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### Nutrition and Your Health Dietary Guidelines for Americans : Avoid Too Much Fat, Saturated Fat, and Cholesterol

Cooperative Extension South Dakota State University

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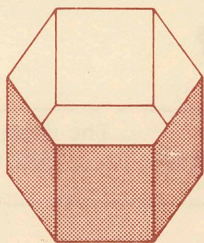
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# Dietary Guidelines for Americans

## Avoid Too Much Fat, Saturated Fat, and Cholesterol



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### From the Editor

This is one of a series of bulletins with tips to help you use the seven Dietary Guidelines in choosing and preparing the foods you eat and serve to others. Following the Dietary Guidelines is a balancing act: getting the variety of foods necessary to supply the nutrients you need, but not too much of other food components—calories, fat and cholesterol, sugar, sodium, and alcohol. This bulletin shows how to "Avoid Too Much Fat, Saturated Fat,

and Cholesterol." But remember, it's important to consider all seven guidelines in building a healthful diet:

- Eat a Variety of Foods
- Maintain Desirable Weight
- Avoid Too Much Fat, Saturated Fat, and Cholesterol
- Eat Foods with Adequate Starch and Fiber
- Avoid Too Much Sugar
- Avoid Too Much Sodium
- If You Drink Alcoholic Beverages, Do So in Moderation

### Fat, Cholesterol, and Your Health

For the U.S. population as a whole, it is sensible to reduce daily intake of total fat, saturated fat, and cholesterol. Why? High blood cholesterol levels increase the risk of heart disease and the blood cholesterol level of many Americans is undesirably high. Eating a diet high in fat—especially saturated fatty acids and cholesterol—causes elevated blood cholesterol levels in many people.

For many, high blood cholesterol levels can be reduced by eating diets lower in saturated fatty acids and cholesterol. However, some people can eat diets high in total fat, saturated fatty acids, and cholesterol and still maintain normal blood cholesterol. Others have high blood cholesterol levels even on lowfat, low-cholesterol diets.

For adults, blood cholesterol is considered to be high if it measures more than 200 to 240 milligrams of cholesterol per deciliter of blood, depending on age. Ask your doctor to check your blood cholesterol.

Reducing dietary fat is an especially good idea for those limiting calories. The fat in foods provides many calories but few vitamins and minerals. So, decreased fat intake results in fewer calories without a reduction in most nutrients.

### How Do You Score on Fat?

Do the foods you eat provide more fat than is good for you? Answer the questions below, then see how your diet stacks up.

How often do you eat:	Seldom or never	1 or 2 times a week	3 to 5 times a week	Almost daily
1. Fried, deep-fat fried, or breaded foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatty meats such as bacon, sausage, luncheon meats, and heavily marbled steaks and roasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Whole milk, high-fat cheeses, and ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. High-fat desserts such as pies, pastries, and rich cakes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rich sauces and gravies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Oily salad dressings or mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Whipped cream, table cream, sour cream, and cream cheese?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Butter or margarine on vegetables, dinner rolls, and toast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Take a look at your answers. Several responses in the last two columns means you may have a high fat intake. Is it time to cut back on foods high in fat?

### Read On For...

- Fat and cholesterol definitions, page 2
- Keys to moderation, page 3
- Food product labels, page 4
- Fat "tradeoffs," page 5
- Primer on fat, saturated fat, and cholesterol, pages 6 and 7
- Food preparation tips, page 8
- Recipes, pages 9, 10, and 11

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## How Much Is Too Much?

Most nutrition authorities recommend that the U.S. population as a whole reduce daily consumption of fat. On the average, Americans eat about 40 percent of their total calories as fat. Many authorities have suggested it is best to limit fat to no more than 30 to 35 percent of total calories. Some authorities suggest limiting saturated fatty acids to about a third of total fat.

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If you know how many calories are generally in your diet, look at the chart to the right for amounts of fat that equal 30 to 35 percent of calories. If you're not sure of your typical caloric intake, here's a rough guide: 2,000 calories is the average suggested for women age 23 to 50 and 2,700 calories is the average for men. Whether these levels are right for you depends on your age, body size, and level of activity. If, for example, you eat 2,000 calories a day, 67 to 78 grams of fat represent 30 to 35 percent of your total calories.

