

# FAT FACTS

## *SMALL CHANGES ADD UP*

Small changes in your diet can reduce the amount of fat you eat. When you eat less fat, you are likely to eat fewer calories. Try these small changes:

- Æ Switch from whole milk to low-fat milk. If you drink two glasses of milk a day, you will save 800 calories each week.
- Æ Skip the pepperoni, sausage or ham on a pizza. Save 50-100 calories per slice.
- Æ Replace 3.5 ounces of fatty pork chop or T-Bone steak with 3.5 ounces of turkey breast. Save more than 100 calories.
- Æ Instead of sour cream, use a mixture of nonfat plain yogurt and low-fat cottage cheese on a baked potato. Save as many as 100 calories.

## *Easy ways to eat less fat.*

### When you normally have:

Apple pie  
Biscuit or croissant  
Bologna or salami  
Chocolate cake  
French fries  
Milk  
Ice cream  
Potato chips  
Pasta with white sauce  
Swiss or brick cheese

### Try this:

Baked apple  
Hard roll, pita bread or whole wheat bread  
Sliced chicken or turkey  
Angel food cake  
Baked potato  
Low-fat or skim milk  
Low-fat frozen yogurt  
Pretzels  
Pasta with red sauce  
Part-skim mozzarella cheese

*One change may not seem to make a difference,  
but when you add several together, you will see big results.*

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