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## PB1620-A Primer on Dietary Fats

The University of Tennessee Agricultural Extension Service

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# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories 260** Calories from Fat

# A Primer on Dietary Fats

**% Daily Value\***

20%

25%

To

**Sodium**

**Total Carbohydrate**

Dietary Fiber 0g

Sugars 5g

**Protein 5g**

Vitamin A 4%

Calcium 15%

Vitamin C 2%

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	Less than 300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4







# New Nutrition Facts Label

New heading signals a new label

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 260</b> Calories from Fat 120	
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 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    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<b>Calories per gram:</b>	
Fat 9 • Carbohydrate 4 • Protein 4	

New mandatory component helps consumers meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into the overall daily diet

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

Source: The Food and Drug Administration

you look at your total diet, some days you may eat more than 30 percent of calories from fat, whereas other days you may eat less. Balancing your fat intake over several days should be your goal.

The Nutrition Facts food label will help you keep track of the amount of fat you eat. Fast-food and other restaurants can provide you with information about the fat content of the food they serve.

## Tips for Reducing Fat in Your Diet

- Eat moderate portions. The recommended serving size of cooked meat is three ounces – a piece the size of a deck of playing cards.

- Choose non-fat or low-fat milk and other dairy products.

- Check the Nutrition Facts Label to see how much fat and saturated fat are in a serving; choose foods lower in fat and saturated fat.



- Use low-fat food preparation methods.

- Use liquid vegetable oils rather than solid fats and shortening. (The liquid oil has the same number of calories as the same amount of a solid fat or shortening, but is lower in saturated fat and trans fatty acids.)

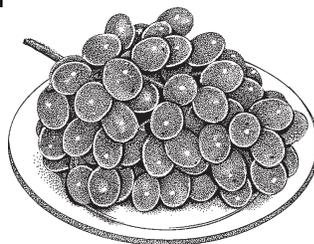
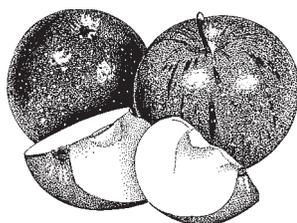
- Choose lower fat foods from each of the food groups.

- Balance your fat intake — when you choose a high-fat food balance it by choosing other low-fat foods.

- Choose fewer fried, deep-fat-fried or breaded foods.

- Choose fewer fatty meats such as sausage, luncheon meat or heavily marbled steaks.

- Treat yourself to healthier snacks and desserts, such as fruit.