In a diet with daily calories of—	The grams of fat shown provide 30% to 35% of calories (grams)
1,500	50-58
2,000	67-78
2,500	83-97
3,000	100-117

Wondering how to tell how much fat your diet provides? The "Primer" on pages 6 to 7 can help give you an idea of the total fat and saturated fatty acid content of various foods. Information provided on food labels is also helpful (see page 4).

## Fat and Cholesterol—What are They? Where are They Found?

**FAT** is the most concentrated source of food energy (calories). Each gram of fat supplies about 9 calories, compared with about 4 calories per gram of protein or carbohydrate and 7 calories per gram of alcohol. In addition to providing energy, fat aids in the absorption of certain vitamins. Some fats provide linoleic acid, an essential fatty acid which is needed by everyone in small amounts.

Butter, margarine, shortening, and oil are obvious sources of fat. Well-marbled meats, poultry skin, whole milk, cheese, ice cream, nuts, seeds, salad dressings, and some baked products also provide a lot of fat.

**CHOLESTEROL** is a fat-like substance found in the body cells of humans and animals. Cholesterol is needed to form hormones, cell membranes, and other body substances. The body is able to make the cholesterol it needs for these functions. Cholesterol is not needed in the diet.

Cholesterol is present in all animal tissues—meat, poultry, and fish—in milk and milk products, and in egg yolks. Both the lean and fat of meat and the meat and skin of poultry contain cholesterol. Cholesterol is *not* found in foods of plant origin such as fruits, vegetables, grains, nuts, seeds, and dry beans and peas.

**FATTY ACIDS** are the basic chemical units in fat. They may be either "saturated," "monounsaturated," or "polyunsaturated." All dietary fats are made up of *mixtures* of these fatty acid types.

**Saturated fatty acids** are found in largest proportions in fats of animal origin. These include the fats in whole milk, cream, cheese, butter, meat, and poultry. Saturated fatty acids are also found in large amounts in some vegetable oils, including coconut and palm.

**Monounsaturated fatty acids** are found in fats of both plant and animal origin. Olive oil and peanut oil are the most common examples of fat with mostly monounsaturated fatty acids. Also, most margarines and hydrogenated vegetable shortenings tend to be high in monounsaturated fatty acids.

**Polyunsaturated fatty acids** are found in largest proportions in fats of plant origin. Sunflower, corn, soybean, cottonseed, and safflower oils are vegetable fats that usually contain a high proportion of polyunsaturated fatty acids. Some fish are also sources of polyunsaturated fatty acids.

**NOTE:** All fats, whether they contain mainly saturated fatty acids, monounsaturated fatty acids, or polyunsaturated fatty acids, provide the same number of calories.



## The Keys to Moderation

Milk and milk products and meat, poultry, fish, and eggs provide essential nutrients—calcium, iron, and zinc, for example. They also contribute fat, saturated fat, and cholesterol. Keys to getting needed nutrients without too much fat and cholesterol are:

- selecting lower fat dairy products,
- selecting lean meats,
- using lowfat preparation methods,
- reducing amounts of fats added at the table.

### Fat and Cholesterol...True or False?

Decide whether the following statements are true or false. Some clues are given in the charts on pages 6 and 7. Answers are given on page 12.

	True	False
1. Fruits, vegetables, and most breads and cereals have little fat.	<input type="checkbox"/>	<input type="checkbox"/>
2. Fruits contain cholesterol.	<input type="checkbox"/>	<input type="checkbox"/>
3. Chicken without skin contains less fat than chicken with skin.	<input type="checkbox"/>	<input type="checkbox"/>
4. Cholesterol is found in both the lean and fat of meat.	<input type="checkbox"/>	<input type="checkbox"/>
5. Skim milk has almost no fat.	<input type="checkbox"/>	<input type="checkbox"/>
6. Cholesterol is found in both egg yolk and egg white.	<input type="checkbox"/>	<input type="checkbox"/>
7. Mozzarella cheese (part skim milk) has less fat than natural Cheddar cheese.	<input type="checkbox"/>	<input type="checkbox"/>
8. Chicken is a better choice than lean beef or pork to moderate dietary cholesterol.	<input type="checkbox"/>	<input type="checkbox"/>



# What's on a Label?

Nutrition and ingredient information on food labels can help you choose foods with less fat and cholesterol.

