

Dietary Fat

Western lifestyle eating, high-fat, low-fiber, plays a role in about 1/3 of all cancers. One way to lower your risk of getting cancer is to eat a diet that is low in fat, high in fiber and rich in a variety of fruits and vegetables. This handout is designed to educate you about fats and suggest ways to lower the fat in your diet.

Two Basic Types:

- Saturated
 - ◆ Solid at room temperature
 - ◆ Comes from animal fats, coconut, and palm oils
- Unsaturated
 - ◆ Liquid at room temperature
 - ◆ Comes from plant sources of oils, nuts and seeds
 - ◆ Consist of two types:
 - Monounsaturated
 - The BEST for the body.
 - Polyunsaturated
 - 2nd best for body.

What foods contain fats?

- Fats added to foods during preparation or at the table.
 - oil or shortening
 - mayo, butter, or margarine
 - salad dressing, cream cheese or heavy cream
 - sour cream
- Fried foods (i.e. french fries)
- Baked goods (i.e. cookies)
- Sauces (i.e. alfredo sauce)
- Dips and spreads (i.e. veggie dip)
- Meats (mostly saturated fats)
- Dairy products (i.e. ice cream)
- Granola, biscuits, cornbread, fried rice, snack crackers, pancakes (usually made with oils, butter, or shortening)

Recommended Daily Fat Intake:

Fats should be <30% of total calories consumed.

Examples of different fats:

Each serving has 5 grams of fat and 45 calories. Notice the serving size

and ask yourself how much you use or eat.

(Sizer F, Whitney E. Nutrition Concepts and Controversies, 1997, p. D-12)

Monounsaturated Fats- (best)

- 1/8 medium avocado
- 1 tsp oil (canola, olive, peanut)
- 8 large olives, ripe (black)
- 6 almonds, cashews
- 6 mixed nuts (50% peanuts)
- 10 peanuts
- 4 pecan halves
- 2 tsp peanut butter

Polyunsaturated Fats – (2nd best)

- 1 tsp margarine
- 1 Tbs lower-fat margarine
- 1 tsp mayonnaise
- 1 Tbs reduced-fat mayonnaise
- 4 walnut halves
- 1 tsp oil (corn, safflower, soybean)
- 1 Tbs salad dressing
- 2 Tbs reduced-fat salad dressing
- 2 tsp mayonnaise-type salad dressing
- 1 Tbs reduced-fat mayonnaise-type salad dressing
- 1 Tbs sunflower seeds

Saturated Fats- (bad for your body)

- 1 slice cooked bacon
- 1 tsp bacon grease
- 1 tsp stick butter
- 2 tsp whipped butter
- 1 Tbs reduced-fat butter
- 2 Tbs coconut, sweetened, shredded
- 2 Tbs cream, half and half
- 1 Tbs cream cheese
- 2 Tbs reduced-fat cream cheese
- 1 tsp shortening or lard
- 2 Tbs sour cream
- 3 Tbs reduced-fat sour cream

Tips to cut back the fat intake:

- ✓ Choose lean cuts of meats (loin, round, sirloin, chuck arm, pot roast)
- ✓ Trim the fat off of the meat before and after you cook it
- ✓ Eat smaller portions of high-fat foods
- ✓ Grill, roast, broil, bake, stir-fry, microwave, poach, boil, simmer, braise/stew foods (avoid frying)
- ✓ If frying, use non-stick spray
- ✓ Remove skin and fat from poultry
- ✓ Replace high-fat foods with naturally occurring low-fat alternatives
- ✓ Add a little water or nonfat yogurt to thick bottled salad dressings and then apply them sparingly
- ✓ Cut recipe amounts of meat in half. Fill in lost bulk with shredded vegetables, legumes, pasta, and grains
- ✓ Refrigerate meat pan drippings and broth and lift off the fat when it solidifies. Then add the defatted broth to a recipe
- ✓ Make prepared mixes without the fats called for on the label
- ✓ Switch to 1-2% milk instead of whole milk
- ✓ Check product labels and compare the amount of saturated or unsaturated fats and cholesterol (avoid those high in saturated fats)
- ✓ Use canned fish packed in water not oil
- ✓ When adding fat to foods for cooking or serving, it's best to use vegetable oil rather than

butter, margarine or lard. Or choose margarine that has vegetable oil listed as the first ingredient.

- ✓ Cut back on sausage, cheese, and buttery snacks
- ✓ Experiment with cooking vegetables without the sour cream topping
- ✓ Add more fresh fish to family meals
- ✓ Pack plate with low-fat fruits, vegetables, and grains. You will feel satisfied with much smaller amounts of high fat foods
- ✓ When baking or cooking, use 3 egg whites and 1 egg yolk instead of 2 whole eggs and 2 egg whites instead of 1 whole egg
- ✓ Substitute bean and grain dishes for high-fat meats
- ✓ Use evaporated skim milk instead of cream
- ✓ Enjoy a fruit salad for dessert instead of baking
- ✓ Substitute cream dressings with dressings made with a little oil and vinegar
- ✓ Instead of using straight cream, use 1 cup of low-fat yogurt with 1-2 Tbs of cream ½ Tbs lemon juice



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and