

*Help Clients and Consumers
Make Wiser Choices Using
How Much Fat*

- Compare skim and whole milk. Note that 2% milk is halfway between whole and skim milk.
- Compare amount of fat in 3 oz. of 90% lean ground beef with 3 oz. of chicken and fish. Note the amount of saturated fat in each:
 beef - 3.9 grams saturated fat
 chicken - 1.7 grams saturated fat
 fish - 0.4 grams saturated fat

Also note that chicken with skin will have twice the amount of fat as chicken without skin.

- Compare 1 oz. of bologna with 3 ounce portions of extra lean beef, chicken and fish. By the time you have 3 ounces of bologna, almost 3 test tubes will be full.
- Note that 1/2 cup of ice cream has the same or more grams of fat as 1 cup of whole milk, whereas you could eat over 2 cups of ice milk to equal that much fat. Nonfat ice cream or nonfat frozen yogurt would not contain any fat.
- The majority of Americans buy 80% lean ground beef. The United States Department of Agriculture identifies 3 ounces of 80% lean as containing 15 grams of fat. Compare that to 3 ounces of 90% lean containing 10 grams of fat.



*Food Values
Of Foods Displayed in Test Tubes*

	Fat (g)	Sat. (g)	Chol. (mg)	Cal.
1 cup whole milk	8.1	5.1	33	150
1 cup skim milk	0.4	0.3	4	86
3 oz. cooked, 90% lean ground beef	10.0	3.9	72	184
3 oz. chicken, light and dark, no skin, roasted	6.3	1.7	76	163
3 oz. fish (average of cod, walleye pike and tuna)	1.5	0.4	59	100
1 oz. cheese or bologna* (average of colby, cheddar, American)	8.7	5.7	30	107

1 hot dog, 1.5 oz. 10.8 4.1 28 122
 (average of beef; pork and turkey; chicken, beef, and pork; and turkey)

Quarter Pounder 31.5 14.0 95 583
 Cheeseburger, no mayo (average of McDonald's Quarter Pounder with cheese and Burger King's Whopper) Note that Hardee's no longer makes a quarter pounder, but has increased the size of their burgers to one-third pound.

*Fat shown in test tube is 8.7 g. Bologna actually has 8.0 g fat, but because these amounts are so close, for display purposes, this test tube may describe bologna, too.

*Consider How
Much Fat
to Eat.*



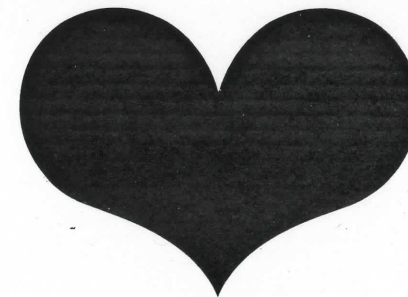
*Consider the
Type of Fat
to Eat.*

Choose Wisely!

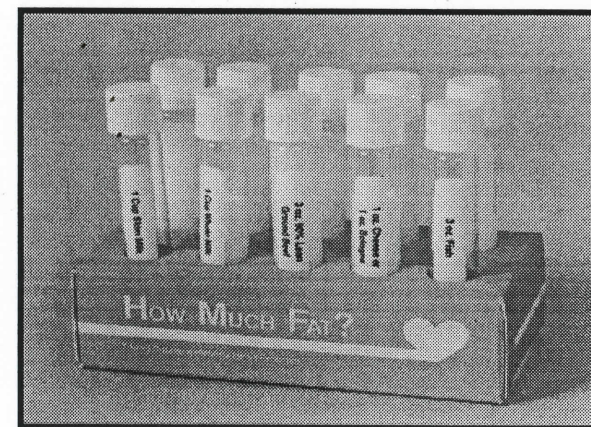
Sources:

1. Food Values, 17th edition, 1998
2. Food Labels and Restaurant Information, 2003
3. National Research Council (Designing Food Report, 1988)
4. NHANES III, CDC, 1993
5. USDA (www.nal.usda.gov/fnic/)

How Much Fat?



Heart Health Teaching Aids



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Blood Cholesterol Facts

The National Institutes of Health have issued the following recommendations for blood cholesterol:

• under 200 . . . Desirable.
Recheck within 5 years.

• 200-239 . . . Borderline.

Talk to your physician about your cholesterol level and whether you have any other heart disease risk factors. Eat a low fat diet.

• 240 and over . . . High.

Talk to your physician about your cholesterol level and further treatment. Eat a low fat diet.

Cholesterol in Food

The U.S. Dietary Guidelines state that Americans should eat no more than 100 mg of cholesterol for each 1000 calories with a maximum of 300 mg per day.