## Nutrition Labeling

Many manufacturers include nutrition information on food labels. These labels show the amount of fat (in grams) in a serving. The product's percentage of calories from fat and the amount of polyunsaturated fatty acids (polyunsaturates), saturated fatty acids (saturates), and cholesterol

may also be listed. (Amounts of monounsaturated fatty acids are seldom listed on labels.) With this information, you can compare the fat and cholesterol content of different products. For example, the following labels on two products from the same manufacturer show that compared to mayonnaise, an imitation (reduced-calorie) mayonnaise may contain only half as much fat.

### Mayonnaise

Nutrition Information Per Serving

Serving size.....	1 tablespoon (14 g)
Servings per package.....	32
Calories.....	100
Protein.....	0
Carbohydrate.....	0
Fat (provides 99% of calories).....	11 g
Polyunsaturates.....	6 g
Saturates.....	2 g
Cholesterol (50 mg/100 g).....	5 mg
Sodium.....	70 mg

### Imitation (Reduced-Calorie) Mayonnaise

Nutrition Information Per Serving

Serving size.....	1 tablespoon (14 g)
Servings per package.....	32
Calories.....	45
Protein.....	0
Carbohydrate.....	1 g
Fat (provides 93% of calories).....	5 g
Polyunsaturates.....	3 g
Saturates.....	1 g
Cholesterol (40 mg/100 g).....	5 mg
Sodium.....	90 mg

## Ingredient Labeling

The labels of most packaged and processed foods include a list of ingredients. Ingredients are listed by weight, with the item present in the greatest amount listed first and the item present in the least amount listed last. Although amounts of ingredients are not given, the order, number, and types of fats listed can be helpful.

As shown below, both mayonnaise and imitation (reduced-calorie) mayonnaise contain unsaturated fatty acids as soybean oil. The imitation mayonnaise has more water (first item listed on the label) than the regular mayonnaise and has added carbohydrate (food starch).

If you want more information, write to the manufacturer.

### Mayonnaise

**INGREDIENTS:** Soybean oil, eggs, water, vinegar, egg yolks, salt, sugar, lemon juice, paprika, dehydrated garlic, dehydrated onion, calcium disodium EDTA to protect flavor, natural flavor.

### Imitation (Reduced-Calorie) Mayonnaise

**INGREDIENTS:** Water, soybean oil, food starch—modified, egg yolks, vinegar, salt, eggs, mustard, flour, phosphoric acid, dl- $\alpha$ -tocopheryl acetate (vitamin E), calcium disodium EDTA to protect flavor, natural and artificial flavor, oleoresin, paprika, beta carotene (color).

#### Ingredients high in saturated fatty acids

Beef fat  
Butter  
Cream  
Lard  
Cocoa butter  
Coconut oil  
Palm oil

#### Ingredients high in unsaturated fatty acids

Oils, liquid or partially hydrogenated:  
corn  
cottonseed  
safflower  
sesame  
soybean  
sunflower

#### Remember the following:

- To avoid too much total fat, go easy on products listing a fat or oil first, or listing many fat and oil ingredients on their label.
- Use the box on the left to help you identify ingredients providing different kinds of fats.



## Trading Off

"Avoid too much fat and cholesterol" doesn't mean "never eat cheese" because it contains fat or "never eat egg yolks" because they contain cholesterol. It's the *total* amount of fat, saturated fat, and cholesterol in your diet that matters. While you may want to *moderate* your intake of some foods,

you needn't eliminate them from your diet completely. Instead, *balance* high-fat foods with other foods that contain less fat and cholesterol.

The "tradeoffs" below are equations that show approximately how much fat is in some typical foods. Foods on each side of the equation provide about the same amounts of vitamins and minerals. Use these tradeoff

equations along with the fat equivalents shown in the box below to help you moderate fat. For example, if you prefer to drink whole milk rather than skim, you can moderate your fat intake by omitting 2 teaspoons of fat elsewhere in your day's meals. For example, you might balance the fat in a cup of whole milk by omitting sour cream on your baked potato or reducing the dressing on your salad.

