



### Overview

#### Be a Fat and Calorie Detective

Reducing the fat and calories in our meals is one of the most important steps we can take to improve our health. To reach healthy eating goals, we need to track our weight and how much we eat. Our role as a “fat and calorie detective” is to find the high-fat, high-calorie foods in our meals and figure out ways to make them healthier.



#### Quick Fact

**Why does it matter if I get type 2 diabetes?**

People with diabetes are twice as likely as people without diabetes to die early.

The good news is that by making smart choices in eating and physical activity, you can delay or prevent type 2 diabetes.

But there's more good news. Even with diabetes, people can lower their chances of blindness, kidney disease, heart attack, and stroke by eating healthy and getting regular physical activity.





# Be a Fat and Calorie Detective

## All about Fat

To help you lose weight, we will begin building healthy eating habits. Here are some facts about fat and calories to get you started:

- ✓ Healthy eating means eating less fat and fewer calories.
- ✓ Eating too much fat is what makes us fat.
- ✓ By eating less fat, you can lose weight.
- ✓ Fat has the most calories of all the foods we eat. Fat contains more than twice the calories as the same amount of sugar, starch, or protein.
- ✓ Even small amounts of high-fat foods are high in calories.



## Compare Peanuts with Popcorn

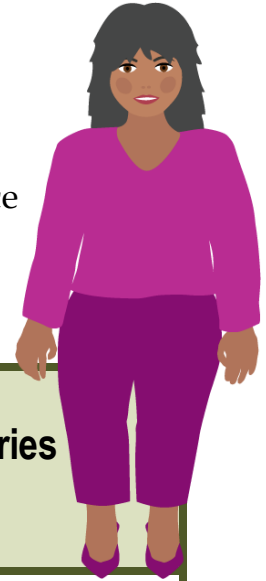
Food	Amount	Grams of Fat	Calories
Peanuts	¼ Cup	19	215
Popcorn	3 cups plain, air popped (12 times as much food!)	0	90

**Note:** Peanuts are high in fat, *but* they are a healthy choice if you eat them in small amounts.

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### Sample Lunch Menu



Look at this example of a typical lunch at a fast food restaurant. Notice the amount of fat and calories.

Food	Fat Grams	Teaspoons of Fat	Calories
Fried fish sandwich	19	5	411
Large French fries	22	6	437
Apple Turnover, fried	15	4	288
Milkshake, with ice cream	18	5	346
<b>Total</b>	<b>74</b>	<b>20</b>	<b>1,482</b>

**Note:** These are estimates. The actual amount of fat and calories vary by brand.



## Fat Gram Goal

Use this chart to figure out the number of fat grams you can have each day.

Try to eat only the number beside your weight.



Your Starting Weight (pounds)	Fat Gram Goal
174 pounds or less	33
175 to 219	42
220 to 249	50
250 to 299	55
300 pounds or more	55



### Quick Fact

**1 pound of fat = 3,500 calories**

This means that if you want to lose 1 or 2 pounds each week, eat between **500 and 1,000** fewer calories every day.



## Eating Packaged Foods

This is a sample of a nutrition label that you see on many packaged foods. This label shows information about the fat, calories, and other nutrients in the food.

<b>Nutrition Facts</b>		
Serving size 1 oz. (28g/about 21 pieces)		
Servings per Container 10		
<b>Amount Per Serving</b>		
<b>Calories</b> 150	Calories from Fat 80	
<b>% Daily Value*</b>		
<b>Total Fat</b> 9 g	14%	
Saturated Fat 2g	10%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 300mg	12%	
<b>Total Carbohydrate</b> 16 g	5%	
Dietary Fiber less than 1g	1%	
Sugars less than 1 g		
<b>Protein</b> 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 2%	
*Percent Daily Values 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
Sat 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	

Find the serving size, and decide if that is the amount you ate. Maybe you ate more or less.

Find the calories per serving.

Find the total fat grams per serving.

### Keep this in mind:

If you eat a larger serving than the size on the label, you will be eating more calories and more fat grams than are given on the label.