

Nutrition News

Information for Senior Citizens

Developed by Colorado State University Extension
Department of Food Science & Human Nutrition

Fat Quiz

Are you an expert on fat? Take this quiz and find out if you have the “Fat Facts.” The answers are on the next page. More than one answer may be selected.

1. Which of the following is known as “good” cholesterol?

- A. LDL
- B. HDL
- C. VLDL

2. Which of the following can help to lower blood cholesterol?

- A. Weight loss
- B. Exercise
- C. A diet low in saturated fat
- D. All of the above



3. True or False: A tablespoon of margarine has fewer calories than a tablespoon of butter.



4. True or False: High-fat potato chips, avocados, and peanut butter are high in cholesterol.



5. Which of the following is high in fat?

- A. Whole wheat bread
- B. Plain, baked potato
- C. Cream of chicken soup
- D. Whole milk

6. True or False: On food labels, “reduced calorie” means low fat.

7. Of the following foods, which are high in saturated fat?

- A. Coconut oil
- B. Butter
- C. Olive oil

8. True or False: Lecithin supplements will prevent or cure heart disease.



INSIDE THIS ISSUE

- 1 Fat Quiz
- 2 Answers to the Quiz
- 3 Questions and Answers
- 3 Cutting Through the Fat Terminology
- 4 Recipe: Tuna Bake
- 4 Sample Menu

Answers



1. Answer: B

HDL stands for “high density lipoprotein.” HDL is known as the “good” cholesterol. Think of HDL as a car - it carries cholesterol away from blood vessels. On the other hand, LDL is called the “bad” cholesterol because it brings cholesterol to blood vessels. Our bodies make HDL and LDL. The amount we make of each, however, depends upon our genetic makeup and lifestyle factors like diet and exercise.

2. Answer: D

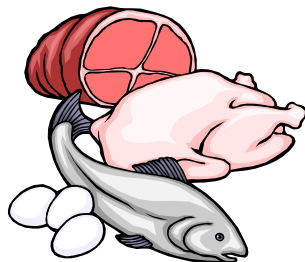
Although some people have a natural tendency to have high blood cholesterol, there are certain lifestyle factors that can help you lower your cholesterol. Keeping your weight in a desirable range is important. Exercising helps you to keep fit, but exercise also helps to raise blood HDLs while lowering the blood LDLs. Also, a diet low in fat (especially saturated fat) will help improve cholesterol levels.

3. Answer: False

Gram per gram, unsaturated fat (margarine) has the same number of calories as saturated fat (butter), 9 calories per gram.

4. Answer: False

Surprise! Cholesterol is found only in animal products. Plant products such as peanut butter do not have any cholesterol! Just because a food is high in fat doesn't mean it is high in cholesterol. (FYI: Your body also makes cholesterol.)



5. Answer: C, D

One cup of whole milk has 8 grams of fat. The cream of chicken soup has about 12 grams of fat per serving. Want to switch to something lower in fat? Drink nonfat or skim milk, which has less than 1 gram of fat per cup and try chicken noodle soup instead of cream of chicken soup.



6. Answer: False

The term “reduced calorie” means that the product has one-third less calories than a similar food in which calories are not reduced. An item labeled “reduced calorie” might still be high in fat. You just have to read the label in order to figure out how many grams of fat per serving you are getting.

7. Answer: A and B

Saturated fat is found in largest amounts in animal products such as meat, poultry, and dairy products. Saturated fat is also found in a few vegetable foods such as coconut, palm or palm kernel oils. Olive oil, on the other hand, is classified as a monounsaturated fat.

8. Answer: False

Lecithin is a phospholipid, a type of lipid that the body makes. Promoters claim that lecithin can cure or prevent heart disease. However, the lecithin we eat just adds calories. Be careful when someone tells you that their product will “cure” or “prevent” heart disease. A healthy lifestyle that includes a low fat diet, no smoking, and exercise will benefit you more.



Questions and Answers

Q: My friends are losing weight on a “fat-burning” soup. Should I try it?

A: No. The soup is made of vegetables such as cabbage and celery, and seasonings. The reason why your friends are losing weight is because they are simply eating very few calories; essentially, they are starving themselves. If the soup really caused fat to be burned away, it would be making national headlines. A healthy diet is one that you can live with for the rest of your life.

Q: Are fat substitutes healthy for me?