### Milk Tradeoffs\*

1 cup whole milk	= 1 cup skim milk + 2 tsp. fat
1 cup 2% lowfat milk	= 1 cup skim milk + 1 tsp. fat
8 ounces plain lowfat yogurt	= 1 cup skim milk + 1 tsp. fat
1-1/2 ounces natural cheese	= 1 cup skim milk + 3 tsp. fat
2 ounces process American cheese†	= 1 cup skim milk + 4 tsp. fat
1/2 cup ice cream	= 1/3 cup skim milk + 2 tsp. fat + 3 tsp. sugar

### Meat Tradeoffs\*

2 ounces bologna†	= 1 ounce lean meat, fish, or poultry + 3 tsp. fat
2 tbsp. peanut butter	= 1 ounce lean meat, fish, or poultry + 3 tsp. fat
1/4 cup seeds	= 1 ounce lean meat, fish, or poultry + 4 tsp. fat
1/3 cup nuts	= 1 ounce lean meat, fish, or poultry + 5 tsp. fat

### Fat Equivalents

- 1 tsp. margarine, butter, or oil =
- 5 tsp. sour cream or whipped cream
- 4 tsp. light (table) cream
- 3 tsp. mayonnaise-type salad dressing or cream cheese
- 2 tsp. italian or french salad dressing or imitation margarine
- 1 tsp. mayonnaise

You can also trade off according to food preparation method. For example:

18 potato chipst	= 1 medium boiled potato + 3 tsp. fat
10 french friest	= 1 medium boiled potato + 2 tsp. fat

\*Tradeoffs are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

†These foods are usually high in sodium. See bulletin on avoiding too much sodium.



# Primer on Fat, Saturated Fat, and Cholesterol in Foods

## Vegetables

Served plain, vegetables are low in fat and none of them contain cholesterol. But, added ingredients and "extras" such as sauces can change the picture.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
<b>Potatoes:</b>				
Baked	1 medium	trace	trace	0
French fries	10 strips	8	3	0
Chips	10 chips	7	2	0
Au gratin	1/2 cup	19	12	56
<b>Cabbage:</b>				
Cooked	1/2 cup	trace	trace	0
Coleslaw	1/2 cup	2	trace	5
Stirfried vegetables	1/2 cup	3	trace	0

## Breads/Cereals/Other Grain Products

Grains are naturally low in fat and cholesterol, but ingredients used in preparation of bread and cereal products may contain considerable amounts. Some spreads also add fat, saturated fatty acids, and cholesterol.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
<b>Bread:</b>				
White	1 slice	1	trace	0
Whole-wheat	1 slice	1	trace	0
Bagel, plain	1 bagel	2	trace	0
Biscuit	1 biscuit	5	1	trace
Roll, dinner	1 roll	2	1	trace
Coffee cake	1 piece	7	2	47
Danish pastry	1 piece	12	4	49
Doughnut, yeast	1 doughnut	13	5	21
Muffin, blueberry	1 muffin	5	2	19
Pancake	1 pancake	2	1	16
Waffle	1 waffle	8	3	59
Oatmeal, cooked	1/2 cup	1	trace	0
Shredded wheat	1 biscuit	trace	0	0
Granola	1/3 cup	5	3	0
Rice, white, cooked	1/2 cup	trace	trace	0
Fried rice	1/2 cup	6	1	51
Cookie, oatmeal	1 cookie	2	1	1

## Milk/Cheese/Yogurt

Lowfat milk provides about the same nutrients as whole milk, but less fat, saturated fatty acids, and cholesterol.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
<b>Milk:</b>				
Whole	1 cup	8	5	33
2% fat	1 cup	5	3	18
Skim	1 cup	1	trace	5
Buttermilk	1 cup	2	1	9
<b>Yogurt:</b>				
Lowfat plain	8-ounce carton	4	2	14
Lowfat fruit-flavored	8-ounce carton	2	2	10
<b>Cottage cheese:</b>				
Creamed	1 cup	9	6	31
Lowfat	1 cup	4	3	19
<b>Cheese:</b>				
Natural Cheddar	1 ounce	9	6	30
Mozzarella, part skim milk	1 ounce	5	3	15
Process American	1 ounce	9	6	27
Macaroni and cheese	3/4 cup	17	7	32
Vanilla ice cream	1/2 cup	7	4	30
Vanilla ice milk	1/2 cup	3	2	9



The charts below show approximate amounts of fat and cholesterol in selected foods by food group. Look for the group of foods and the foods within each to see where the fat, saturated fatty acids, and cholesterol come from in your diet.

