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### Controlling Fat in Your Diet

Adjusting your eating habits to consume less than 30% of your calories from fat is not impossible. Remember that fat in your diet is easy to control once you recognize that many foods contain hidden fat. However, just recognizing the proper foods is not enough. You must then adjust your cooking techniques to effectively control your intake of dietary fat.

### Where's the Fat?

Avoiding the following high fat foods will reduce your overall dietary fat intake and get you off to a good start.

- High Fat Cheese
- Whole Milk
- Sour Cream
- Cured Meats
- Nuts and Nut Butters
- Ice Cream
- Cream
- Non-Dairy Creamer
- Fried Foods

### Helpful Hints for Reducing Fat in Your Diet

- Increase your carbohydrate intake, especially complex carbohydrates. High carbohydrate diets promote satiety, as complex carbohydrates often contain substantial amounts of fiber. Fiber creates a sense of fullness and aids in the control of hunger.
- Prepare meats by baking, broiling, roasting, stewing. Use lean meats trimmed of all visible fat.
- Be on the lookout for hidden fat saboteurs. For example, a potato is a complex carbohydrate and ideal for this diet at just 90 calories. If, however, you add sour cream and butter, you have added calories and a lot of hidden fat.
- Stop thinking of a baked potato with sour cream and start picturing a baked potato with diet margarine. Substitute mustard on your sandwiches, instead of high fat mayo. Use fat free or low fat salad dressing.
- Have an apple 30 minutes before dinner to help curb your appetite. Having soup as a first course prior to dinner will also help fill you up.
- Use spices to enhance palatability without adding fat and calories.

Soon this diet will become second nature, and it is worth every effort for how good it will feel.

Most of us love fresh fruits and vegetables at the height of their season. Think of all the colors, textures, and flavors this group offers. Both fruits and vegetables are valuable sources of many nutrients, including carbohydrates, fiber, vitamins A and C. Fruits are a source of simple carbohydrates (mainly fructose), while vegetables are a source of complex carbohydrates (mainly fiber). And best of all, both are naturally low in fat.

### Serving Sizes

- Fruits: 1 medium piece of fresh fruit, 1.2 cup chopped, cooked, canned fruit, ¼ cup fruit juice
- Vegetables: 1 cup raw, ½ cup cooked, ¾ cup vegetable juice
- It’s quite common to hear the phrase “five a day” which refers to the amount of fruits and vegetables required in a balanced diet to provide appropriate nutrition.

### Practical Tips

Choose fresh or frozen fruit and vegetables in place of canned, which have fewer vitamins and minerals and often have added sodium and sugar. Stir fry vegetables with small amounts of oil, or use a steamer to reduce vitamin loss.

### Choosing Healthy Alternatives

To help you meet your nutritional needs, make sure you have at least one high vitamin A, and one high vitamin C food item daily. Review the following list of fruits and vegetables that are high in vitamins A and C, as well as other vitamins, minerals and fiber. List your choices in the spaces provided below.

#### Vitamin A Rich Fruits and Vegetables

- Apricots
  - Cantaloupe
  - Peaches
  - Plums
  - Tangerines
  - Prunes
- Watermelon
  - Broccoli
  - Carrots
  - Squash
  - Spinach
  - Tomatoes

#### Vitamin C Rich Fruits and Vegetables

- Cantaloupe
  - Grapefruit
  - Kiwi
  - Mango
  - Oranges
  - Papaya
- Strawberries
  - Watermelon
  - Broccoli
  - Brussels Sprouts
  - Cabbage
  - Spinach
  - Tomatoes

	Vitamin A Food	Vitamin C Food
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

There are many fun and easy exercises you can do to continue to increase your activity level. The following activities can be done any time, any place including while watching television. Remember, every little bit of physical activity counts and can help you to achieve your goal of successful weight loss. Review and try each exercise listed below.

Exercise Set #1	Exercise Set #2
<b>Arm Circles</b> <ul style="list-style-type: none"> <li>• Stretch your arms out to the side, should high</li> <li>• With palms up, make small backward circles in the air</li> <li>• Start with ten reps and increase as time and energy permit</li> </ul>	<b>Chair Jogger</b> <ul style="list-style-type: none"> <li>• Sitting tall and holding on to the chair for support, jog in place as fast as you can for 2 minutes</li> </ul>
<b>Waist Whittler</b> <ul style="list-style-type: none"> <li>• Sitting tall, stretch arms overhead and interlock thumbs</li> <li>• Lean first right, then left</li> <li>• Do 5 reps</li> </ul>	<b>High Kicks</b> <ul style="list-style-type: none"> <li>• Sitting tall and holding onto the chair for support, straighten one leg as high as you can</li> <li>• Return to starting position</li> <li>• Alternate and do 10 reps</li> </ul>
<b>Sit Downs</b> <ul style="list-style-type: none"> <li>• Sitting tall, stretch arms overhead</li> <li>• Bend down and touch the ground</li> <li>• Do 10 reps</li> </ul>	<b>Foot Flex</b> <ul style="list-style-type: none"> <li>• Sitting tall and holding on to the chair for support, raise one leg in front. Flex and point your foot 8 times</li> <li>• Repeat with other leg</li> </ul>

### Activity

Planning is often the first step for actually doing. To help you do one of the above exercise programs, plan when you will do these exercise activities for the next week in the space provided below. For each exercise session, plan to do set #1 activities or set #2. Also, alternate the sets. For example, if you do set #1 for session #1, do set #2 activities for session #2.

	Session #1	Session #2	Session #3	Session #4	Session #5
Day/Date					
Time					
Set #					

Increase your walking program to a 35 minute walk, 4 times per week. If you are already at this level, try a 40 minute walk, 4 times per week. On the days you don't plan to walk, do two stretching exercises and add one new way to increase your daily activity.

Continue to monitor your heart rate. Adjust your activity as needed— walk faster to increase your heart rate, and slow down if you heart rate is too high.