Heart Disease Prevention Diet

"The Heart Disease Prevention" Diet

(Adapted from the Revised American Heart Association Guidelines and the National Cholesterol Education Adult Treatment Program III)

The Heart Disease Prevention Diet is based on the American Heart Association guidelines with some enhancements that provide additional protection from heart disease. These guidelines include increasing whole grain food consumption, and decreasing saturated and trans-fatty acid intake. Trans fats are found in any hydrogenated vegetable oil, shortening, snacks or desserts and they are turning out to be more harmful than saturated fats. This guide encourages individuals to:

Eat the Right Fats

The fats we eat are mixtures of different kinds of fatty acids. There are two basic kinds of fatty acids: saturated and unsaturated. Saturated fatty acids raise cholesterol and have other harmful effects so it is especially important to limit the fats with high amounts of saturated fatty acids or hydrogenated fats:

Highly saturated animal fats

- Fatty meats and meat fat
- Butter and lard
- Whole milk, 2% milk, and whole milk products

Highly saturated vegetable fats:

- Palm and palm kernel oil, coconut oil
- Hydrogenated oils and shortening of any kind; hydrogenation is a chemical process that adds hydrogen to poly- and monounsaturated oils, solidifying them and creating trans fats and saturated fats
- Cottonseed oil

Unsaturated fatty acids are divided into two groups: Monounsaturated and polyunsaturated. Both are desirable, select from these fats and oils for cooking, etc.

Monounsaturated fats:

- Canola oil
- Olive oil
- Peanut oil

Polyunsaturated fats:

- Safflower oil
- Soybean oil
- Sunflower oil
- Corn oil
- Vegetable oil

Omega 3 Fats

- Fish oil
- Flax seeds or oils
- Cold water fish

Eat Less Cholesterol

Cholesterol is a substance found only in animal foods. Limiting the amount of meat, poultry, fish, shellfish, high fat milk/milk products, liver, butter and egg yolks eaten will ensure a low cholesterol intake. Plant foods like fruits, vegetables, oils, nuts, seeds, grains and cereals naturally do not contain cholesterol unless cooked or prepared with an animal food. Cholesterol and fat are not the same.

Eat More Fiber

Most plant foods such as fruits, vegetables, whole grains, nuts, dried beans and peas, contain fiber. Plant foods also contribute to a wide variety of substances known as phytochemicals that may have a role in disease prevention. Fiber can help lower cholesterol and maintain bowel regularity. A variety of fiber rich foods need to be eaten daily.

Lose Weight, If Overweight

Lowering weight can reduce blood cholesterol, lower high blood pressure and help to maintain normal blood sugar levels in people with diabetes. Unwanted pounds can be lost by eating a low calorie diet and exercising on a regular basis.

Eat less Sugars & Sweets

Individuals with diabetes, high triglyceride levels and/or obesity should eat foods containing simple sugars less often and select a sugar-free food if available. Foods marked with an asterisk (*) in the food list section may be high in simple sugars.

Heart Disease Prevention Diet- Eating Guidelines

Servings will vary depending on your calorie needs, ask your dietitian how much is best for you. Details for food selection are on the Eating Guidelines following this page.

