4
									$2\frac{1}{4}$

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.

VEGETABLES AND FRUIT

POTATO

	Baked Potato		Mashed Potato (125 mL) with whole milk and Butter/ Margarine		French Fries		Poutine 20 French Fries with 5 mL Butter, 25 mL Sour Cream and 10 mL Bacon Bits		6
									$2\frac{3}{4}$

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.

SALADS

	Main Dish Caesar Salad (500 mL)		Garden Side Salad (250 mL) with 15 mL Calorie Reduced Dressing		Garden Side Salad (250 mL) with 15 mL Vinegar/Lemon Juice with Herbs		Main Dish Greek Salad (500 mL)		7
									$4\frac{3}{4}$

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...

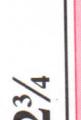
MILK PRODUCTS

FROZEN MILK PRODUCTS	
125 mL servings	
Premium Ice Cream	
Regular Ice Cream	
Frozen Yogurt	
Ice Milk	
	
1	1½
	2
	3¼

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 regular Mozzarella	
50 g partly-skimmed Mozzarella	
50 g regular Cheddar	
2 Processed Cheese Slices	
50 g Deep Fried Mozzarella Sticks	
	
2	3
	4¼
	5
	5½

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	
Rib Roast Trimmed with 50 mL Gravy	
Rib Roast Trimmed of Visible Fat	
Sirloin Steak, Untrimmed Broiled	
Sirloin Steak Trimmed of visible fat Broiled	
Inside Round Steak, Broiled	
	
1	1¾
	2¾
	3½

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	
Pork Shoulder Untrimmed	
Pork Shoulder Trimmed of Visible Fat	
Loin Pork Chops Fried in 5 mL Oil	
Loin Pork Chops Broiled	
50 g Regular Ham	
	
1	1¼
	2½
	3½

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		
Roasted Breast without Skin	100 g serving	
Roasted Breast with Skin		
Roasted Light and Dark with Skin		
Breaded and Fried Drumsticks		
200 g Chicken Pot Pie		
	1	2
	3½	4
	5¾	

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		
Tuna in Water	100 g serving	
Tuna in Oil		
Haddock Baked		
Haddock & Breaded & Fried		
Baked Salmon with 30 mL Cream Sauce		
	1/4	2
	1/4	3
	3¾	3¾

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.

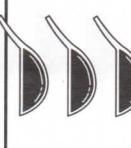
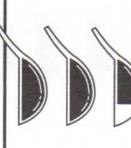
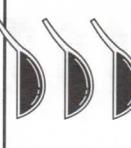
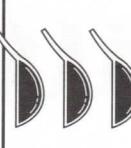
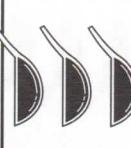
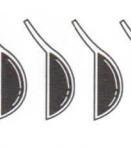
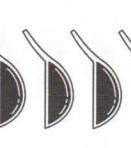
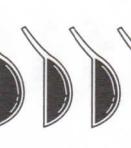
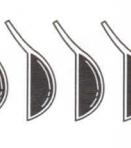
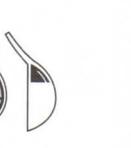
MEAT ALTERNATIVES

MEAT ALTERNATIVES		
250 mL Baked Beans Plain	100 g Tofu Plain	
2 Eggs Poached	2 Eggs Fried in 5 mL Oil	
100 g Tofu Fried in 5 mL Oil		
	1/2	2 1/2
	3 1/2	5

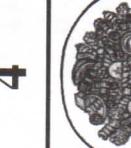
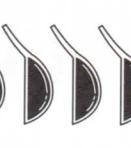
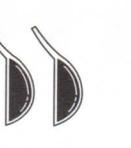
TIPS – Try to use lower fat cooking methods vs frying. If frying, use a non-stick pan or cooking spray

SNACKS		
30 g Pretzels	30 g Potato Chips	
30 g Peanuts	2 Chocolate Chip Cookies with Nuts	
500 mL Buttered Popcorn		
	1/4	2 3/4
	3	3 1/4
	3 3/4	3 3/4

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.

		
100 g Chicken Breast (Baked, no Skin), Baked Potato with 25 mL Sour Cream, 250 mL Garden Salad with 15 mL Calorie-reduced Dressing	100 g Sirloin Steak (Broiled, Trimmed), Baked Potato with 25 mL Sour Cream, 125 mL Carrots	100 g Pork Chops (Broiled, Trimmed), Baked Potato with 25 mL Rice, 125 mL Broccoli with 30 mL Cheese Sauce
		
		
3	2 3/4	2 1/4
		
325 mL Fettuccine Alfredo	325 mL Caesar Salad	325 mL Broccoli & Cheese Quiche
		
		
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).

		
100 g Tuna Salad plus 5 mL Butter/Margarine and 50 mL Tuna Salad	100 g Meat Sandwich plus 5 mL Butter/Margarine and 50 g Roast Beef and Ham	100 g Grilled Cheese Sandwich 2 slices bread plus 5 mL Butter/Margarine and 1 slice Processed Cheese
		
		
4	2 1/4	2 1/4
		
375 mL Pasta Salad with 50 mL Mayonnaise, 5 mL Parmesan Cheese, and 4 Olives	375 mL Spinach Salad with Bacon Bits and Creamy Dressing	375 mL Peanut Butter Sandwich 2 slices Bread plus 5 mL Butter/Margarine and 30 mL Peanut Butter
		
		
7	5 1/2	5

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.