

SMART about Fats from Food

S- Some fats are healthy and some are unhealthy

- Select healthy fats and be mindful of the amount of fats in your food, when controlling or managing weight.
- Fat calories add up easily. Fat has 9 calories per gram while carbohydrates and protein have 4 calories per gram.
- Grill, broil, steam, sauté, bake, stir-fry instead of fry to decrease fat from cooking.

M- Make substitutions to limit saturated fats

- Include low fat or nonfat dairy (yogurt, milk, cheese) to limit saturated fat to 2 or less grams per serving
- Limit red meat to 1-2 times per week
- Use list on back for sources of protein and if you include red meat the best cuts to use

A- Avoid trans fats

- Look for words indicating the food contains trans fat. These words include: *partially hydrogenated or shortening on the ingredient list*

R- Recognize foods with healthy fats

- Fish- include 2 or more times per week. Best sources of omega 3 fatty acids (the healthy fat in fish) include: salmon, mackerel, herring, sardines, tuna and lake trout. Limit swordfish and tuna to 6 ounces per week due to mercury.
- Oils- Include a variety such as canola, olive, safflower, sunflower
- Nuts- Include a variety of unsalted, raw or dry roasted
 - walnuts, almonds, hazelnuts, pistachios, pecans, filberts, pine nuts
- Seeds- sprinkle on salads, yogurt or cereal, but be mindful of portions
 - sunflower, pumpkin, sesame, flax, chia

T-Take time to stay mindful of portions by measuring

- ¼ cup nuts in plastic snack containers/bags (depending on type of nut this will be 170-200 calories)
- Use oil from spray bottle instead of pouring
- Use a measuring spoon for spreads, nut butters (1 Tablespoon of peanut butter about 100 calories)

SMART START:

1. Make your “go-to” lean protein list by using list on back for reference

Lean Protein List: Circle what foods you would eat

3 oz. the size of a deck of cards = ~21 grams protein

Poultry (no skin) - chicken, turkey, Cornish hen

Fish – Many choices including, but not limited to: salmon, swordfish, herring, sardines, cod, flounder, haddock, halibut, trout, tuna fresh or canned in water

Shellfish - Clams, crab, lobster, scallops, shrimp, mussels and oysters.

Whole Eggs

Egg whites or Eggbeaters

Lean Red meat (loin or round): limit to 1-2 per week or less

Pork - tenderloin, center loin chop

Beef - sirloin, tenderloin, filet, flank steak, top or bottom round, hamburger 93-99% lean

- Trim the fat

Dairy (nonfat or low fat):

- Cottage cheese nonfat or 1% low fat (1/2 cup = 14 grams protein)
- Low fat/nonfat cheese
 - Laughing Cow light: 1 wedge (2 grams protein, 35 calories)
 - Babybel light: 1 piece (~6 grams protein, 50 calories)
- Yogurt:
 - Greek FAGE' nonfat: 6 oz. (~18 grams protein, 100 calories)
 - Dannon Greek or Light N Fit: nonfat or low fat 6 oz. (~12 grams protein, 80 calories)
 - Yoplait 100 Greek Yogurt
- Milk: nonfat or low fat (no>1%) - 1 cup or 8 ounces (~8 grams of protein)

Soy Protein

Tofu - 4 oz. or ½ cup (~10 grams protein, 88 calories)

Legumes/Beans and plant based protein products need to be combined to form a complete protein- ask the registered dietitian how to form a complete protein.