

## HOW TO DECREASE THE FAT IN YOUR DIET

1. READ FOOD LABELS! If the amount of fat is more than 30% of the total calories, don't buy the food item.

To calculate: 1) Multiply 10 x grams of fat per serving. 2) If this figure is more than 1/3 of the total calories per serving, then the food is more than 30% fat.

2. Reduce beef, pork, lamb and cheeses made from whole milk to a combined total of 16 ounces per week.

\*Each ounce of these contains approximately 1 teaspoon of saturated fat.

\*A piece of cooked meat the size of your palm weighs about 3-4 ounces.

\*A one-inch cube or 1/4 cup of grated cheese weighs about one ounce.

3. Replace red meat with poultry, fish and legumes (beans) several times a week.

4. When you do eat meat, select the leanest cuts and remove all visible fat and skin before eating.

5. Skim the fat off broths, soups and gravies.

6. Try to avoid luncheon meats, frankfurters and sausage because they are so high in fat.

7. Bake, broil or boil foods more often. Try to avoid frying. If you sauté foods, use small amounts of oil.

8. Switch to nonfat or low fat milk, (although milk is not recommended for adults).

\*Whole milk contains the equivalent of 2 teaspoons of butter per cup.

\*Low fat milk contains about 1 teaspoon of butter per cup.

\*Nonfat (skim) milk contains no butterfat.

9. Reduce intake of whole milk cheeses, such as cheddar and Jack and try to use cheeses made with part-skim milk. Recommended cheeses include:

\*Low-fat cottage cheese, part-skim mozzarella, ricotta, farmer, reduced-calorie cheeses (Weight Watcher's, Light n' Lively, etc.).

10. Use only small portions of mashed avocado, fresh butter, margarine and mayonnaise.

11. Use salad dressings sparingly. Make your own with half the oil and avoid mayonnaise-based salad dressing.

12. Avoid rich dishes made with butter and cream and try not to use products made with palm, coconut oil or cocoa butter.

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