## Meat/Poultry/Fish/Alternates

You can trim off most visible fat. But cholesterol is found in both lean and fat. Dry beans and peas (often used in place of meat) contain no cholesterol, and most contain very little fat.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
Beef arm, roasted:				
Lean and fat	3 ounces	16	8	80
Lean only	3 ounces	6	3	77
Ground beef, cooked:				
Regular	3-ounce patty	17	7	77
Lean	3-ounce patty	15	6	80
Pork rib, roasted:				
Lean and fat	3 ounces	20	7	69
Lean only	3 ounces	12	4	67
Beef liver, fried	3 ounces	9	2	372
Chicken, light and dark meat, roasted:				
With skin	3 ounces	12	3	75
Without skin	3 ounces	6	2	76
Halibut fillets, broiled, with margarine	3 ounces	6	1	48
Tuna salad	1/2 cup	10	2	40
Crabs, hard- shell, steamed	2 medium	2	0	96
Dry beans, cooked	1/2 cup	1	trace	0
Peanut butter	2 table- spoons	16	2	0
Egg, large, cooked				
1 yolk	1 yolk	6	2	274
1 white	1 white	trace	0	0

## Fruits

Fruits add interesting colors, textures, and flavors to meals and snacks. Most are very low in fat and none contain cholesterol.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
Apple	1 medium	trace	trace	0
Avocado	1/2 medium	15	2	0
Banana	1 medium	1	trace	0
Olive, green	5 large	3	trace	0
Olive, ripe	5 large	5	1	0
Orange	1 medium	trace	trace	0
Peach	1 medium	trace	trace	0
Strawberries	5 berries	trace	trace	0
Mixed fruit with cream dressing	1/2 cup	10	3	18

## Fats/Sweets

Fat can add up from the "extras" you add and the desserts you eat.

		Total fat grams	Saturated fatty acids grams	Cholesterol milligrams
Butter	1 tablespoon	11	7	31
Margarine:				
Soft	1 tablespoon	11	2	0
Stick	1 tablespoon	11	2	0
Vegetable oil (corn)	1 tablespoon	14	2	0
Salad dressing:				
Mayonnaise	1 tablespoon	11	2	8
Mayonnaise- type	1 tablespoon	5	1	4
Italian, low- calorie	1 tablespoon	trace	trace	0
Italian	1 tablespoon	9	1	0
Cream:				
Sour	1 tablespoon	3	2	5
Light (table)	1 tablespoon	3	2	10
Nondairy, frozen	1 tablespoon	2	1	0
Cream cheese	1 ounce (2 tablespoons)	10	6	31
Cake, frosted, devil's food	1/12 8"-layer	11	5	50
Brownie	1 brownie	6	1	18
Pie, apple	1/6 pie	18	5	2



# 15 Tips

## to Help You Avoid Too Much Fat, Saturated Fat, and Cholesterol

1. Steam, boil, or bake vegetables; or for a change, stirfry in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than with sauces, butter, or margarine.
3. Try lemon juice on salads or use limited amounts of oil-based salad dressing.
4. To reduce saturated fat, use margarine instead of butter in baked products and, when possible, use oil instead of shortening.
5. Try whole-grain flours to enhance flavors of baked goods made with less fat and cholesterol-containing ingredients.
6. Replace whole milk with skim or lowfat milk in puddings, soups, and baked products.
7. Substitute plain lowfat yogurt, blender-whipped lowfat cottage cheese, or buttermilk in recipes that call for sour cream or mayonnaise.
8. Choose lean cuts of meat.
9. Trim fat from meat before and/or after cooking.
10. Roast, bake, broil, or simmer meat, poultry, or fish.
11. Remove skin from poultry before cooking.
12. Cook meat or poultry on a rack so the fat will drain off. Use a nonstick pan for cooking so added fat will be unnecessary.
13. Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
14. Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings.
15. Try substituting egg whites in recipes calling for whole eggs. For example, use two egg whites in place of each whole egg in muffins, cookies, and puddings.





