

## ACTIVITY: HOW MUCH FAT IS THAT?

### Choose the Right Kind of Fat

You can boost your awareness of the kind of fats you eat. How? Read food labels when you go shopping. Look to see what kind of fats were used to prepare a product. Consumer beware—a product might advertise a claim of “no animal products,” but still be loaded with palm oil, a saturated fat. Also, read the ingredient list to look out for partially hydrogenated oil, which is a trans fat. While a food label may indicate 0 grams trans fat, the product may still contain some trans fat, because if a product contains .5 grams or less, the label can read 0 grams. Scan the fats and oils you cook with in addition to the listed ingredients in some of your favorite foods. What type of fats are listed?

Monounsaturated Fats	Polyunsaturated Fats	Saturated Fats	Trans Fat
Olive oil and canola oil	Safflower, sunflower, corn and soybean oils	Fats from animal foods such as butter, lard, meats and some fish; also from coconut and palm kernel oil	Margarine (stick), fried foods including donuts, french fried
<b>Are these in your pantry?</b>	<b>Are these in your pantry?</b>	<b>Are these in your pantry?</b>	<b>Are these in your pantry?</b>

### Choose the Right Amount of Fat

Food labels list fat in grams and also report the number of calories from fat. While these numbers help you make healthier food choices, it's more helpful to know what percentage of calories come from fat.

#### Percent calories from fat

Shop for foods that contain less than 35% of their calories from fat. How will you know? Look at the Nutrition Facts Panel which lists the number of calories from fat and the total number of calories in a serving. Simply divide the number of fat calories by the total number of calories and multiply by 100, and voilà, you've got your percentage. However, note several exceptions. Healthy higher fat foods including olive oil, nuts, and nut butters will contain more fat. It is healthy to include these, but watch your portions.

Example: The label on an individual frozen pizza lists 135 calories from fat and 320 total calories. To find out what percent 135 calories is of 320 calories, simply divide 135 by 320, and you get 42%—which is too high. Try another brand! Tip: Carry a small calculator with you as you shop.

#### Fat gram counting

Buying foods which contain less than 35% of their calories from fat can help you achieve healthy eating. But remember, your average fat intake throughout the day is more important than a single food or meal. It's OK to keep 30% as average but guidelines now say 20-35% calories

What can you do to monitor your daily fat intake? Try “fat gram counting,” which starts with knowing how many grams of fat you can eat to maintain a healthy diet. Just multiply the number of calories you need daily by 0.35 (35%). Then divide this number by 9 (the number of calories in a gram of fat) to give you the number of daily fat grams you should consume.

Example: If you're on a 1,000-calorie diet, multiply 1,000 by 0.35 to get 350. Divide 350 by 9 (the number of calories in a gram of fat) to get 38.88—this means you'll need to limit your daily fat grams to 38. If you're on a 1,200-calorie diet, keep your daily fat grams under 40 good range.

Now it's your turn. Keep track of the number of fat grams for the foods you eat for one day in the chart below. You can find this information on the Nutrition Facts Panel or in your *Food Lists* module. Tally the number of fat grams in your daily diet and see how it compares to your target. Then make any adjustments, if necessary, to achieve a lower-fat diet.

	My Target Fat Grams (daily total)	Fat Grams Actually Consumed (daily total)
Breakfast		
Lunch		
Dinner		
Snacks		
Totals		