

# A MATTER OF FAT

A guide to help you find the hidden fat in your diet.

**WHICH HAS LESS FAT?\***

The quiz board features five food items arranged in a grid. In the top-left is a 'Large Muffin'. In the top-middle is a 'Quiche with Salad'. In the top-right is a 'Caesar Salad'. In the bottom-middle is a 'Sirloin Steak Dinner'. In the bottom-left is a plate with a crossed-out symbol. A person wearing a hooded jacket is shown from the back, looking at the board. There are question marks above the Muffin, Quiche, and Caesar Salad, and another question mark to the right of the Caesar Salad.

Large Muffin

Quiche with Salad

Caesar Salad

Sirloin Steak Dinner

\*Look on the back to find out if you chose correctly

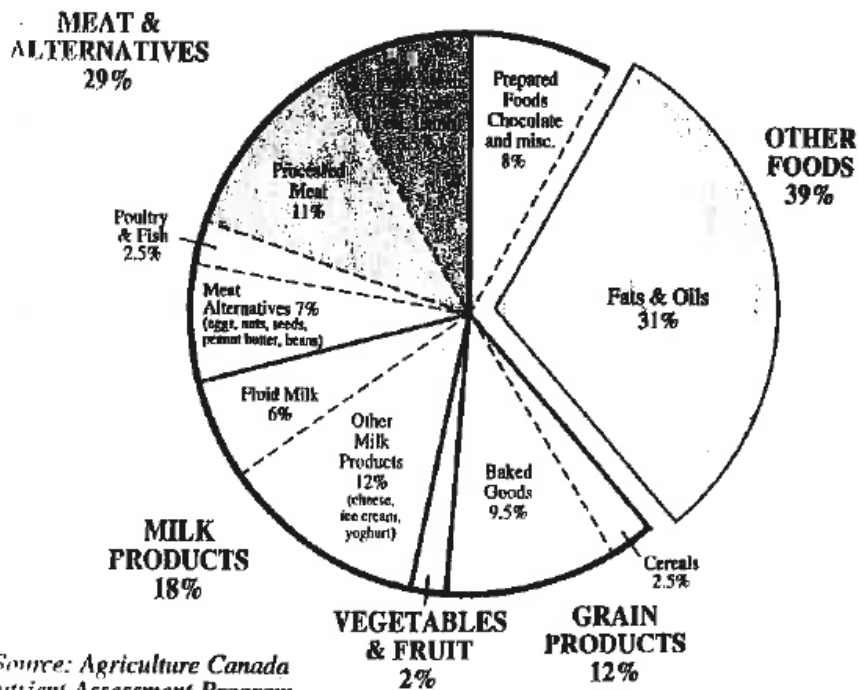
## FAT FACT

- ▶ Some fat in the diet is necessary for good health. It is a major source of energy and essential fatty acids (fatty acids that cannot be produced by the body).
- ▶ Fat is particularly important for the normal growth and development of children.
- ▶ Fat adds taste and enjoyment to food.
- ▶ High fat diets have been associated with higher risk of heart disease, obesity and some types of cancer.

## WHERE'S THE FAT?


- ▶ Fat in foods can be visible, like the fat on meat or poultry, or invisible such as the fat used in the processing or preparation of foods such as potato chips, muffins and french fries.
- ▶ Unlike the fat on meat or poultry, much of which can be trimmed off, the hidden or invisible fat cannot be removed.
- ▶ Another major source of fat is the fat we add to our foods, e.g., butter/margarine on toast or vegetables, cream sauces on pasta and dressings on salads.
- ▶ The largest proportion of fat in the Canadian diet comes from fats and oils, which include butter/margarine, salad dressings, mayonnaise, and fat used for frying.

## SOURCES OF FAT IN THE AVERAGE CANADIAN DIET, 1992\*



†Unless Stated: Canadian Nutrient File 1991, Health Canada  
Bowes and Church's "Food Values of Portions Commonly Used", Sixteenth Edition, 1994.