# Modifying Your Recipes

Here's an example of how to use these tips. The recipe below shows simple adjustments in a typical beef stroganoff recipe that can help you moderate fat and cholesterol.

Changes from typical recipe:

Use a less fatty meat cut - round steak in place of sirloin - and trim fat from meat.

Use buttermilk in place of sour cream.

Use a nonstick pan and no butter to cook the meat.

Prepare gravy with buttermilk instead of butter.

## Light Beef Stroganoff

4 servings, 1/2 cup stroganoff and 1/2 cup noodles each

Per serving:

Calories .....	255	Cholesterol .....	83 milligrams
Total fat .....	6 grams	Sodium .....	371 milligrams
Saturated fatty acids .....	2 grams		

<u>Beef round steak, boneless, trimmed</u> .....	3/4 pound
Fresh mushrooms .....	1/4 pound
Onion, sliced .....	1/2 cup
Beef broth, condensed .....	1/2 cup
Water .....	1/2 cup
Catsup .....	1 tablespoon
Pepper .....	1/8 teaspoon
Flour .....	2 tablespoons
<u>Buttermilk</u> .....	1 cup
Noodles, cooked, unsalted .....	2 cups (about 2-1/2 cups uncooked)

1. Slice steak across the grain into thin strips, about 1/8-inch wide and 3 inches long. (It is easier to cut thin slices of meat if it is partially frozen.)
2. Wash and slice mushrooms.
3. Cook beef strips, mushrooms, and onion in nonstick frying pan until beef is lightly browned.
4. Add broth, water, catsup, and pepper. Cover and simmer until beef is tender, about 45 minutes.
5. Mix flour with about 1/4 cup of the buttermilk until smooth; add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened.
6. Serve over noodles.

For each serving, these changes result in savings of 240 calories, 24 grams total fat, 15 grams saturated fatty acids, and 62 milligrams cholesterol.



Feature fish  
and Turkey  
in tasty  
main dishes  
that are  
low in fat.

### Italian Fish Rollups

4 servings, 1 rollup each

**Per serving:**

Calories.....	125	Cholesterol.....	57 milligrams
Total fat.....	1 gram	Sodium.....	461 milligrams
Saturated fatty acids.	Trace		

Flounder fillets, fresh or frozen, without skin .....	1 pound
Frozen french-style green beans .....	9-ounce package
Onion, chopped .....	2 tablespoons
Boiling water .....	1/2 cup
Tomato sauce .....	8-ounce can
Oregano leaves .....	1/4 teaspoon
Basil leaves .....	1/4 teaspoon
Garlic powder .....	1/8 teaspoon
Grated Parmesan cheese .....	1 tablespoon

1. Thaw frozen fish in refrigerator overnight. Divide fish into 4 servings.
2. Add beans and onion to boiling water. Cover and boil gently until beans are tender-crisp, about 7 minutes. Drain.
3. Place 1/4 cup of the bean-onion mixture in middle of each fish portion.
4. Start with narrow end of fillet and roll. Place in baking pan with end of fillet underneath.
5. Mix tomato sauce, oregano, basil, and garlic powder. Pour over fish rollups.
6. Sprinkle with cheese.
7. Bake at 350°F (moderate oven) until fish flakes easily when tested with a fork, about 45 minutes.

### Turkey Divan

4 servings, about 3/4 cup each

**Per serving:**

Calories .....	165	Cholesterol.....	58 milligrams
Total fat.....	4 grams	Sodium.....	269 milligrams
Saturated fatty acids.	2 grams		

Frozen broccoli spears .....	10-ounce package
Turkey breast, cooked, sliced .....	8 ounces
Cornstarch .....	2 tablespoons
Turkey broth, unsalted.....	1/2 cup
Skim milk.....	1/2 cup
Natural Cheddar cheese, shredded.....	1/3 cup
Salt .....	1/4 teaspoon

1. Cook broccoli as directed on package until just tender. Drain.
2. Arrange broccoli in 1-1/2-quart casserole. Lay turkey slices on top of broccoli.
3. Mix cornstarch with broth in saucepan until smooth. Add milk. Cook, stirring constantly, until thickened. Remove from heat.
4. Add cheese and salt. Stir until cheese melts.
5. Pour sauce over turkey.
6. Bake at 375°F (moderate oven) until sauce is bubbly, about 25 minutes.