Food Group	Daily or Weekly Serving	1 Serving Equals	Examples and Notes
Breads, Cereals, Rice, Grains, Pasta	6-11 servings per day including at least 3 servings whole grain products	1 slice bread ½ cup cooked rice/pasta ½ small bagel or 1 oz ½ cup cooked cereal 1 oz flaked or puffed cereal	Whole grain especially encouraged. Avoid products made with hydrogenated fats.
Vegetables	3-5 Servings or more	½ cup cooked or 1 cup raw vegetables ¾ cup vegetable juice	At least two vegetables at dinner and a green salad daily
Starchy Vegetables		½ cup cooked potatoes, peas, beans or corn	Choose legumes, beans, or peas several times a week and us as an entrée as well as a side
Fruits	2 or 4 servings or more	1 medium sized piece of fruit, ½ cup fresh, frozen or canned fruit, ½ cup fruit juice, ¼ cup dried fruit	Fruit with every meal recommended
Low-fat Milk, Yogurt, Cheese, and Other Dairy	2-3 servings per day	1 cup milk, 1 cup yogurt, ½ cup cottage cheese, 1 ounce or 1 slice cheese	Skim or low-fat milk or buttermilk, nonfat or low-fat yogurt, low fat, part skim cheeses, with less than 3 grams fat per serving
Eggs	Less than or equal to 2 yolks per week	1 egg	Includes eggs in food preparation
Lean meat and Poultry, Fish and Shellfish	Less than or equal to 6 oz per day		Select only lean cuts of meat; and skinless poultry. Trim away any visible fat. Select lean cold cuts and luncheon meats with 1 gram of fat or less
Fats, Oils, Salad dressings, and Mayonnaise	Less than or equal to 6-8 servings per day	1 tsp. oil 2 tsp. low-fat margarine 2 Tbsp. low-fat mayonnaise 1 Tbsp. salad dressings 2 Tbsp. red fat salad dressing 2 Tbsp. (scant) nuts (all types) 2 tsp. Natural nut butter 1 oz olives	Total servings allowed include oil used for cooking, and food preparation. Select reduced fat margarine, mayonnaise and salad dressings made from recommended oils. Avoid products with hydrogenated vegetable oils or shortenings.
Desserts	Not daily		Sorbet*, sherbet*, hard candy*, angel food cake*, fresh fruit

*foods that may be high in added sugars

Eating Guidelines - Food Lists
Breads, Cereals, Rice, Grains, Pasta

Servings per day: 6-11 per day including at least 3 servings whole grain products that have at least 2 grams of fiber per serving

Serving Size: 1 ounce sliced bread
½ cup hot cereal
½ cup cooked rice/pasta/other grains
½ small or ¼ large bagel
1 ounce flaked cereal

Foods Recommended

- Bread and grain products often have fats and oils added. Read labels carefully to avoid any product that contains hydrogenated oils.

Whenever you choose a grain or bread choose whole grain products if possible

- Hot cereals: oatmeal, oat bran, cream of wheat, grits
- Whole grain cold cereals
- Cereals (hot or cold)
- Granola* cereal made with recommended oils
- Pasta and couscous
- Popcorn should be air-popped
- Whole grain breads
- Brown rice, bulgar, barley
- Bagels
- Hot dog and hamburger buns
- Pita breads
- Flour and corn tortillas
- English muffins
- Pizza crust made with approved oils or low in fat (less than 3 g per serving)
- Crackers, breads, biscuits, cornbread, pancakes, waffles*, muffins*, cereal*, and granola bars*-check label for fat source

Foods to Avoid

- Granola cereals, regular breads, pastry, crackers, pasta, rice with "to avoid" ingredients such as hydrogenated oils, whole eggs or egg yolk, whole milk, shortening, and butter
- Regular coffeecake, doughnuts, sweet rolls, Danish, unless made with recommended fats
- Hush puppies
- Chow mein noodles
- Croissants
- Fried breads
- French fries, other fried potato products
- Beans and legumes canned or cooked with meats on the "to avoid" list, lard or other fats to avoid

*Foods that may be high in sugars

Vegetables and Fruits

Vegetables:	**Serving per day:** 3-5 or more **Serving size:** ½ cup cooked ¾ cup vegetable juice 1 cup raw vegetables or salad **Servings per day:** 2 to 4 or more	One green salad per day recommended and two vegetables at dinner
Fruits:	**Serving size:** 1 medium sized piece of fruit ½ cup fresh, frozen or canned fruit ½ cup fruit juice ¼ cup dried fruit	Choose whole fruit over fruit juice

Foods Recommended

- All fresh, frozen, canned and dried fruits and vegetables except those listed under "Foods to Avoid"
- Season with herbs, lemon, low-fat margarine and low-fat mayonnaise

Foods to Avoid

- Vegetable and fruit salads prepared with regular mayonnaise or regular salad dressings or whipped cream or whipped non dairy toppings
- Vegetables prepared in butter, high-fat cream or cheese sauce
- Fried or deep fried vegetables such as onion rings or tempura
- Coconut or foods prepared with coconut
- Vegetables canned or cooked with meat fat or bacon
- Tomato or pasta sauces made with meat

Milk, Yogurt, Cheese, and Dairy

Servings per day: 2-3 servings per day
Serving size: 1 cup milk, 1 cup yogurt, 1 ounce low-fat cheese, ½ cup cottage cheese