## HOW TO USE THIS BOOKLET

- This booklet shows in a visual way the fat content of a variety of foods.
- The more teaspoons shown under a food, the higher the fat content.  
each teaspoon  = 4 grams of fat (36 Calories)
- Recognizing the sources of fat in your diet is an important step toward reducing your fat intake and balancing higher and lower fat choices.
- In each section, tips help you to apply the information to your own diet.
- Remember, all foods can be included in a lower fat diet. The key is to balance higher and lower fat choices.
- When planning your meal, keep in mind the recommended daily fat intakes:

females 19 - 49 years	65 grams of fat	16 teaspoons
males 19 - 49 years	90 grams of fat	22 teaspoons
older adults 50+ years	60 grams of fat	15 teaspoons

## A WORD ABOUT PORTION SIZES

- Most of the portions illustrated throughout this booklet are based on those recommended as a serving by Canada's Food Guide to Healthy Eating. Some servings may be more typical of what people eat, e.g., the french fries shown are based on 20 french fries which is two servings.
- One way to reduce the amount of fat in your diet is to cut back on portion sizes of higher fat foods. Two sizes of salads are shown - a 1 cup (250 mL) side salad and a 2 cup (500 mL) main dish salad - compare the fat content.
- Items from all food groups - Grain Products, Vegetables and Fruit, Milk Products, Meat and Alternatives, and Other Foods, e.g., snacks are depicted. However some foods are not shown, such as cereals. Some cereals have more fat than others, e.g., granola. Check the nutrition information section on the food package for the fat content.

## TO CONTROL YOUR FAT INTAKE:

- Think of the major sources of fat in your diet.
- Reduce the portion size and the frequency with which you eat higher fat foods.
- Substitute lower fat versions whenever possible.
- Balance your intake of higher and lower fat foods throughout the day or week.
- Make one change at a time...small changes add up.
- Remember that all foods can be enjoyed in a healthy diet. Balance is the key.

# RAIN PRODUCTS

## BREAD AND BAKED GOODS



1 slice Whole Wheat  
Toast with 5 mL  
Butter/Margarine



1¼



1 slice Whole Wheat  
Toast with 5 mL  
Butter/Margarine and  
10 mL Peanut Butter



2½



Large Muffin  
175 g



4



Doughnut  
59 g



4

**TIPS** - Reduce the amount of higher fat spreads such as butter/margarine or use only one e.g., butter/margarine or peanut butter. Choose higher fat baked goods such as croissants, danish pastries, etc. less often. Share a large muffin with a friend.

## PASTA

325 mL servings (250 mL pasta, 75 mL sauce)



Pasta with  
Tomato Sauce



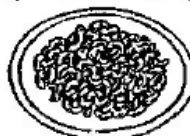
1



Pasta with  
Tomato & Meat Sauce



2¼



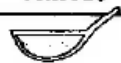
Macaroni &  
Cheese



3½



Fettuccine  
Alfredo













4¾

**TIPS** - Use tomato sauces instead of cream or cheese sauces more often. Use lower fat milk products in cream or cheese sauces, e.g., 2% milk vs cream, and serve smaller portions of these sauces.











# VEGETABLES AND FRUIT

## POTATO

				
Baked Potato	Mashed Potato 125 mL with whole milk and Butter/ Margarine	Baked Potato with 5 mL Butter, 25 mL Sour Cream and 10 mL Bacon Bits	20 French Fries	Poutine (20 French Fries with 75 mL Gravy and 80 mL Cheese Curds)
				
0	1¼	2¾	2¾	6

TIPS – Try serving vegetables plain or with herb seasonings instead of with butter/margarine or cream/cheese sauces. Use only one topping and substitute lower fat versions, e.g., light sour cream vs butter/margarine and regular sour cream. Eat smaller portions of higher fat items such as french fries or eat them less often.

## SALAD

				
Garden Side Salad (250 mL) with 15 mL Vinegar/Lemon Juice with Herbs	Garden Side Salad (250 mL) with 15 mL Calorie Reduced Dressing	Garden Side Salad (250 mL) with 15 mL Regular Dressing	Main Dish Caesar Salad (500 mL)	Main Dish Greek Salad (500 mL)
				
0	¼	2¾	4¾	7

TIPS – Salads can be a higher fat choice due to the dressings or mayonnaise or because of toppings like cheese, bacon bits, nuts, etc. Use fat reduced dressings, season with lemon juice or ask for the dressing on the side. Control portion sizes of higher fat salads such as Caesar, Greek, etc...

