



Some fat is essential every day—but how much is too much? Check the fat in your diet.

## STEP 1: KEEP TRACK

**LIST** everything you ate and drank yesterday.

**REMEMBER** to include: • all meals, beverages, and snacks • oil used in frying  
• butter and margarine • sauces and salad dressings

Don't worry if yesterday wasn't a typical day. You are learning a process to check on fat in your diet.

EXAMPLE: Lasagna (pasta, ground beef, tomato sauce, mozzarella, parmesan),  
salad (lettuce, cucumbers, tomato), salad dressing

MORNING

MID-DAY

EVENING

# STEP 2: ESTIMATE YOUR FAT INTAKE

**FIND** the foods that you ate yesterday in the lists below. Only foods containing fat are listed. **WRITE** the number of portions you ate beside each food.

**MULTIPLY** the grams of fat in each portion by the number of portions you ate and enter the grams of fat in the last column. **TOTAL** the amount of fat you ate yesterday.

*This list does not include most vegetables and fruits since these foods contain little or no fat.*

VEGETABLES & FRUIT	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Avocado (½ medium)	15		
Hash browns (½ cup or 125 mL)	10		
Potato salad (½ cup or 125 mL)	10		
French fries—fast food (10 fries)	10		
French fries—oven baked (10 fries)	5		
Potatoes—scalloped or mashed with milk and butter (½ cup or 125 mL)	5		
<b>TOTAL GRAMS OF FAT I ATE</b>			

*This list does not include plain breads, soda crackers, most cereals, rice or pasta since these foods contain little or no fat.*

GRAIN PRODUCTS	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Granola (½ cup or 125 mL)	15		
Instant ramen noodles (1 package)	15		
Cake with icing (1 small piece)	10		
Croissant (1)	10		
Muffin or Scone (1 large)	10		
Waffle (1 large round)	10		
Pancakes (2 medium)	5		
Crackers (5 average size)	5		
Cookies (2–3 average size)	5		
Granola bar (1 small)	5		
<b>TOTAL GRAMS OF FAT I ATE</b>			

*This list does not include skim and 1% Milk & Alternatives since these foods contain little or no fat.*

MILK & ALTERNATIVES	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Cheese—firm (50 g or 1.5 oz or 1" x 1" x 3" piece)	15		
Ice cream (¾ cup or 175 mL)	10		
Part skim cheese (50 g or 1.5 oz or 1" x 1" x 3" piece)	10		
Cottage cheese—4.5% (1 cup or 250 mL)	10		
Whole milk (1 cup or 250 mL)	10		
Milk—2% (1 cup or 250 mL)	5		
Fortified soy beverage (1 cup or 250 mL)	5		
Custard or Canned pudding (½ cup or 125 mL)	5		
Milkshake (1 cup or 250 mL)	5		
Ice milk or Frozen yogurt (½ cup or 125 mL)	5		
Yogurt—2–3.5% (¾ cup or 175 mL)	5		
Cottage cheese—2% (1 cup or 250 mL)	5		
Parmesan cheese (2 Tbsp or 30 mL)	5		
Processed cheese (1 slice)	5		
Cream or Sour cream (2 Tbsp or 30 mL)	5		
<b>TOTAL GRAMS OF FAT I ATE</b>			

*This list does not include most dried peas, beans or lentils since these foods contain little or no fat.*

MEAT & ALTERNATIVES	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Ribs (2.5 oz or 75 g)	20		
Nuts or Seeds (¼ cup or 60 mL)	15		
Peanut butter (2 Tbsp or 30 mL)	15		
Ground beef—regular (2.5 oz or 75 g)	15		
Ground beef—lean (2.5 oz or 75 g)	10		
Soybeans (¾ cup or 175 mL)	10		
Wiener (1)	10		
Beef, Pork, Lamb, or Poultry—with skin (2.5 oz or 75 g)	10		
Lean beef, Lean pork, Fish or Skinless poultry (2.5 oz or 75 g)	5		
Bacon (2 slices)	5		
Salami or Bologna (1 slice)	5		
Sausage (1 small)	5		
Egg (1)	5		
Coconut—shredded (2 Tbsp or 30 mL)	5		
Salmon—canned (2.5 oz or 75 g)	5		
Soy beverage—unfortified (¾ cup or 175 mL)	5		
Tofu (¾ cup or 175 mL or 150 g)	5		
<b>TOTAL GRAMS OF FAT I ATE</b>			

ADDED OILS & FATS	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Mayonnaise or Salad dressing (1 Tbsp or 15 mL)	10		
Mayonnaise—low calorie (1 Tbsp or 15 mL)	5		
Soft margarine* (1 tsp or 5 mL)	5		
Butter or Hard margarine* (1 tsp or 5 mL)	5		
Shortening or Lard (1 tsp or 5 mL)	5		
Oil* (1 tsp or 5 mL)	5		
<i>*Remember to include amounts added to grain products or vegetables.</i>			
<b>TOTAL GRAMS OF FAT I ATE</b>			

MISCELLANEOUS	GRAMS OF FAT / PORTION	PORTIONS I ATE	GRAMS OF FAT I ATE
Cheesecake (1/12 of cake)	20		
Pie (1/8 of pie) or Fast food pie (1)	15		
Chocolate bar (2 oz or 60 g)	15		
Danish pastry (1)	15		
Doughnut (1)	10		
Potato/Corn/Nachochips (small bag, 50 g)	10		
Popcorn—popped in oil (1½ cups or 375 mL)	5		
Cream cheese (1 Tbsp or 15 mL)	5		
Gravy or Cream sauce (3 Tbsp or 45 mL)	5		
Whipping cream (2 Tbsp or 30 mL)	5		
Olives (10)	5		
<b>TOTAL GRAMS OF FAT I ATE</b>			

## MY TOTAL

**MY TOTAL FAT INTAKE**

+
+
+
+
+
+
=
\_\_\_\_\_
GRAMS

**(add the totals from all lists)**

## STEP 3: ARE YOU ON TRACK?

**COMPARE** your total fat intake to your recommended daily maximum from the chart below. Choose an age closest to yours.

