

**What's  
The**

# **Big Fat Deal?**

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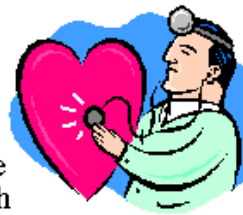
## **Of Note:**

- Trans fat and saturated fat **BOTH** raise your LDL, "bad" cholesterol
- Controlling your blood cholesterol involves limiting saturated and trans fats, along with cholesterol in your diet
- Watch for trans fat on the Nutrition Facts label in January 2006

## **Move Over Saturated Fat - There's a New Kid on the Artery Block**

by Leighanna Konetski,  
Community Nutritionist

For the longest time research has focused on saturated fat as the biggest culprit of high levels of LDL, "bad" cholesterol. That's still true, but new research has found that another fat called trans fat, or trans fatty acids, also raise "bad" cholesterol. Saturated fats are found in the highest amounts in animal products like meat, chicken, butter and other full fat dairy products. Not the same for trans fats. They do occur naturally in milk and meat, but the majority of them occur through a man-made process called hydrogenation. Hydrogenation takes a fat that is liquid at room temperature, like vegetable oil, and turns it into a solid, like stick



margarine, which has 2.7 grams of trans fat per tablespoon. **The battle against heart disease and high cholesterol involves limiting saturated fat, trans fat and cholesterol in your diet.**

No more than 10% of your total fat calories should be saturated fat. Unfortunately, there's no recommended dietary amount for trans fat YET, just the instruction to eat them in minimal amounts, especially if you have high cholesterol or heart disease. Eating them in minimal amounts gets easier in January 2006. At that time all food manufacturers have to list on the Nutrition Facts label the amount of trans fat per serving. It's estimated that many food manufacturers will change the composition of their foods, and switch to healthier fats by that deadline.

## **Where or Where can the Trans Fats be?**

Trans fats, or trans fatty acids, are found most commonly in the following foods:

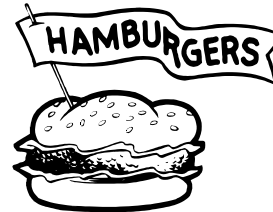
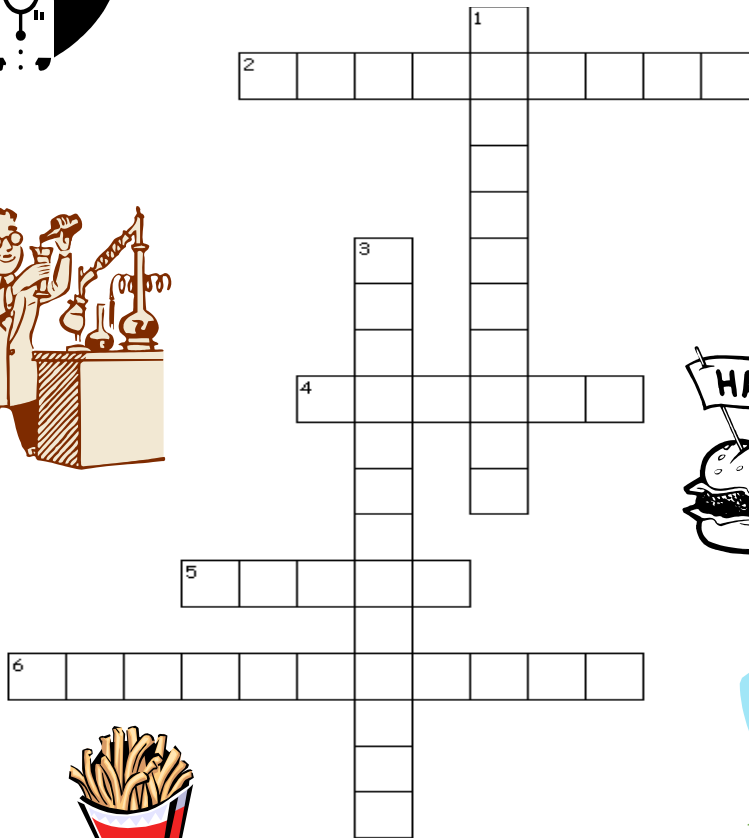
- Cookies, crackers and doughnuts
- Snack Foods



- Commercially fried foods (french fries)

They are also found in stick margarine and solid shortening. When buying margarine choose the soft ones found in the tubs or squeeze bottles. They have less trans fat in them.