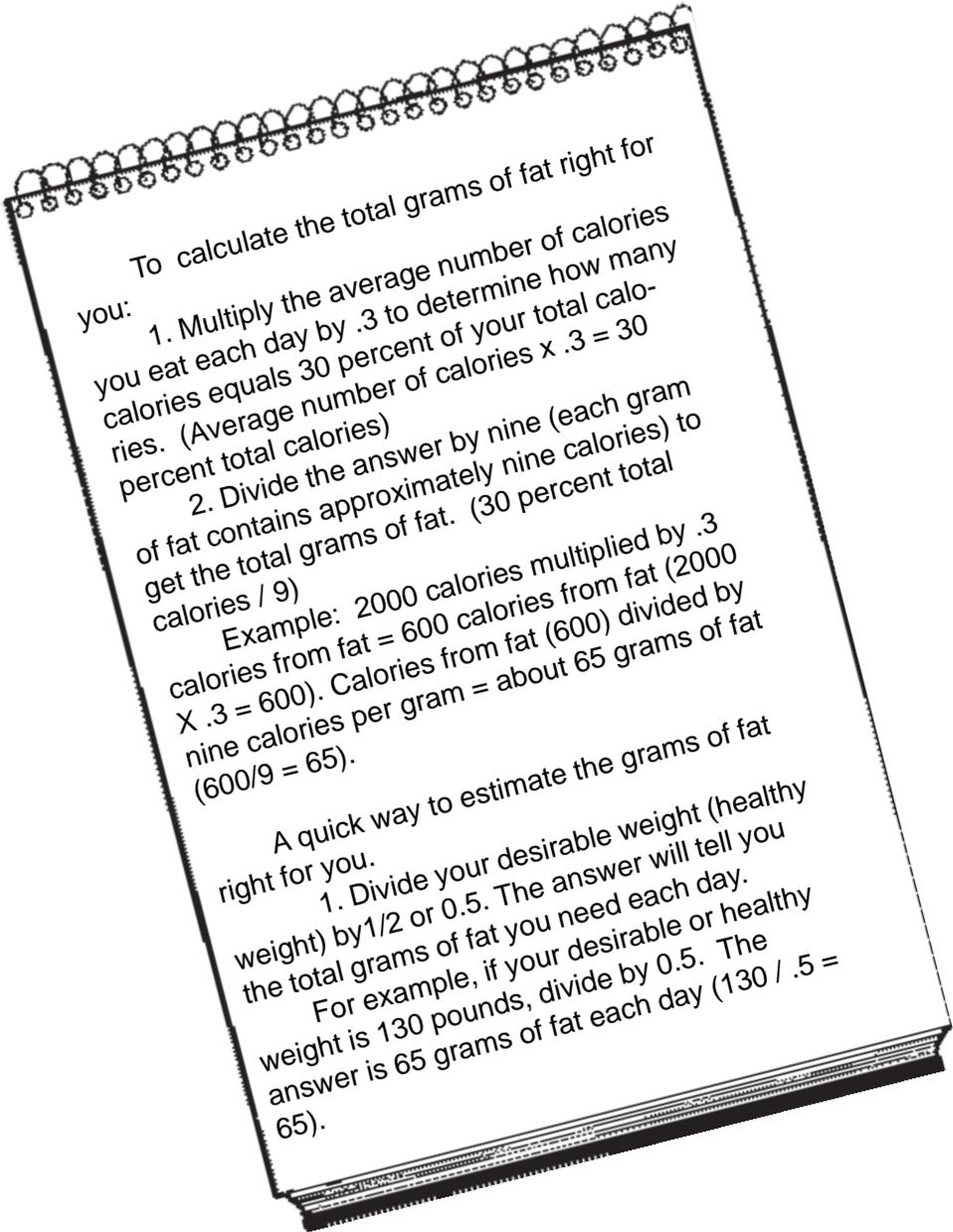
- Allow poultry and meat broth to cool, then skim off fat before making dressing, gravy or dumplings.

- Moderation in fat consumption is only one aspect of good nutrition. Variety, moderation and balance of all foods is the most prudent approach. A well-balanced diet, combined with getting regular exercise, maintaining a healthy weight, avoiding smoking and controlling chronic diseases such as hypertension and diabetes, is the best approach to a healthful lifestyle.



### Other Tips

- A medium piece of fruit is one serving.
- A cup of pasta is two servings.
- A serving of vegetables is one-half cup.



To calculate the total grams of fat right for you:

1. Multiply the average number of calories you eat each day by .3 to determine how many calories equals 30 percent of your total calories. (Average number of calories x .3 = 30 percent total calories)
2. Divide the answer by nine (each gram of fat contains approximately nine calories) to get the total grams of fat. (30 percent total calories / 9)

Example: 2000 calories multiplied by .3 calories from fat = 600 calories from fat (2000 X .3 = 600). Calories from fat (600) divided by nine calories per gram = about 65 grams of fat (600/9 = 65).

A quick way to estimate the grams of fat right for you.

1. Divide your desirable weight (healthy weight) by 1/2 or 0.5. The answer will tell you the total grams of fat you need each day.

For example, if your desirable or healthy weight is 130 pounds, divide by 0.5. The answer is 65 grams of fat each day (130 / .5 = 65).

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