

Dietary Guidelines recommend...

Know your Fats

Nutrition Facts	
Serving Size 1 cup (253g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300g
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4

Although our bodies need fat to protect organs and transport some vitamins, too much fat in the diet can increase the risk for obesity, some forms of cancer, and heart disease. Nearly two-thirds of Americans are considered overweight or obese, and studies have linked obesity with 14 percent of cancer deaths in men and 20 percent in women. In addition, obesity is a risk factor for heart disease, which is the leading cause of death in the US. In just the state of Iowa, heart disease kills 22 people everyday. To decrease the risk of obesity and its associated diseases, it is important to eat a diet that is low in fat and cholesterol.

Different types of fats

Total fat—Americans consume about 65 to 120 grams of fat a day. Because fat is a concentrated source of calories, health professionals recommend consuming no more than 30 percent of total calories from fat.

Looking at the % Daily Value (DV) will help you determine the amount of fat you should be consuming. The % DV is based on a 2000 calorie diet, which would be approximately 65 grams of fat per day. Your calorie needs may be higher or lower than 2000 calories, thus your fat intake may be higher or lower.

An easy way to control total fat intake is by looking at the Nutrition Facts Panel. For every 100 calories of food, a low-fat food would contain no more than three grams of total fat. If a serving size of food contains 300 calories, it would contain nine grams of total fat or less.

The amount of total fat in a serving of food is required on the Nutrition Facts Panel and is always listed under calories in grams (g) and % DV.

Saturated fat—Saturated fat is also required on the Nutrition Facts Panel and also appears in gram (g) and % DV. Choosing foods low in saturated fat can reduce total and LDL (bad) cholesterol levels. Most saturated fat comes from animal sources but plant sources such as coconut and palm oils also contain saturated fat.

An easy way to control the amount of saturated fat consumed is to check out the % DV on the Nutrition Facts Panel. If the serving of food contains 5% DV or less, it is considered to be low in saturated fat, while 20% DV or more is considered high in saturated fat.

Trans fat—*Trans* fats are formed through a process called hydrogenation—turning liquid fats into solid fats at room temperature. Hydrogenation helps increase the shelf life of a product, but as with saturated fat, too many *trans* fats in the diet could increase total and LDL cholesterol levels.

It is best to limit *trans* fat intake to one to two percent of your total calories, or two to five grams per day. *Trans* fats are found in vegetable shortenings, some margarines, crackers, candy, cookies, snack foods, fried foods, baked goods, and other processed foods containing partially hydrogenated oil. In addition, looking at the food label will help you limit *trans* fats because by January 1, 2006, listing of *trans* fats will be required on all food labels.

Polyunsaturated fat—Although listing polyunsaturated fats is not required on the Nutrition Facts Panel, some products do list them. Polyunsaturated fats are considered heart healthy because they help lower cholesterol. Cooking oils such as soybean, corn, safflower, and sunflower oils are all polyunsaturated fats and are recommended over saturated and *trans* fats.

Monounsaturated fat—Amounts of monounsaturated fats are not required to be shown on the Nutrition Facts Panel. These fats also are heart healthy because they lower cholesterol, particularly LDL (bad) cholesterol. Olive, canola, peanut, almond, and walnut oils are all types of monounsaturated fats and are recommended over the other fats.

Fat and cholesterol are not the same

Although they are often mentioned together, cholesterol and fat are not the same and have different functions in the body. Cholesterol makes up parts of the cell membrane structure in all types of cells. Fat helps insulate the body's organs and also transports fat soluble vitamins. Both are necessary but can be damaging to your heart if consumed in high amounts.

An easy way to watch your cholesterol intake is to remember that only animal products—such as milk, cheese, meat, fish, poultry, and eggs—contain cholesterol. Cholesterol also is on the Nutrition Facts Panel and is listed in milligram (mg) amounts and % DV. It is best to consume no more than 300 mg of cholesterol per day.

Product claims can be made about fat content

The packages of some food products include nutrient content claims. The United States government carefully regulates these claims to make sure they meet specific criteria.

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... and justice for all

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Nutrient content claim

Definition

Fat Free

Contains no fat or a trivial amount of fat; less than 0.5 grams of total fat per serving

Low Fat

Less than 3 grams of fat per serving

Low Saturated Fat

Less than 1 gram of saturated fat per serving

Reduced Fat

Product was nutritionally altered to contain at least 25 percent less fat than the original product

Less Fat

Product, whether altered or not, contains 25 percent less fat than a reference product. For example, pretzels contain 25 percent less fat than potato chips.

Lean

Listed on meat, poultry, and seafood products when the product contains less than 10g total fat, less than 4g saturated fat, and less than 95mg cholesterol per serving and per 100g.

Extra Lean

Listed on meat, poultry, and seafood products when the product contains less than 5g total fat, less than 2g saturated fat, and less than 95mg cholesterol per serving and per 100g.

**Blue Bunny® Original Ice Cream
Homemade Vanilla**

Nutrition Facts

Serving Size 1/2 cup (69g)
Servings Per Container 16

Amount Per Serving		
Calories 140	Calories from Fat 70	
% Daily Values **		
Total Fat 7g	11%	
Saturated Fat 5g	24%	
Cholesterol 40mg	13%	
Sodium 55mg	2%	
Potassium 170mg	5%	
Total Carbohydrate 16g	5%	
Dietary Fiber 0g	0%	
Sugars 16g		
Protein 3g	7%	
Vitamin A 8%	Vitamin C *	Calcium 10%
Iron *	Thiamin 2%	Riboflavin 10%
Vitamin B12 8%	Phosphorus 10%	

**Blue Bunny® Hi Lite® Ice Cream
Homemade Vanilla**

Nutrition Facts

Serving Size 1/2 cup (67g)
Servings Per Container 16

Amount Per Serving		
Calories 130	Calories from Fat 30	
% Daily Values **		
Total Fat 3.5g	5%	
Saturated Fat 2.5g	12%	
Cholesterol 25mg	8%	
Sodium 55mg	2%	
Potassium 160mg	5%	
Total Carbohydrate 21g	7%	
Dietary Fiber 0g	0%	
Sugars 18g		
Protein 3g	7%	
Vitamin A 4%	Vitamin C *	Calcium 10%
Iron *	Thiamin 2%	Riboflavin 10%
Vitamin B12 6%	Phosphorus 10%	

Quiz time!

Check what you have learned about fat by looking at the sample labels and answering the questions.

1. Which ice cream product is lowest in total fat?
2. Which ice cream product is lower in saturated fat?
3. How many grams of total fat are in a serving of the lite ice cream?
Would it be considered a low-fat product?

3. 3.5 grams; no, it would not be considered a low-fat product because it has more than 3 grams of total fat per serving

2. Hi-Lite ice cream
1. Hi-Lite ice cream

Answers: