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: \textit{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
     o walnuts, almonds, hazelnuts, pistachios, pecans, filberts, pine nuts
   • Seeds- sprinkle on salads, yogurt or cereal, but be mindful of portions
     o sunflower, pumpkin, sesame, flax, chia

T-Take time to stay mindful of portions by measuring
   • ½ 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 combined to form a complete protein- ask the registered dietitian how to form a complete protein.**