

Using Less

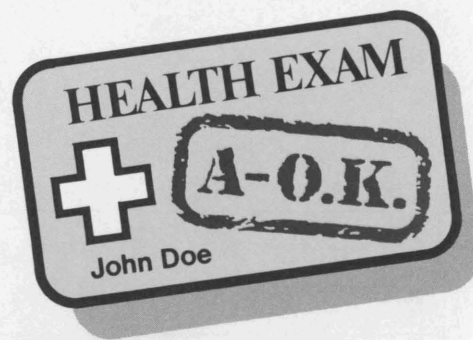


Many of us eat too much sugar, fat, and sodium.

For better health, begin to make a few small changes in what you eat.

Less sugar, fat, and sodium is better for:

- Your weight
- Your teeth
- Your heart
- Your blood pressure



Many foods we eat have a lot of sugar, fat, and sodium.

Foods that have a lot of sugar or sodium may not taste sweet or salty. Read ingredient labels to find them in foods.

- **Sugar** added to food has many names:
 - dextrose
 - fructose
 - glucose
 - honey
 - maltose
 - molasses
 - sucrose
 - syrops
- Most of the **sodium** we eat is added to food as salt or other ingredients.
- You can tell if an ingredient has sodium in it. “Soda,” “salt,” or “sodium” will be in the ingredient name.

For example:

INGREDIENTS: Potatoes, vegetable oil, whey, salt, dried milk solids, sour cream, onion salt, monosodium glutamate, dried parsley, lactic acid, sodium citrate, artificial flavors.

The **fat** in foods gives you a lot of calories and very few nutrients. Many foods have more fat in them than you think.

- Choose more foods that are low in fat:

High Fat Meal

Fried Chicken	1 drumstick has 2 teaspoons
French Fries	10 strips have 2 teaspoons
Whole Milk	1 cup has 2 teaspoons
Apple Pie	1 slice has 3 teaspoons
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Total fat = 9 teaspoons	

Lower Fat Meal

Baked Chicken	1 drumstick has 1 teaspoon
Baked Potato	1 medium has no fat
2% Lowfat Milk	1 cup has 1 teaspoon
Baked Apple	1 large has no fat
Margarine	1 teaspoon has 1 teaspoon
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Total fat = 3 teaspoons	

Think about the food.

There are easy ways to lower sugar, fat, and salt.

Sugar, fat, and salt are in many foods we eat:	Small changes you can make to eat less sugar, fat, and salt:
<h3 style="text-align: center;">Vegetables and Fruits</h3>	
<ul style="list-style-type: none">● Canned vegetables and frozen vegetables with sauces have added salt.● Some frozen fruits, and fruits canned in syrup, have added sugar.	<ul style="list-style-type: none">● Eat more fresh vegetables. Buy more plain frozen vegetables and add your own flavors and sauces at home.● Simmer, bake, or stir-fry vegetables using little or no salt or fat.● Eat more fresh fruits and fruits canned in natural juice or light syrup.
<h3 style="text-align: center;">Bread, Cereal, Rice, and Pasta</h3>	
<ul style="list-style-type: none">● Bakery items such as cookies, cakes, pies, and pastries have a lot of fat and sugar.● Sweetened breakfast cereals come with a lot of added sugar.● Instant cereals, rice, and pasta that come with flavor packets are usually high in salt.	<ul style="list-style-type: none">● Buy fewer bakery items. Try new recipes at home that use less fat and sugar.● Buy cereals without sugar. Make cereals sweet with fresh or canned fruit.● Shop for foods without sauces and add your own flavorings at home.● Use little or no salt in water to cook noodles, spaghetti, rice, and hot cereal.

Foods you usually eat. sugar, fat, and salt in your meals.

Sugar, fat, and salt are in many foods we eat:	Small changes you can make to eat less sugar, fat, and salt:
<h3 data-bbox="555 440 1013 483">Milk and Milk Products</h3> <ul data-bbox="135 524 1429 841" style="list-style-type: none"><li data-bbox="135 524 702 597">● Whole milk, ice cream, and many cheeses have fat.<li data-bbox="135 662 702 735">● Butter, cream, sour cream, and cream cheese are very high in fat.<li data-bbox="833 524 1429 638">● Drink more low-fat or skim milk, and cook with them. Try cheeses made from skim milk, too.<li data-bbox="833 662 1349 735">● Buy soft margarine made from vegetable oils.<li data-bbox="833 760 1429 833">● Use other dairy products high in fat less often.	
<h3 data-bbox="551 878 1013 922">Fish, Poultry, and Meat</h3> <ul data-bbox="135 963 1429 1474" style="list-style-type: none"><li data-bbox="135 963 666 1068">● Frozen fish, poultry, and meats coated with bread crumbs have added salt and fat.<li data-bbox="135 1263 733 1369">● Processed meats such as hot dogs, sausages, and lunch meats are usually high in fat and salt.<li data-bbox="135 1401 725 1474">● Hot soups and stews can hide a lot of fat.<li data-bbox="833 963 1429 1068">● Buy fresh lean meats. Trim fat from the edges before you cook or eat them.<li data-bbox="833 1101 1382 1174">● Remove skin from poultry before eating. The skin has a lot of fat.<li data-bbox="833 1198 1429 1271">● Roast, bake, or broil meat on a rack so the fat drips off.<li data-bbox="833 1304 1406 1377">● Read package labels to choose products lowest in fat and sodium.<li data-bbox="833 1401 1406 1474">● Chill meat or poultry broth. Spoon off the fat after it becomes solid.	

At the stove and at the table: Add less sugar, fat, and salt to foods. Get into the habit of using half as much.

Dietary Guidelines for Americans

Eat a variety of foods.

Maintain desirable weight.

**Avoid too much fat, saturated fat,
and cholesterol.**

**Eat foods with adequate starch
and fiber.**

Avoid too much sugar.

Avoid too much sodium.

**If you drink alcoholic beverages,
do so in moderation.**

\$ Make Your Food Dollars Count \$