

Cut That Fat Out!

We all need some fat in our eating plan. In fact, 20-35% of our daily calories SHOULD come from fat (mostly unsaturated). BUT, keep in mind that fat is very calorie dense. So, consuming too many fatty foods every day often results in excessive calorie intake and weight gain.

To reduce your fat (and calorie) intake, try one of the following for some of the foods you eat:

- Use a reduced-fat or fat-free version of the product.
- Find a tasty, fat-free substitute for the product.
- Use less of the whole-fat product.
- Eat the high fat food less often.

And always remember, “fat free” does NOT mean calorie free. If you eat too many calories (regardless of the source), you will gain weight.

Limit these:	Calories	Fat (g)	Instead try these:	Calories	Fat (g)
Added Fats					
Stick butter/margarine-1 T.	100	11	light tub margarine-1 T. honey-1 T. jam/jelly-1 T.	50 60 50	5 0 0
cream cheese-2 T.	100	10	light cream cheese-2 T. fat-free cream cheese-2 T. fat-free yogurt cheese-2 T. jam/jelly-2 T.	60 30 20 100	5 0 0 0
vegetable oil-1 T.	120	14	non-stick cooking spray	0	0
mayonnaise-1 T.	100	11	light mayonnaise-1 T. fat-free mayonnaise-1 T. mustard-1 T. ketchup-1 T.	50 10 12 17	5 0 0 0
salad dressing (Ranch, Italian)-2 T.	140	14	fat-free salad dressing-2 T. seasoned vinegar-2 T.	20-30 40	0 0
avocado-1/4 of 1 medium	80	7	cucumber slices-1/2 c.	7	0
sour cream-2 T.	60	6	light sour cream-2 T. fat-free sour cream-2 T. fat-free cottage cheese-2 T. plain fat-free yogurt-2 T. salsa-2 T.	40 30 20 14 5	2.5 0 0 0 0
alfredo/cream sauce-1/4 c.	150	13	marinara sauce-1/4 c.	45	2
pesto sauce-1/4 c.	290	24	tomato sauce-1/4 c.	20	0
coffee cream (1/2&1/2)-1 T.	20	1.5	fat-free milk-1 T.	5	0
non-dairy creamer-1 T.	20	1.5	fat-free non-dairy cream-1 T.	10	0

Limit these:	Calories	Fat (g)	Instead try these:	Calories	Fat (g)
Meats, Poultry, Fish, Eggs, Nuts					
cold cuts (bologna, salami, pastrami)-2 oz.	190	16	95-97% fat-free lunch meat, turkey lunch meats-2 oz.	70	2
beef frank-2 oz.	180	16	fat free hot dog-2 oz.	50	0
turkey/chicken frank-2 oz.	130	11	veggie wiener-2 oz.	80	0-1
bacon-1 oz.	163	14	canadian bacon-1 oz.	52	2
pork sausage-1 oz.	110	9	lean ham-1 oz.	45	2
regular ground beef, 27% fat	330	22	extra-lean ground beef, 5% fat	240	9
ground turkey-4 oz.	220	11	ground turkey breast-4 oz.	160	2
chicken/turkey, dark meat-4 oz. (with skin)	250	13	chicken/turkey, light meat-4 oz. (skinless)	180	4
oil packed tuna-2 oz.	170	13	water packed tuna-2 oz.	60	1
pork spareribs, beef prime rib, lamb rib roast-4 oz. (untrimmed, Choice)	420	33	pork tenderloin, beef round or sirloin, lamb loin chop-4 oz. (trimmed, Select)	200	7
beef chuck, brisket, T-bone, Porterhouse-4 oz. (untrimmed, Choice)	360	26	beef eye of round, top/bottom round, or top sirloin-4 oz. (trimmed, Select)	200	7
frz. breaded fish fillets-4 oz.	360	30	fresh cod, haddock, flounder,	120	1
frz. fish sticks-4 oz.	295	22	orange roughy, shrimp-4 oz.		
whole eggs-1 large	80	6	egg whites-2 large	32	0
			egg substitute-1/4 c.	25	0
peanut butter-2 T.	200	16	beans (kidney, black)-1/2 c.	108	0
Milk					
whole fat milk-8 oz.	150	8	1% low-fat milk-8 oz.	100	3
			buttermilk-8 oz.	100	2
			fat-free milk-8 oz.	85	0
cheese (cheddar, swiss, jack, provolone)-1 oz. hard	100-110	8-9	part skim mozzarella-1 oz.	72	5
			fat-free cheese-1 oz.	30	0
			parmesan-1 T. grated	23	1.5
ice cream-1/2 c. Haagen-Dazs	270	17	fat-free ice cream or frozen yogurt-1/2 c.	100	0
			sherbet-1/2 c.	135	2
			fruit sorbet-1/2 c.	110	0

Limit these:	Calories	Fat (g)	Instead try these:	Calories	Fat (g)
Cereals, Grains, Baked Goods					
Quaker 100% Natural-1 c.	544	22	shredded wheat-1 c.	200	1
granola-1/4 c.	130	5	grape nuts-1/4 c.	100	0
ramen noodles-1 package	380	32	spaghetti-1 c. cooked	160	1
chow mein noodles-1 c.	220	11	brown rice-1 c. cooked	200	2
bread stuffing-1 c. cooked	416	26			
croissant-2 oz.	230	9	french or kaiser roll-2 oz.	160	1
biscuits-2 small	207	10	wheat or white bread-2 slices	140	2
frz. Eggo waffles-2	260	10	wheat or white toast-2 slices	140	2
large muffin-4 oz.	480	24	large bagel-4 oz	310	1.5
glazed old fashioned donut-1	230	12	english muffin-1	120	1
pop tart-1	200	5	fat-free fruit tart-1	150	0
devil's food cake-1/12 cake	270	14	angel food cake-1/12 cake	126	0
Snacks and Sweets					
dry roasted peanuts-1/4 c.	160	14	baby carrots-1 c. raw	50	0
microwave popcorn-6 c.	380	23	air popped popcorn-6 c.	100	0
doritos-1 oz. (11 chips)	140	7	pretzels-1 oz. (18 sm.)	100	0
wheat thins-16 crackers	140	6	rice cakes-2	70-100	0-1
triscuits-7 crackers	140	5	fat-free saltines-7 crackers	70	0
chocolate bar-1 (1.5 oz.)	230	13	peppermint patty-1 (1.5 oz.)	170	3
M&Ms candy-1 bag (1.69 oz.)	240	10	jelly beans/hard candy-1 oz.	105	0
chips ahoy/oreo cookies-3	160	8	ginger snaps/graham crackers-4	120	3
Haagen-Dazs ice cream bar-1	330	23	Dole fruit juice bar-1	70	
			Jell-O pudding pop-1	70	0
					2
Hostess cherry pie-1	430	19	NutriGrain bar-1	140	
Hostess choc. donettes-3	200	12	fat-free fig newtons-3	135	3
					0
Fried Foods					
french fries-1 med. order (Burger King)	370	20	baked potato-1 med.	220	0
fried chicken breast, extra crispy-1 order (KFC)	218	9	roasted skinless chicken breast-1/2 breast	142	3
fried fish fillet deluxe-1 (McDonalds)	510	50	grilled chicken deluxe-1 (McDonalds)	330	6