Cholesterol Content

Egg, 1 large	213 mg
Shrimp, 3 oz.	130-165
Beef, 3 oz.	60-90
Pork, 3 oz.	40-100
Chicken, 3 oz. (no skin)	65-80
Fish, 3 oz.	30-70
Whole milk, 8 oz.	33
Skim milk, 8 oz.	4
Butter, 1 Tb.	33
American Cheese, 1 oz.	27
Bologna, 1 oz.	17
Ice Cream, 1 cup	60-90
Ice Milk, 1 cup	20

The Role of Fat

Currently the average fat intake in the U.S. is approximately 34% of total calories. The U.S. Dietary Guidelines recommend that Americans limit fat calories to 30% of total daily calories, with no more than one-third of the fat from saturated sources. Eating less fat will help you reduce the number of calories you eat every day and reduce cancer and heart risk. Eating less total fat is an effective way to eat less saturated fat.

Saturated Fat

The predominant effect of saturated fat is to raise LDL-cholesterol levels. It is, therefore, important to reduce the amount of saturated fat we eat. Animal fats provide about 65-75% of the saturated fat in the American diet.

Sources of Saturated Fat

fat in beef	cheese
fat in pork	ice cream
fat in poultry	whole milk
fat in lamb	palm oil
butter	palm kernel oil
cream	coconut oil

Unsaturated Fat

The two types of unsaturated fat are mono-unsaturated and polyunsaturated. These fats are liquid at room temperature and can actually help lower blood cholesterol. Polyunsaturated fats are found primarily in safflower, corn, soybean, sesame, cottonseed, and sunflower oils as well as in fish. Olive oil, peanuts, and canola oil are rich in monounsaturated fat.

Ideas for Using How Much Fat?

1. Clinic Counseling ...

Discuss with patients the foods high in fat, especially saturated fat. Show them the test tubes. Make comparisons.

2. Classes and workshops ...

Pass the test tubes around; let participants hold them. Emphasize that cholesterol can stick in our arteries the way this fat sticks to the test tubes.

3. Waiting areas in clinics or stores ...

Lay out only a few of the tubes at a time near where people may pass by or sit. Draw attention to them with a sign. Provide information pamphlets on fat and cholesterol to take home.

4. School classrooms...

Visually impress students. Use the test tubes to dramatically show students the amount of fat in seven different foods they normally eat. The test tubes have been effectively used in grades 3-12.

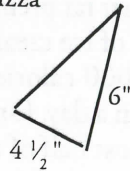
5. Health Fairs ...

Prepare a display. Obtain the seven foods represented and stand the test tubes up by each food to show participants how much fat is in each food. Provide informational pamphlets and a healthy heart snack such as GORP (good ol' raisins and peanuts ... add sunflower seeds, too.)



♥♥♥ Ideas for Using ♥♥♥
How Much Fat? PART II

1. Compare the Quarter Pound Cheeseburger (three tubes of fat from the original Fat Set) with the fraction of fat in the McDonald's McGrilled Chicken Deluxe Sandwich. The McDonald's McGrilled Chicken Sandwich is an excellent low fat fast food choice.
2. Discuss how many pieces of pizza a person might eat. Cut paper to describe the size of one piece. A medium pizza from Pizza Hut is 12 inches in diameter and is cut into 8 pieces.
3. Compare a baked potato (0.2 grams of fat with the fries (11 grams)).
4. Suggest that adults and children may both want to **eat a fruit BEFORE** going out for a fast food meal. It will add vitamins and minerals and curb the desire to overeat.
5. Compare the regular with the reduced fat chips. Discuss substituting another crunchy food such as celery or pretzels for chips to dramatically decrease the fat or choose very low fat tortilla chips (1 gram of fat per ounce) or fat free potato chips.
6. Discuss use of dips and cheese spreads. If using a dip, skip the chips totally and use vegetables.
7. Ice Cream: Point out that the premium ice creams (e.g. Haagen-Dazs) contain 11-26 grams of fat per half cup. Compare to the regular ice cream with 7.3 grams of fat. Note also that nonfat frozen yogurt contains no fat!
8. Have students and adults do a survey of at least 10 candy bars to identify the amount of fat they contain. Note that a 1.55 oz. Hershey bar contains more fat than will fit in one tube . . . 13 grams with 9 grams of saturated fat.