**MY TOTAL FAT INTAKE:** \_\_\_\_\_ **GRAMS**

**MY RECOMMENDED MAXIMUM:** \_\_\_\_\_ **GRAMS**

RECOMMENDED MAXIMUM GRAMS OF FAT EACH DAY						
HEIGHT	19 YEARS		30 YEARS		50 YEARS	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
5'0"-5'3"	80-85	70-75	80-85	65-70	70-75	60-65
5'4"-5'7"	90-95	75-80	85-90	70-75	75-80	65-70
5'8"-5'11"	95-100	80-85	90-95	80	85-90	75
6'0"-6'3"	100-105	85-90	100-105	85-90	90-95	80-85

(Based on Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. National Academy of Sciences, 2002/2005.)

**CHECK** the box that applies to you.

- My total fat intake** was less than or equal to my recommended maximum.

*Congratulations, you are on track!*

*To help you stay on track, look at the Ideas for Action following STEP 5.*

- My total fat intake** was more than my recommended maximum.

*If you wish to make a change in your fat intake, go to STEP 4.*

## STEP 4: MAKE A PLAN

**LOOK** over the food lists in STEP 2. Where do you get most of your fat?

\_\_\_\_\_

\_\_\_\_\_

Use the above information and the Ideas for Action on the next panel to plan a change.

**WRITE** your specific plan below. Consider:

- The food you will really eat
- Where you will be
- Time of day

EXAMPLE:

I will make a salmon salad sandwich with just a  
small amount of mayonnaise for lunch at work.

MY ACTION PLAN:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## STEP 5: IS YOUR PLAN ON TRACK?

**THINK** about your plan. Ask yourself:

- Have I chosen foods I enjoy eating?
- Is this plan convenient for me?
- What might interfere? Can I solve the problem?
- Did I eliminate food group choices from my day? (Use *Check on Balance-FoodTrack™* to make sure your diet is still in balance.)
- Would a different meal or snack time be better?
- Can I picture myself carrying out this plan? (If not, go back to STEP 4 and revise your plan.)

**CONGRATULATIONS!** You have learned a simple process to check for fat in your diet. Repeat this process any day to see if you are on track.

# IDEAS FOR ACTION

**MARK** one or two ideas that would work for you.

## TO LOWER YOUR FAT INTAKE

### Try lower fat substitutes...

- Select a bagel instead of a croissant, pastry or muffin.
- Have pretzels or plain popcorn instead of potato chips.
- Prepare dips or spreads that use cottage cheese or yogurt instead of mayonnaise.
- Choose lower fat products or eat smaller portions.
- Choose fresh fruit with a scoop of vanilla yogurt instead of a piece of pie or cheesecake.
- Try spreads and sauces that contain little or no fat such as jam, relishes, chutneys, mustard, cranberry sauce, mint sauce, tomato sauce or salsa.

### In restaurants or away from home...

- Order dressings or sauces on the side—then use a smaller amount.
- Choose menu items that offer low-fat relishes or chutneys instead of traditional high-fat sauces.
- Ask your server how the food has been prepared and request changes if necessary (e.g. smaller portion, salad instead of fries, baked instead of fried).
- Share an order with a friend or take half of it home.

### If most of your fat comes from preparation methods...

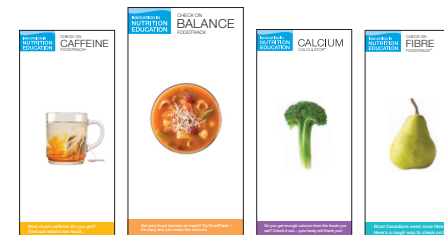
- Bake, broil, barbeque, microwave, steam, poach or stir-fry with little or no fat.
- Trim visible fat from meat; remove skin from poultry.
- Collect interesting lower fat recipes and try them out.

## TO ENSURE ADEQUATE UNSATURATED FAT INTAKE\*

- Steam broccoli or cauliflower and drizzle with olive oil.
- Prepare salmon salad, egg salad or tuna salad with a small amount of mayonnaise.
- Dip a crusty bread in olive oil with a little balsamic vinegar.
- Spread a little mayonnaise on your bread when preparing sandwiches.
- Stir-fry vegetables in a little canola oil.
- Dress pasta with olive oil and fresh tomatoes and basil.
- Steam greens such as beet greens, chard, kale or dandelions. Drain and dress with olive oil, fresh ground pepper and lemon juice.
- Keep a favourite salad dressing handy for use on salads.
- Use pesto in soup, with pasta, or on bread.
- Substitute oils for shortening or lard when frying or baking.
- Spread tartar sauce on fish.

\* Canada's Food Guide recommends a small amount—2–3 Tbsp (about 30–45 mL) of unsaturated fat each day.

Check if you are on track...



by using the rest of the FoodTrack™ series.



For more information,  
call a nutrition educator at:  
604-294-3775 or  
1-800-242-6455  
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