# F1

## TEN MILK PRODUCTS

125 mL servings



Ice Milk



1



Frozen Yogurt



1½



Regular Ice Cream



2



Premium Ice Cream



3¼

NOTE: Read the label for the % M.F. (milk fat) or % B.F. (butter fat). Choose lower fat milk products more often, e.g., skim or 1% milk - they have the same nutrients with less fat. Reduce the serving size of higher fat ice creams by choosing one scoop vs two. Use milk in coffee vs cream.

## CHEESE



70 g partly-skimmed Mozzarella



2



50 g regular Mozzarella



3



50 g regular Cheddar



4¼



2 Processed Cheese Slices



5



50 g Deep Fried Mozzarella Sticks













5½

NOTE: Check the labels for % M.F. or % B.F. and choose the lower fat items more often. Try partly skimmed vs regular. Substitute lower fat forms, e.g., low fat yogurt or light sour cream vs regular.

# MEAT AND ALTERNATIVES

## BEEF











100 g serving

				
Inside Round Steak Broiled	Sirloin Steak Trimmed of visible fat Broiled	Sirloin Steak Untrimmed Broiled	Rib Roast Trimmed of Visible Fat	Rib Roast Trimmed with 50 mL Gravy
				
1	1 <sup>3</sup> / <sub>4</sub>	2 <sup>3</sup> / <sub>4</sub>	2 <sup>3</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>2</sub>

TIPS - Choose leaner cuts of meat from the hip or loin more often and trim off the visible fat. As much as possible, broil/grill, roast on a rack, or barbecue rather than fry. Serve meat without gravy or cream sauces or use smaller amounts of gravy/sauces. Try removing the fat from gravy by chilling and skimming fat off the top.

## PORK






100 g serving

				
Black Forest Ham	Pork Loin Chop Broiled	Pork Loin Chop Fried in 5 mL Oil	Pork Shoulder Trimmed of Visible Fat	Pork Shoulder Untrimmed
				
1 <sup>1</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>3</sup> / <sub>4</sub>	5 <sup>1</sup> / <sub>2</sub>

TIPS - Choose the right serving size - a 100 g portion is about the size of a deck of cards. Select lean, processed meats like ham or roast beef or use fat reduced varieties. Check labels of pre-packaged meats for fat content.

### CHICKEN

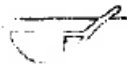




100 g serving

Roasted Breast without Skin	Roasted Breast with Skin	Roasted Light and Dark with Skin	Breaded and Fried Drumsticks	200 g Chicken Pot Pie
				
1	2	3½	4	5¾

Tip – Remove the skin from poultry. Choose light meat more often as it has less fat than dark meat. Use fried or breaded chicken less often. The pastry in pot pies or cream sauces on chicken increases the fat content.

### FISH





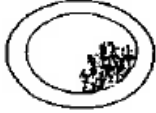


















100 g serving

Tuna in Water	Tuna in Oil	Haddock Baked	Haddock Breaded & Fried	Baked Salmon with 30 mL Cream Sauce
				
¼	2	¼	3	3¾

Tip – Choose fish canned in water vs oil. Bake fish rather than fry and serve with lemon and herbs vs cream sauces. Choose battered and fried products less often.

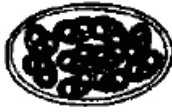
























## MEAT ALTERNATIVES

				
250 mL Baked Beans Plain	2 Eggs Poached	2 Eggs Fried in 5 mL Oil	100 g Tofu Plain	100 g Tofu Fried
				
				
				
				
				
				
$\frac{1}{2}$	$2\frac{1}{2}$	$3\frac{1}{2}$	$2\frac{1}{4}$	5











TIPS – Try to use lower fat cooking methods vs frying. If frying, use a non-stick pan or cooking spray.

## SNACKS

				
30 g Pretzels	30 g Potato Chips	2 Chocolate Chip Cookies with Nuts	500 mL Buttered Popcorn	30 g Peanuts
				
				
				
				
				
$\frac{1}{4}$	$2\frac{3}{4}$	3	$3\frac{1}{4}$	$3\frac{3}{4}$











TIPS – Some snacks that are higher in fat have less nutritional value. Choose lower fat types such as pretzels or plain popcorn more often. Have potato chips without dip or make low fat dip with yogurt or light sour cream. If you're a cookie fan, choose plain cookies like arrowroots or ginger snaps, more often.