Foods Recommended

- Milk: Nonfat, skim, ½% or 1% milk
- Powdered skim milk
- Sweetened condensed milk*: low-fat or nonfat
- Soy milk: Low-fat or nonfat
- Evaporated skim milk
- Yogurt*: Nonfat and 1%
- Cream cheese: fat-free
- Cottage cheese: fat-free or 1%
- Ricotta cheese: fat-free
- Fat free half & half
- Cheese, choose less than 3 grams fat per oz or fat-free
- Sour cream: Fat-free
- Fat-free whipped toppings
- Hot chocolate mix*: Low-fat

Foods to Avoid

- Milk: whole and 2% milk
- Yogurt: with more than 3 grams fat per serving
- Sour cream: regular
- Cream: half & half, whipping cream
- Eggnog: regular
- Cream cheese: regular
- Non-dairy cream substitutes and whipped toppings unless fat-free
- Sweetened condensed milk

*Foods that may be high in added sugars

Meat, Poultry, Fish, Eggs, and Meat Alternatives

Servings per day: No more than 6 ounces cooked lean meat, fish or poultry
For example: 3 ounces at lunch and 3 ounces at dinner for a total of 6 ounces per day
Include 3 fish servings per week
Limit lean beef choices to a total of 8 ounces cooked meat per week

Serving size: 2-3 oz meat, fish or poultry. 1 egg, ½ cup tofu, 1 cup tofu, 1 cup cooked beans or peas. If you cannot eat fish, use flax seed oil or fish oil or ground flax seed or products containing it.

Foods Recommended

- Chicken or turkey: skinless
- Ground poultry: (skinless) with less than 3 grams fat per oz
- Cornish hen: skinless
- Any fish and shellfish: fresh, frozen or canned in water
- Shellfish: crab, shrimp, lobster, clams
- Pork: extra-lean ham, Canadian bacon, center cut loin chop, loin roast, lean leg roast
- Veal: cutlet, lean veal chops, lean veal roast
- Lamb: shank half leg roast, lean loin roast and lean loin chops
- Beef: extra lean ground beef (7% fat or less), top round, bottom round, eye of round, tenderloin, filet mignon, sirloin, top loin, chuck and arm roast, flank steak
- Lean processed meat products with no more than 3 grams of fat per ounce
- Eggs: Whites and egg substitutes. Limit egg yolks to 2 or less per week, including eggs in baked goods and processed foods
- Tofu: low fat
- Meatless patties or meat substitute products with 3 grams fat or less per 100 calories such as Garden Burgers or Veggie Burgers
- Mature beans and peas such as pinto, northern, navy, kidney, and soy beans
- Soy crumbles

Foods to Avoid

- Any poultry with skin
- Ground poultry with more than 3 grams fat per ounce or those with no label
- Fish canned in oil and fried fish such as commercially prepared fish such as fish sticks and battered fish fillets
- Fried fish or shellfish
- Pork: spare ribs, bacon, sausage, hot dogs, ham hock, Boston butt, chitterlings, neckbones, pigs feet, oxtail, jowls, ground pork, bratwurst, knockworst, pork rinds, salt pork, fatback, pork ribs
- Beef: heavily marbled prime cuts, regular ground beef, T-bone, rib eye, chuck blade roast, prime rib, porterhouse, ribs, brisket, corned beef, pastrami, tongue
- High fat processed meats with more than 3 grams of fat per ounce such as bologna, salami, sausages, pepperoni
- Lamb: ground lamb, rib cuts or rack of lamb
- Organ meats: kidney, liver, heart, sweetbreads, and brain
- Beans and peas: canned or prepared with meat fat

*Foods that may be high in added sugars

Fats and Oils

Servings per day: Less than or equal to 6-8 servings per day
Serving size: 1 tsp. oil
2 tsp. low-fat margarine
1 Tbsp. salad dressings
2 Tbsp. low-fat mayonnaise or low-fat salad dressing
2 Tbsp. (scant) nuts
2 tsp. natural peanut butter (oil on top), almond butter, cashew butter
Fish oil capsules
1-2 Tbsp. ground flax seed
1 tsp. flax seed oil

