

BEWARE OF HIDDEN FATS



Dear Homemaker:

Fats are compact sources of energy and calories. They should be measured carefully. For example, only 1 teaspoon oil or margarine contains 45 calories. Fats have $2\frac{1}{4}$ times as many calories as carbohydrates and proteins.

Learn which foods are fat-rich and the number of calories in them. This is important because many of the fats in foods are hidden. For example:

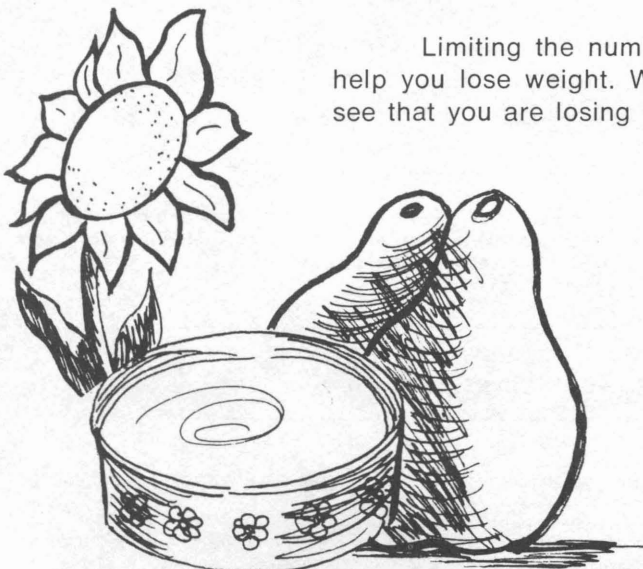
- 1 cup skim or nonfat milk = 90 calories
- 1 cup low-fat milk (with 2 percent butterfat) = 130 calories
- 1 cup whole milk = 160 calories

Why the difference in the number of calories in each of the above? The amount of fat in the milk makes the difference.

- 1 cup skim milk or nonfat milk has no fat
- 1 cup low-fat milk has butterfat equal to 1 teaspoon of fat
- 1 cup whole milk has butterfat equal to 2 teaspoons of fat

Fats come from two sources—animals and plants. Those fats which stay hard at room temperature are generally from animal fats such as butter, lard or bacon fat. Those which are liquid at room temperature are generally vegetable fats from plants such as corn or peanuts. They contain the same number of calories.

Limiting the number of servings of fat to four or five per day will help you lose weight. Weigh yourself daily or weekly. Keep a record to see that you are losing one to two pounds of fat a week.



Sincerely,

Signature and Title

Names of Fat-Rich Foods 1 Serving = 45 Calories

<i>Name</i>	<i>Amount</i>	<i>Name</i>	<i>Amount</i>
Margarine, Butter, Oil, Lard or Bacon Fat	1 teaspoon	Bacon, crisp	1 strip
Avocados (4-inch diameter)	1/8	Cream, light or sour	2 tablespoons
Olives	5 small	Cream, heavy	1 tablespoon
Almonds	10 whole	Cream cheese	1 tablespoon
Pecans	2 large whole	French or Italian dressing	1 tablespoon
Peanuts		Mayonnaise	1 teaspoon
Spanish	20 whole	Salad dressing—	2 teaspoons
Virginia	10 whole	Mayonnaise-type	
Nuts, other	6 small	Salt Pork	3/4-inch cube

Foods contain various amounts of fat, so measure them carefully. Watch for recipes that are low in fat-rich foods and sugars. *Plan* for an occasional special treat by saving up calories from the previous meal.

LOW CALORIE MENUS

Foods for the day in a low calorie menu would probably contain:

- 2 cups skim or nonfat milk
- 5 ounces meat or equivalent alternates
- 4 servings bread
- 3 servings fruit
- 2-3 servings low calorie vegetables
- 5 servings fat

Breakfast

Meal Plan

- 1 fruit
- 1 ounce meat*
- 1 bread
- 1 fat

Sample Menu

- 1/2 cup orange juice
- 1 egg, poached*
- 1 slice toast with
- 1 teaspoon margarine
- Black coffee

Lunch

Meal Plan

- 2 ounces meat
- 1 bread
- 1 fat
- 1 fruit
- 1 skim milk

Sample Menu

- Grilled Cheese Sandwich
(2 1-ounce slices cheese on
- 1 slice bread with
- 1 teaspoon margarine)
- 1/2 cup mixed fruit (unsweetened)
- 1 cup skim milk

Baked or Broiled Fish

Fish, raw, unbreaded (fresh or frozen)
Margarine, lemon juice, and paprika

Brush each serving of fish with some lemon juice and 1 teaspoon margarine. Brush with more lemon juice while cooking. Bake until fish flakes easily. Add a dash of paprika and serve with lemon.

Foods as listed in the amounts below may be eaten throughout the day as desired. You may wish to have the fruits or other foods with a meal or save them for between meal snacks.

Dinner

Meal Plan

- 2 ounces meat
- 1 fat
- 1 vegetable
- 1 fat
- 1 vegetable
- 1 bread
- 1 fat
- 1 fruit

Sample Menu

- 2 ounces baked fish with lemon and
- 1 teaspoon margarine
- 1/2 cup green beans with
- 1 teaspoon margarine
- 1 cup crisp salad greens with low
- calorie dressing
- 1 slice bread with
- 1 teaspoon margarine
- 1/2 cup unsweetened pineapple
- chunks
- Unsweetened iced tea

Bedtime

Meal Plan

- 1 bread
- 1 skim milk

Sample Menu

- 6 saltine crackers
- 1 cup skim milk

* A serving of cereal may be substituted for an egg at breakfast if desired. Part of the milk planned for lunch could be served with the cereal.

Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.