



Guide to Overall Good Nutrition

Shopping - What to Look For

Foods lower in calories and fat

Use this guide to help you shop for foods that are nutritious and lower in calories and fat. Learning how to read a Nutrition Facts food label will help you save time in the store and fill your kitchen with healthy foods.

It is important to read labels as you shop. Pay attention to serving size and serving per container. Keep in mind that all labels list total calories and fat per serving size of the product. Compare the total calories in the food you choose with others similar to it. Choose the product that is lowest in calories and fat.

Serving size
Number of servings

- Calories
 - Total fat in grams
 - Saturated fat in grams
 - Cholesterol in milligrams
 - Sodium in milligrams
- Here the label gives the amount for the different nutrients in one serving. Use it to keep track of how many calories, fat, saturated fat, cholesterol, and sodium you are getting from different foods.

The % Daily Value shows how much of the recommended amounts the food provides in one serving if you eat 2000 calories per day.

Here you can see the recommended daily amount for each nutrient for two calorie levels. Your daily amounts may be higher or lower depending on how many calories you eat daily.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Fat Matters, but Calories Count

A calorie is a calorie whether it comes from fat or carbohydrate. Anything eaten in excess can lead to weight gain. You can lose weight by eating fewer calories and by increasing your physical activity. Reducing the amount of fat and saturated fat is one way to decrease your overall calorie intake. However, eating fat free or reduced fat foods isn't always the answer to weight loss. This is especially true when you eat more of the reduced fat food than you would of the regular item. For ex-ample, if you eat twice as many fat free cookies, you have actually increased your overall calorie intake.

The following lists of foods and their reduced fat varieties will show you that just because a product is fat free, doesn't mean it is "calorie free".

Fat free or Reduced fat		Regular	
	Calories		Calories
Reduced fat peanut butter, 2T	187	Regular peanut butter, 2T	191
Reduced fat chocolate chip cookies, 3 cookies	118	Regular chocolate chip cookies, 3 cookies	142
Light vanilla ice cream, ½ cup	111	Regular vanilla ice cream, ½ cup	133
Low fat granola cereal, ½ cup	213	Regular granola cereal, ½ cup	257
Low fat blueberry muffin, 1 small	131	Regular blueberry muffin, 1 small	138
Baked tortilla chips, 12-15 chips	113	Regular tortilla chips, 12-15 chips	143
Low fat cereal bar, 1 bar	130	Regular cereal bar, 1 bar	140



Low Calorie, Lower Fat Alternatives

These low calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

This guide is not meant to cover all foods allowed in your diet. Label reading and comparing products is encouraged to find out exactly how many calories are in the foods you buy.

Instead of.....		Replace with.....
<ul style="list-style-type: none"> ~ Evaporated whole milk ~ Whole milk ~ Ice cream ~ Whipping cream ~ Sour cream ~ Cream cheese ~ Cheese (cheddar, swiss, etc) ~ American cheese ~ Regular cottage cheese ~ Whole milk mozzarella cheese ~ Half and Half/Non dairy creamer 	<p>Dairy Products</p>	<ul style="list-style-type: none"> ~ Evaporated fat free or reduced fat milk ~ Low fat , reduced fat, or fat free milk ~ Sorbet, sherbet, low fat, fat free frozen yogurt, or ice milk ~ Imitation whipped cream or low fat vanilla yogurt ~ Plain low fat yogurt ~ Neufchatel or "light"/"fat free" cream cheese ~ Reduced calorie or fat free cheese ~ Reduced/Fat free American cheese ~ Low fat or reduced fat cottage cheese ~ Part skim milk, low moisture mozzarella cheese ~ Low fat or reduced fat milk or non fat dry milk powder
<ul style="list-style-type: none"> ~ Ramen noodles ~ Pasta with white sauce (alfredo) ~ Pasta with cheese sauce ~ Granola 	<p>Cereals, Grains\$and Pastas</p>	<ul style="list-style-type: none"> ~ Rice or noodles (spaghetti, macaroni) ~ Pasta with red sauce (marinara) ~ Pasta with vegetables (primavera) ~ Bran flakes, crispy rice ~ Cooked grits or oatmeal ~ Reduced fat granola
<ul style="list-style-type: none"> ~ Cold cuts/lunch meat ~ Hot dogs, regular ~ Bacon or sausage ~ Regular ground beef ~ Chicken or turkey w/ skin, duck ~ Oil packed tuna ~ Beef (chuck, rib, brisket) ~ Pork (ribs, untrimmed loin) ~ Whole eggs ~ Frozen TV dinners 	<p>Meat, Fish\$ and Poultry</p>	<ul style="list-style-type: none"> ~ Low fat cold cuts (95%-97% fat free) ~ Lower fat hot dogs ~ Canadian bacon or lean ham ~ Extra lean ground beef or ground turkey ~ Chicken or turkey without skin (white meat) ~ Water packed tuna ~ Beef (round, loin) trimmed of fat ~ Pork tenderloin or trimmed, lean smoked ham ~ Egg whites or egg substitutes ~ Low fat Frozen dinners (<13 grams fat)



