

Nutrition Facts

Serving Size 1 package (272g)

Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 430mg **18%**

Total Carbohydrate 55g **18%**

Dietary Fiber 6g **24%**

Sugars 23g

Protein 14g

Vitamin A 80%

Vitamin C 35%

Calcium 6%

Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Fat is one of three *macronutrients* in food that provide calories, or “energy,” for the body. Each gram of fat provides 9 calories.

Total Fat

What It Is

Fat is found in foods from both **plants and animals**. There are **two types** of fat:

- **Saturated fat** is found in higher proportions in **animal products** and is usually **solid** at room temperature.
- **Unsaturated fat**
 - **Monounsaturated and polyunsaturated fats** are found in higher proportions in **plants** and are usually **liquid** at room temperature.
 - **Trans fat** is an unsaturated fat found primarily in **partially hydrogenated oils** (and foods containing these oils) and in small amounts in some animal products. *Trans* fat is structurally different from unsaturated fat that occurs naturally in plant foods and has *detrimental health effects*.

Where It Is Found

Saturated and trans fats are found in a variety of foods, including:

- Beef fat (tallow and suet), chicken fat, and pork fat (lard)
- Coffee creamer, cream, and milk (whole and 2% milk)
- Dairy products (such as butter and regular/full-fat cheese, cream cheese, and ice cream)
- Desserts and sweets (such as cakes, chocolate candies, cookies, and ice cream)
- Fast food
- Frozen pizza
- Meats and poultry
- Nuts
- Processed meats and poultry products (such as bacon, hot dogs, jerky, luncheon meats, and sausages)
- Ready-to-use frostings
- Refrigerated dough products (such as biscuits and cinnamon rolls)
- Savory snacks (such as chips, crackers, and microwave popcorn)
- Tropical plant oils (such as coconut, palm, and palm kernel oils)
- Vegetable shortening and stick margarine

Monounsaturated and polyunsaturated fats are found in a variety of foods, including:

- Avocados
- Fish (such as herring, mackerel, salmon, trout, and tuna)
- Mayonnaise and oil-based salad dressings
- Nuts and seeds
- Olives
- Soft margarines (liquid, tub, and spray)
- Vegetable oils (such as canola, corn, olive, peanut, safflower, and soybean oils)

What It Does

- Fat provides calories, or “energy,” for the body. Fat also stores energy in excess of what the body needs immediately, and serves as a secondary energy source once calories from carbohydrates are used up. Each gram of fat provides **9 calories**.
- Fat is a basic part of cell membranes and is necessary for proper growth and development.
- Fat helps the body absorb important fat-soluble vitamins (vitamins A, D, E, and K).
- Fat supports key body processes, such as blood clotting, nervous system function, reproduction, and immune response.
- Fat “cushions” internal organs and protects them from being damaged. The fat layer below the skin also insulates the body from heat loss.
- Fat plays a vital role in maintaining healthy skin and hair.
- Fat in food provides taste and consistency and helps you feel full.

Total Fat 1



Health Facts

- Dietary fat has more than **twice the calories** per gram as either carbohydrate or protein, so calories from fat can add up quickly.
- **Saturated and trans fats** can raise the levels of total cholesterol and low-density lipoprotein (LDL or “bad”) cholesterol in the blood – which, in turn, can **increase the risk of developing cardiovascular disease**. Cardiovascular disease is the leading cause of death in both men and women in the U.S.
- The *Dietary Guidelines for Americans* recommends consuming **less than 10% of calories per day from saturated fat** by *replacing* it with monounsaturated and polyunsaturated fats. The guidelines also recommend keeping the intake of **trans fat as low as possible** by limiting foods containing partially hydrogenated oils (a source of artificial *trans* fat).
- To reduce the risk of developing chronic diseases, while maintaining adequate intake of important nutrients, follow these ranges for total fat intake:
 - Adults (ages 19 years and older): 20-35% of calories from fat
 - Older children and adolescents (ages 4 to 18 years): 25-35% of calories from fat
 - Young children (ages 1 to 3 years): 30-40% of calories from fat

Action Steps

For Monitoring Total Fat in Your Diet

Use the **Nutrition Facts Label** as your tool for monitoring consumption of total fat. The Nutrition Facts Label on packaged foods and beverages shows the amount in grams (g) and the Percent Daily Value (%DV) of total fat in **one serving** of the food.

The Nutrition Facts Label also lists the types of fat that make up the total fat in a product. This includes the amount in grams (g) per serving of saturated fat and *trans* fat and the %DV of saturated fat. Food manufacturers may also *voluntarily* list the amount in grams (g) per serving of monounsaturated fat and polyunsaturated fat.

The Daily Value for total fat is **65 g per day**. This is based on a 2,000 calorie diet — your Daily Value may be higher or lower depending on your calorie needs.

- When comparing foods, look at the %DV of total fat. And remember:
 - 5% DV or less of total fat per serving is low
 - 20% DV or more of total fat per serving is high
- Look for sources of saturated fat and *trans* fat on the ingredient list on a food package. Some examples of ingredients that contain these fats are: beef fat (tallow or suet), butter, chicken fat, cream, partially hydrogenated oil, pork fat (lard), shortening, and tropical oils (such as coconut oil, palm kernel oil, and palm oil).

Tip: Ingredients are listed in descending order by weight — the closer an ingredient is to the beginning of the list, the more of that ingredient is in the food.
- Choose lean cuts of meats and poultry. Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- Try seafood and plant sources of protein (such as soy products and unsalted nuts and seeds) in place of some meats and poultry.
- Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt) or fortified soy beverages for regular/full-fat (whole) dairy products.
- Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- Try baking, broiling, grilling, and steaming. These cooking methods do not add extra fat.
- Limit desserts, savory snacks, and sweets (such as cakes, chips, chocolate candies, cookies, crackers, ice cream, and microwave popcorn).
- When eating out, ask which fats are being used to prepare your meal. You can also request to see nutrition information, which is available in many chain restaurants.