# Fat-tastic Crossword Fun



## Across

2. \_\_\_\_\_ fat should be no more than 10% of your total fat calories.
4. One way to trim fat from your diet is by grilling, broiling, steaming, poaching or baking foods instead of \_\_\_\_\_ them.
5. \_\_\_\_\_ fat will be listed on the Nutrition Facts label by January 2006.
6. Controlling blood cholesterol involves limiting saturated and trans fats along with \_\_\_\_\_ in your diet.

## Down

1. Trans fats are found in commercially fried foods like \_\_\_\_\_.
3. Trans fats are made by a process called \_\_\_\_\_.

*Look for the answers to the above crossword in next month's newsletter.*

# Quick Fix Recipe of the Month

## Peach Smoothie

Yield: 2 servings  
Serving size: 1 cup



**Ingredients:**

- 4 peeled and quartered peaches
- 1 cup non-fat vanilla yogurt
- 5 ice cubes
- 1/2 cup non-fat milk

**Method:**

1. Combine all ingredients together in a blender until smooth. Enjoy.

*Recipe provided by, Leighanna Konetski,  
Community Nutritionist*



### Nutrition Facts

Serving Size 1 Cup (433g)  
Servings Per Container 2

Amount Per Serving

**Calories 210**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

**Cholesterol 5mg**      **2%**

**Sodium 110mg**      **5%**

**Total Carbohydrate 43g**      **14%**

Dietary Fiber 3g      **12%**

Sugars 40g

**Protein 10g**

Vitamin A 15%      • Vitamin C 25%

Calcium 30%      • Iron 4%

\*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Lou's

## Food Safety Tip of the Month: Practice Farmer's Market Safety

It's mid-summer and parking lots are bustling with locally grown crops that mark the beginning of harvest. Farmer's markets, open-air markets and roadside stands are popular summer sights and are wonderful ways to purchase fresh produce and increase your intake of fruits and vegetables. Take advantage of the wonderful foods at your local farmer's market, but remember these tips to help keep your summer free



from foodborne illness:

- If you are sampling fresh produce, remember to ask if it's been washed
- **ALWAYS** wash the outside of your melons before you cut them to remove excess dirt and contaminants
- Inspect the produce carefully before you buy it—don't buy produce that has been bruised, has cuts or is spoiled



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The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

Ask for Meals on Wheels.

*Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging*

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## **Tips for Trimming the Fat**

If you are following a low-fat diet, or are concerned about how much saturated fat you might be eating, the following tips for cutting fat may be of help.

- Use non-stick cooking spray instead of shortening or butter
- Bake, broil, steam, poach or grill foods instead of frying them
- To brown tortillas, instead of using oil or shortening, wet them with cold water then brown them in a hot skillet—they brown up the same
- Instead of flavoring vegetables with butter, try fresh herbs and spices, or fresh lemon or lime juice
- Trim visible fat from meats, and remove the skin from poultry
- Eat the white meat from chicken or turkey, it has less fat than the dark
- Drain fat from cooked ground meats
- Replace regular salad dressings with low-fat or fat-free versions
- Replace regular dairy products like whole milk, sour cream, half and half, and yogurt with low-fat and non-fat versions
- Replace bacon, pepperoni and sausages with turkey bacon, turkey pepperoni and turkey sausage—tastes the same but cuts up to 65% of the fat
- Marinate meats overnight in herbs, spices and vegetables to add flavor—instead of adding oil or butter when cooking