Instead of.....		Replace with.....
<ul style="list-style-type: none"> ~ Croissants ~ Doughnuts, sweet rolls, muffins ~ Party crackers ~ Cake (pound, chocolate, yellow) ~ Cookies 	Baked Goods	<ul style="list-style-type: none"> ~ Hard French rolls or soft "brown and serve" rolls ~ English muffins, bagels, reduced fat muffins ~ Low fat crackers, Saltine type crackers ~ Angel food or white cake, gingerbread ~ Reduced fat cookies, graham cracker ginger snaps, fig bars
<ul style="list-style-type: none"> ~ Nuts ~ Ice cream ~ Custards/Puddings 	Snacks, Sweets	<ul style="list-style-type: none"> ~ Popcorn (light or air popped), fruits, vegetables ~ Frozen yogurt, frozen fruit, chocolate pudding bars ~ Puddings made w/ skim milk
<ul style="list-style-type: none"> ~ Regular margarine/butter ~ Regular mayonnaise ~ Regular salad dressing ~ Butter or margarine on toast/bread ~ Oils, shortening, lard 	Fats, Oils, and Salad Dressings	<ul style="list-style-type: none"> ~ Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle ~ Light or diet mayonnaise or mustard ~ Reduced calorie or fat free dressing, lemon juice, or plain, herb flavored, or wine vinegar ~ Light jelly, jam, or honey on bread/toast ~ Nonstick cooking spray for stir frying or to sauté ~ In baking, use applesauce or prune puree
<ul style="list-style-type: none"> ~ Canned cream soups ~ Canned beans and franks ~ Gravy (homemade with fat or milk) ~ Fudge sauce ~ Avocado on sandwiches ~ Guacamole dip or refried beans with lard 	Misc.	<ul style="list-style-type: none"> ~ Canned broth based soups ~ Canned baked beans in tomato sauce ~ Gravy mixes with water or homemade with the fat skimmed off and fat free milk ~ Chocolate syrup ~ Cucumber slices or lettuce leaves ~ Salsa





Food Preparation - What to Do

Cooking low calorie, low fat dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how certain ingredients can add unwanted calories and fat to low fat dishes, making them no longer lower in calories and fat. Here are some tips on how to serve low fat meals.

Low Fat Cooking Methods

- ~ Bake
- ~ Broil
- ~ Microwave
- ~ Roast - for vegetables or chicken without skin
- ~ Steam
- ~ Lightly stir fry or sauté in cooking spray with small amounts of olive oil or reduced sodium broth
- ~ Grill seafood, chicken, or vegetables

How to Save Calories and Fat

Look at the following examples for how to save calories and fat. You may be surprised at how easy it is.

- ~ Two tablespoons of butter on a baked potato can add an extra 200 calories and 22 grams of fat. However, adding $\frac{1}{4}$ cup salsa adds only 18 calories and no fat
- ~ Two tablespoons of regular clear Italian dressing adds an extra 136 calories and 14 grams of fat. Reduced fat Italian dressing adds only 30 calories and 2 grams of fat when used on salads or grilled chicken.

Low Fat Flavorings (in cooking or at the table)

- ~ Herbs - oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- ~ Spices-cinnamon, nutmeg, pepper, or paprika
- ~ Reduced fat or fat free salad dressing
- ~ Mustard
- ~ Catsup
- ~ Fat free mayonnaise
- ~ Fat free or reduced fat sour cream
- ~ Reduced sodium soy sauce
- ~ Salsa
- ~ Fat free or reduced fat yogurt
- ~ Lemon or lime juice
- ~ Vinegar
- ~ Horseradish
- ~ Fresh ginger
- ~ Sprinkled buttered flavoring (not made with real butter)
- ~ Red pepper flakes
- ~ Sprinkle of parmesan (stronger flavor than most cheese)
- ~ Sodium free salt substitute
- ~ Jelly or fruit preserves on toast or bagels (light or sugar free is best)



Examples of Healthy Choices for Specific Meals

- Breakfast:
- ~ Fresh fruit or small glass of citrus juice
 - ~ Whole grain bread, bagel, or English muffin with jelly or honey
 - ~ Whole grain cereal with low fat or fat free milk
 - ~ Oatmeal with nonfat milk topped with fruit
 - ~ Omelet made with egg whites or egg substitute



- Beverages:
- ~ Water with lemon
 - ~ Flavored sparkling water (no calorie)
 - ~ Iced tea
 - ~ Tomato juice (reduced sodium)

- Appetizers:
- ~ Steamed seafood
 - ~ Shrimp cocktail - easy on the cocktail sauce
 - ~ Fresh fruit
 - ~ Bean soups
 - ~ Salad with reduced fat dressing

- Entrée:
- ~ Poultry, fish, shellfish, lean beef, pork, and vegetable dishes
 - ~ Pasta with red sauce or vegetables (primavera)
 - ~ Look for baked, broiled, steamed, poached items

- Salads/Salad Bars:
- ~ Fresh greens, lettuce, and spinach
 - ~ Fresh vegetables - tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli
 - ~ Beans, chickpeas, and kidney beans
 - ~ Skip bacon, cheese and croutons
 - ~ Choose low calorie salad dressings

- Side Dishes:
- ~ Vegetables and starches (rice, potato, noodles) without butter/margarine or sauce

- Dessert/Coffee:
- ~ Fresh fruit
 - ~ Nonfat frozen yogurt
 - ~ Sherbet or fruit sorbet
 - ~ Try sharing a dessert
 - ~ Ask for low fat milk for your coffee instead of cream
 - ~ Avoid flavored cappuccino drinks