A: There are several fat substitutes on the market. Many people think that fat substitutes have no calories. Not true. For example, Salatrim[®] has five calories per gram while regular fat has nine. Many fat-reduced products still have calories. Remember, excess calories will cause you to gain weight. Eat products with fat substitutes in moderation. There are some fat “substitutes” now available for baking. These are fruit purées found in the oil section of the grocery store. They have much fewer calories than oil, butter or margarine. Because they are only fruit, they contain no fat. Try applesauce if these products are too expensive – your heart will thank you!

Q: I’m concerned about heart disease. Should I take fish oil pills?

A: No. There is no solid evidence that fish oil pills will reduce your risk for heart disease. If you have bleeding problems or take anti-coagulant medicines, you should avoid fish oil pills. Get your fish oil (rich in omega-3 fatty acids) from fish such as tuna, salmon, sardines, and mackerel.

Q: Is olive oil better than other vegetable oils?

A: Olive oil first came into the spotlight when studies done on the island of Crete showed that people living on the island had a lower incidence of heart disease compared to other Western countries. However, these people also have a diet high in dietary fiber and a total fat intake of 35%. Olive oil and canola oil are better for your heart than other vegetable oils because they contain monounsaturated fat, which has been shown to lower LDL cholesterol and increase HDL cholesterol.

Cutting Through the Fat Terminology

Polyunsaturated fat

Lowers total blood cholesterol, including the HDL-cholesterol (“good cholesterol”).

Sources include: vegetables oils such as corn, safflower, sunflower, soy and walnut. It is also found in fish and margarine.

Saturated fat

Raises blood cholesterol. Sources include animal products, such as butter, and plant foods such as coconut, palm, and palm kernel oils.

Trans fat

Acts as a saturated fat. This is found in margarine, processed foods, and many commercially prepared cakes, cookies and crackers. Read labels carefully. In 2006 all foods will list the amount of trans fat.

Monounsaturated fat

New research shows that monounsaturated fats may actually lower LDL while raising HDL. Good sources include olive oil and canola oil.

A final note: All fats and oils are made up of some combination of saturated, polyunsaturated, and monounsaturated fat. All fat adds calories to your diet. Limit your fat intake to less than 30% of calories from fat.

Recipe Corner

Tuna Bake

This dish is quick to make, low in saturated fat, cholesterol and sodium.

Ingredients

- 3 cups mashed potatoes (1½ pounds potatoes, cooked and mashed with skim milk)
- 1½ tablespoons margarine
- 1 tablespoon vegetable oil
- ¼ cup flour
- 2 cups skim milk
- 1 carrot, grated
- ¼ green pepper, sliced
- 1 stalk celery, sliced
- ¼ small onion, grated
- 1 cup frozen peas
- 1 6.5-oz. can tuna, packed in water
- 1 tablespoon each of parsley & lemon juice
- ⅛ teaspoon paprika
- ¼ cup wheat germ

Directions

1. Line a lightly greased 2-quart casserole dish with mashed potatoes.
2. Melt margarine saucepan, add oil and flour, stirring to form a smooth paste. Cook over low heat, stirring continuously until thick.
3. Add grated carrot, celery, onion, peas, drained tuna, paprika, pepper, parsley and lemon juice. Mix gently. Turn into the potato-lined casserole.
4. Top with wheat germ.
5. Bake at 350° for 40 minutes.

Yield: 4 servings (365 calories, 8 grams fat, 36 mg cholesterol per serving)

You can really reduce fat in your diet!

Here is an example of how you can reduce the amount of fat in a typical meal.

<u>Typical Meal</u>	<u>Fat (grams)</u>
• Fried chicken breast with skin	19
• Baked potato with butter	12
• Salad with dressing	6
• Cream of chicken soup	12
• 1 cup of whole milk	8
Total:	57

% of total calories from fat: 44%

Low-Fat Version

• Roasted chicken breast without skin	3
• Baked potato with nonfat sour cream	0
• Salad with low-cal dressing	2
• Chicken noodle soup	2
• 1 cup of skim milk	≤1
Total:	8

% of total calories from fat: 15%

Food Stamps

Food stamps were created to help stretch the food budgets of people with limited incomes so they can buy the food they need for good health. The program is available to all eligible persons, regardless of race, color, creed, sex, age, national origin, political beliefs or handicaps.

For more information and to find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.