Highlight vegetables in interesting mixtures...

### Squash-Broccoli Medley

4 servings, about 1/2 cup each

Per serving:

Calories.....	30	Cholesterol.....	0
Total fat.....	1 gram	Sodium.....	165 milligrams
Saturated fatty acids.	Trace		

Fresh mushrooms, sliced .....	1/2 cup
Margarine .....	1 teaspoon
Fresh broccoli, cut in 1-inch pieces.....	1 cup
Fresh yellow summer squash, sliced .....	1 cup
Fresh zucchini squash, sliced .....	1 cup
Salt .....	1/4 teaspoon
Pepper.....	1/8 teaspoon
Water.....	1/2 cup
Lemon rind, grated.....	1/4 teaspoon

1. Cook mushrooms in margarine in nonstick frypan until lightly browned.
2. Add remaining ingredients except lemon rind.
3. Cover and boil gently until vegetables are tender, about 10 minutes. Drain.
4. Gently stir in lemon rind.

### Chili Bean Dip

About 1-1/3 cups

Per tablespoon:

Calories.....	15	Cholesterol.....	0
Total fat.....	Trace	Sodium.....	59 milligrams
Saturated fatty acids.	0		

Kidney beans.....	15-ounce can
Drained bean liquid .....	3 tablespoons
Vinegar.....	1 tablespoon
Chili powder.....	1 teaspoon
Ground cumin.....	1/8 teaspoon
Onion, grated.....	2 teaspoons
Parsley, chopped .....	2 teaspoons

1. Drain kidney beans; save liquid.
2. Place drained beans, bean liquid, vinegar, and seasonings in blender. Blend until smooth.
3. Remove mixture from blender. Stir in onion and parsley.
4. Chill thoroughly.
5. Serve with crisp vegetable sticks.

... or dress them up with lowfat dips or dressings.

### Yogurt-Dill Salad Dressing

About 1 cup

Per tablespoon:

Calories.....	10	Cholesterol.....	1 milligram
Total fat.....	Trace	Sodium.....	10 milligrams
Saturated fatty acids.	Trace		

Plain lowfat yogurt .....	8-ounce carton
Onion, very finely chopped .....	2 teaspoons
Lemon juice.....	1 teaspoon
Dill weed, crushed .....	1/2 teaspoon
Dry mustard .....	1/4 teaspoon
Garlic powder .....	1/8 teaspoon

1. Mix all ingredients thoroughly.
2. Chill until served.
3. Serve over tossed green salad.



## Fat and Cholesterol...True or False?

(Answers to Quiz on page 3.)

1. True. See "Primer."
2. False. Fruits, vegetables, and grains contain no cholesterol. Cholesterol is found only in foods of animal origin.
3. True. Chicken without skin contains only half as much total fat as chicken with skin.
4. True. See "Primer."
5. True. See "Primer."
6. False. Cholesterol is found only in egg yolk. Reduce cholesterol by substituting egg whites for whole eggs or egg yolks in muffins, cookies, puddings, and pie fillings.
7. True. See "Primer."
8. False. The cholesterol contents of lean beef or pork and chicken are about the same when size of serving is the same.

## MENU

When eating out you can't control actual food preparation, but you *can* control food selection. Choose foods with ingredients and preparation methods that tend to moderate fat, saturated fat, and cholesterol.

## Want More Information?

- Read the other bulletins in this series.
- Contact your local county Extension agent, public health nutritionist, or dietitian in hospitals or other community agencies.
- Contact the American Heart Association, National Center, 7320 Greenville Avenue, Dallas, Texas 75231 or your local American Heart Association.
- Look through cookbooks in your local library for other recipes to help you moderate fat, saturated fat, and cholesterol. Evaluate the recipes on the basis of what you have read in this bulletin.
- Contact the Human Nutrition Information Service (HNIS) for a list of current publications on guidelines topics. The address is U.S. Department of Agriculture, HNIS, Room 360, 6505 Belcrest Road, Hyattsville, Maryland 20782.