

Know the Limits on Fats, Salt and Sugars



**Read the Nutrition Facts label on foods.
Choose and prepare foods low in total fat, saturated fat,
trans fat, salt, and sugar.**

Twenty to thirty-five percent of your daily calories should come from fats.

- Select and prepare lean cuts of meat. Remove skin from poultry.
- Choose fat-free and low-fat milk and milk products.
- Your best sources of fats are from fish, nuts, and vegetable oils (ex. soybean, canola, safflower, and corn oil) that have not been hydrogenated.

Consume as little *trans* fat as possible.

- Most *trans* fat is found in processed foods (margarines, cookies, crackers, pies, breads, chips, microwave popcorn, French fries) that have been made with partially hydrogenated vegetable oils. Avoid these foods.
- Read food labels. Look for partially hydrogenated vegetable oils in the ingredients listing and *trans* fat in the Nutrition Facts label. Choose foods that have 0 grams of *trans* fat.

Choose and prepare foods with less sodium/salt.

- Most sodium is consumed as sodium chloride which is table salt.
- Processed foods are often high in sodium. Read food labels for the sodium content.
- Consume less than 2,300 mg. of sodium each day.
- Choose foods, such as fruits and vegetables, which are low in sodium and rich in potassium.

Limit foods with added sugars that supply extra calories but few or no nutrients.



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