



Reducing Fat: All Calories are NOT Equal

Ounce for ounce, or gram for gram, fat has more calories than carbohydrates or protein. One gram of fat has 9 calories, and one gram of either protein or carbohydrate has 4 calories.

Researchers have recently reported that the body prefers using carbohydrates as an energy source. That means the body will first burn the starch you've eaten for energy and then quickly deposit the margarine or gravy into fat tissue. Dietary fat is easily transported from your mouth to fat tissue because the body does not have to do much metabolizing or transforming of fat before storing it. The body does more work storing carbohydrates than fat, so it's wise to cut calories by cutting fat.

Choose:

Chicken, turkey, pork,
lean beef, fish

Low-fat cheese, skim milk,
low-fat yogurt, ice milk

Saltines, graham crackers,
bagels, pasta, whole grain
cereals, pretzels, popcorn

Baked, broiled, grilled, boiled

Instead of:

ground beef, prime rib,
bacon, sausage

Cheddar, swiss, American cheese,
whole milk, ice cream

Butter and flavored crackers,
granola, croissants, chips

Fried

Read labels! Choose foods that have 30 percent or fewer of their calories from fat. This will help when choosing lower-fat desserts, cookies, breakfast items, and snack foods.

This publication is not intended to replace consultation with health-care professionals. Karen Chapman, RD, PhD, Nutrition Specialist.

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