Food Values
of Foods Displayed in Test Tubes

	Fat	Sat.	Chol.	Cal.
	(g)	(g)	(mg)	
McDonald's French Fries 2.6 oz.-Small Size	11.0	2.0	0	220
McDonald's McGrilled Chicken Deluxe Sandwich (without mayo)	4.5	1.0	60	300
Pizza Hut, Medium Size Pepperoni Pizza 1 slice Thin Crust 1/8 Pizza	10.0	4.5	25	210
Vanilla Ice Cream 1/2 cup	7.3	4.6	30	137
Dairy Queen Soft Serve 1/2 cup	4.5	3.0	15	140
Milky Way Candy Bar 2.05 ounces	10.0	5.0	5	270
Regular Potato Chips 12-20 chips - 1 oz. (Average of Ruffles, Pringles, Lays)	10.0	3.0	0	157
Reduced Fat Potato Chips* 16 chips - 1 oz. (Average of Ruffles and Pringles)	6.5	1.5	0	140
10 Ritz Crackers - 1 oz. or 10 Town House	8.5	2.0	0	160
4 Squares Grahams or 10 Saltine Crackers	3.3	0.8	0	125

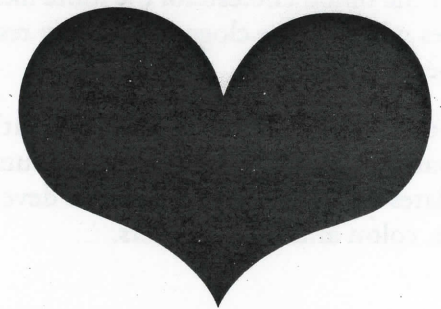
*Most tortilla chips have a similar nutritional make up. Baked potato and tortilla chips have 1-3 grams of fat.



Sources:

1. Information on Food Packages, October, 2004
2. Food Values, 18th edition, © 2004
3. Restaurant Brochures or Company Data
4. Dietary Guidelines for Americans, USDA, 2000
5. IFIC Review, May 2004
6. "Food Politics", Marion Nestle, © 2002
7. USA today, April 30, 2001 Article
8. Cancer Facts & Figures, American Cancer Society, 2003

How Much Fat?
Part II



Heart Health Teaching Aids



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A High Fat Diet and Disease

The link between *heart disease* and a diet high in saturated fat has been proven. For at least three-fourths of Americans, eating this type of diet will increase their blood cholesterol. The higher the blood cholesterol the more likely the arteries will become clogged, possibly resulting in a heart attack.

About one-third of all *cancer* deaths are associated with diet. A high fat consumption correlates with an increased risk of developing breast, colon and other cancers.



Dietary Guidelines

The USDA and a variety of organizations have issued similar recommendations concerning fat — choose a diet low in fat, saturated fat and cholesterol.

<u>Calories From</u>	<u>Goals</u>	<u>Current</u>
Fat	30%	34%
Saturated Fat	10%	12%

The top contributors of saturated fat in the American diet are hamburgers, cheeseburgers, meatloaf, whole and 2% milk, whole milk beverages and cheese. Both saturated and trans-saturated fat have been shown to raise blood cholesterol levels. Trans fat is found in some crackers, cookies, snack foods, baked goods, and in other foods where hydrogenated oils are used.



Fast! Faster! Fastest!

Americans are demanding foods faster than ever before. They want to have meals they can prepare in 10 minutes and they even complain that fast food restaurants are too slow.

Fast food restaurants have grown rapidly in the past 30 years and continue to grow. The prime example is McDonald's, who in 1960 had 250 restaurants in the U.S. Today it has over 30,000 sprinkled all over the world.

Because of the popularity of fast foods, consumers and health professionals alike have expressed concern over the nutritional quality. Fast foods tend to be high in fat, cholesterol, calories and sodium while being lower in dietary fiber, vitamin C and calcium.

Fast food chains have responded to consumer demands by offering healthier food choices and using vegetable shortening for all frying. While at the same time, many have discontinued their small sizes and are now offering supersize products.

The fact remains that consumers still need to beware when selecting fast foods.

♥♥♥ Wise Snacks ♥♥♥

Snacking is very popular. In fact, **about a quarter of a teenager's calories come from snacks** with 50% of their daily calories coming from added fat and sugar! The problem is that, along with fast foods, snacks have taken the high fat route.

Potato chips contain 10 grams of fat per ounce, but who can eat just one? Manufacturers are now marketing a two ounce snack size instead of the old one ounce package, giving us even more fat. Potato chips, America's number one snack food, account for 41% of all snack foods sold.

Despite low fat choices, the production of higher fat premium ice cream is on the rise. One cup of ice cream has about 10g of saturated fat. A 2000 calorie diet allows for 22g of saturated fat in a day. One cup of ice cream would provide almost half of the day's saturated fat! A lower fat dessert such as frozen yogurt or light ice cream with about 0-4g of saturated fat per cup would be a much wiser choice.

Habits are easiest started when young. Parents of toddlers need to initiate healthy snacking habits.

Healthy snacks can include raisin toast, apples or bananas with peanut butter, low fat crackers such as saltines and pretzels, fresh fruit, baby carrots, toast and jelly (skip the margarine), and popcorn (little to no added fat). And look for snacks with fiber!

When snacking on higher fat, sugary foods, consider...

- how often do I eat them?
- could I eat smaller portions?
- should I choose only one high fat food instead of many for a snack (e.g. saltines & cheese and fruit instead of Ritz crackers & cheese and a candy bar)?

