Habit #6

Watch your fats, sugar, and salt (sodium)

I thought all fats were bad for you. But some types of fats are okay in the right amounts. I learned the fats I should use are oils like:

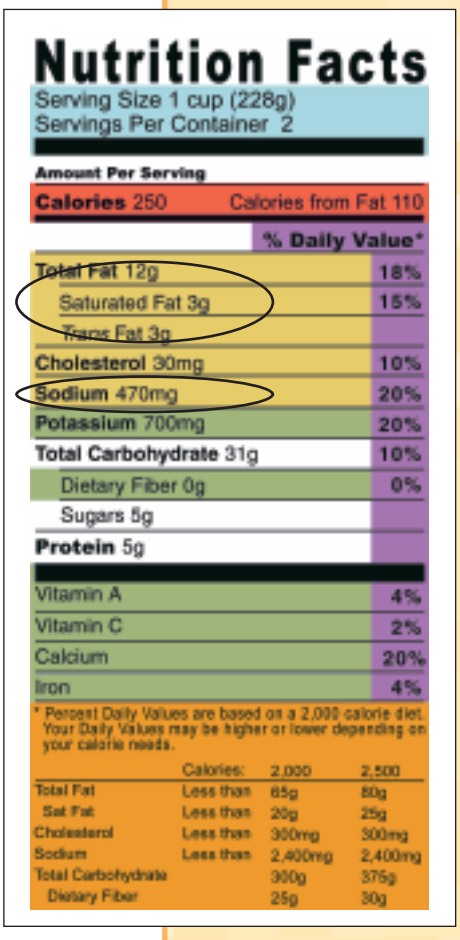
- Canola oil
- Corn oil
- Olive oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Oils in fish, nuts, and seeds

Some types of fats are better to limit. These fats are:

- Butter
- Lard
- Stick margarine
- Fat on meats and poultry
- *Trans* fats that are in a lot of prepared foods like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.

The nutrition educator helped me learn how to read the Nutrition Facts label to see what was in the food I bought.

- I learned to eat small amounts of fat, even oils. They are high in calories.
- I also watch the sugar my family gets. I pick food and drinks that are low in sugar. Sugars add calories to foods and not much else that we need. Some foods that are often high in sugars are sodas, candies and sweets, and fruit drinks.
- One other thing I check on the Nutrition Facts label is the amount of sodium (salt). I try to buy canned foods that are low in sodium.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Sat 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