## LUNCH CHOICES

				
Tuna Salad Sandwich plus 5 mL Butter/Margarine and 50 mL Tuna Salad	Meat Sandwich plus 5 mL Butter/Margarine and 50 g Roast Beef and Ham	Hot Dog	Peanut Butter Sandwich plus 5 mL Butter/Margarine and 30 mL Peanut Butter	375 mL Pasta Salad with 50 mL Mayonnaise, 5 mL Parmesan Cheese and 4 Olives
				
<b>2<sup>1</sup>/<sub>4</sub></b>	<b>2<sup>1</sup>/<sub>4</sub></b>	<b>3<sup>1</sup>/<sub>4</sub></b>	<b>5<sup>1</sup>/<sub>2</sub></b>	<b>7</b>













**Tip:** Use lower fat mayonnaise when making sandwich fillings or for spreads on bread. Use only one spread e.g., butter/margarine or mayonnaise or use one spread on one slice of bread and another on the other slice. Select lower fat processed meats and cheeses. Salads can be higher fat choices due to dressings and toppings. Use fat reduced dressings. When eating out, ask for half the dressing to be used or order it "on the side". At salad bars watch for higher fat items like olives, croutons, bacon bits and cheese. Try selecting only one higher fat choice and balancing it with lower fat items.

## FAST FOODS

				
Regular Hamburger	Cheese Pizza 2 slices	Cheeseburger	Fish Burger with Sauce	Chicken Burger with Sauce
				
<b>3</b>	<b>3<sup>1</sup>/<sub>4</sub></b>	<b>3<sup>3</sup>/<sub>4</sub></b>	<b>5<sup>3</sup>/<sub>4</sub></b>	<b>7<sup>1</sup>/<sub>4</sub></b>

**Tip:** Fast food can be a nutritious choice if you choose the lower fat items more often. Choose low fat condiments like lettuce, tomato and ketchup vs mayonnaise or tartar sauces. Ask to hold the sauce. Have fewer slices of super deluxe pizza. Choose grilled chicken sandwiches vs breaded and fried. Choose single vs double burgers more often.

## DINNER CHOICES

 100 g Chicken Breast (Baked, no Skin) Baked Potato with 25 mL Sour Cream, 250 mL Garden Salad with 15 mL Calorie-reduced Dressing	 100 g Sirloin Steak (Broiled, Trimmed) Baked Potato with 25 mL Sour Cream, 125 mL Carrots	 100 g Pork Loin Chop (Broiled, Trimmed) with 125 mL Rice, 125 mL Broccoli with 30 mL Cheese Sauce
		
<b>2<sup>1</sup>/<sub>4</sub></b>	<b>2<sup>3</sup>/<sub>4</sub></b>	<b>3</b>
 325 mL Fettuccine Alfredo 250 mL Caesar Salad	 120 g Broccoli & Cheese Quiche, 250 mL Garden Salad with 15 mL Regular Dressing	 Fish and Chips 100 g Breaded Fish with 25 mL Tartar Sauce, 70 g Fries, 125 mL Coleslaw
		
<b>7</b>	<b>7<sup>1</sup>/<sub>4</sub></b>	<b>10</b>

**TIPS** - When making dinner selections, watch portion sizes. Choose meat servings the size of a deck of cards, and smaller portions of higher fat items like quiche and creamy pastas. Make crustless quiches, use lower fat toppings/dressings on vegetables and salads. Eat fried foods such as fish and chips, fried chicken, etc. less often. Cook meals by using lower fat cooking methods: bake/roast, broil, BBQ or microwave.

# WHICH HAS LESS FAT?



Steak Dinner



$2\frac{3}{4}$



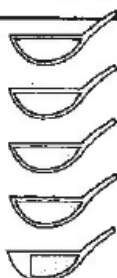
Large Muffin



4



Main Dish  
Caesar Salad



$4\frac{3}{4}$



Broccoli & Cheese  
Quiche with Salad



$7\frac{1}{4}$

Fat can be found in most foods we consume throughout the day from the breakfast muffin to the snacks eaten while watching T.V.

**YES!**

Please send me:

- another "A Matter of Fat" booklet.
- information on the fat content of other foods.
- additional nutrition information.
- recipes.

English

French

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Reviewed by the National Institute of Nutrition

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