Foods Recommended

- Low-fat tub margarine or liquid spread with liquid oil as first ingredient (or first after water) and preferably trans-fat free
- Plant stanol or plant sterol containing spreads
- Oils: soybean, safflower, sunflower, corn, canola, olive, vegetable and peanut
- Fat-free salad dressings
- Low-fat mayonnaise (2 grm/Tbsp)
- Natural peanut or other nut butter (oil on top)

Foods to Avoid

- Butter
- Lard
- Ham hocks and fatback
- Bacon and bacon drippings
- Salt pork
- Suet
- Meat fat
- Nuts covered with candy coating
- Cottonseed oil
- Coconut
- Coconut oil
- Palm and palm kernel oil
- Shortening
- Hydrogenated oil or partially hydrogenated oil
- Sour cream, regular
- Guacamole made with regular mayonnaise
- Cheese sauces made with ingredients not allowed
- Cream sauces made with ingredients not allowed
- Tartar sauce and salad dressing prepared with regular mayonnaise
- Peanut butter with hydrogenated fats
- Cool whip

Fat Substitutes (may be used up to 4 servings per day)

- All-fruit spread or apple butter for a spread
- Non-stick cooking spray
- Fat-free salad dressings
- Fat-free mayonnaise
- Fat-free sour cream
- Fat-free cream cheese
- Fat-free margarine
- Homemade gravy with fat removed
- Powdered dry gravy mixes
- Imitation powder butter substitutes

*Foods that may be high in added sugars

Desserts and Sweets

Some sweets and desserts – like cakes, pies, cookies, cheesecake, and candy bars – are high in saturated fat, cholesterol, sugar and calories. Buy them seldom, if at all. Low fat and nonfat dessert products may be low in fat, but most are high in sugar, so they can have many calories. Choose them only occasionally, especially if you are trying to control your weight. Fresh fruit or fruit based homemade desserts are the best choices.

Servings per day: Desserts should not be chosen daily. Servings should be counted within the number of recommended servings for the related food group, e.g. angel food cake with fruit would be counted as bread and fruit servings.

Food Recommended

- Fresh fruit is the best dessert
- Fruit based desserts* such as crisp or cobbler using recommended oils or margarine if any fat is used
- Frozen nonfat or low fat yogurt*, fruit ices*, ice milk*, sherbet*, and sorbet*
- Candies*: hard candy, marshmallows, gum drops, jelly beans
- Sweet baked goods* made with recommended oils or margarine
- Cocoa powder
- Puddings* made with skim or 1% milk
- Gelatin desserts* with or without fruit
- Dark non-hydrogenated chocolate
- Popsicles* and fruit juice bars*
- Angel food cake* topped with fruit puree or fresh fruit slices
- Nonfat or low fat cookies* like animal crackers, devil's food
- Cookies*: fig and other fruit bars, ginger snaps, and vanilla or lemon wafers; graham crackers
- Granola* as topping for ice milk, pudding or yogurt

Foods to Avoid

- Desserts (cookies, cakes, etc.) and candies made with ingredients on "Foods to avoid" lists such as hydrogenated oils, whole milk, regular cream cheese, butter, egg yolks, cream, coconut
- Ice cream and sherbet made with whole milk
- Candies containing coconut

*Foods that may be high in added sugars

Snacks

Servings per day: Every now and then – not daily. When eaten, count snack foods within the recommended serving for the appropriate food group, e.g. pretzels as bread servings etc.

Foods Recommended

- No-oil baked tortilla or potato chips; popcorn (air popped or popped in recommended oils)
- Bread sticks, pretzels
- Unsweetened read to eat cereals
- Crackers made with whole grains
- Fresh fruit
- Fruit leather* or other dried fruit
- Fruit bars* and granola bars*
- Nonfat or low fat crackers like melba toast, rice cakes, rye crisp, and soda crackers
- Raw vegetables with dip made from recommended ingredients such as ranch or onion dip made with low-fat mayonnaise and nonfat sour cream

Foods to Avoid

- Fried snack foods such as potato chips, corn chips, cheese curls or puffs, pork rinds, tortilla chips
- Crackers and chips made with hydrogenated oils
- Other snack foods made with hydrogenated oils
- Buttered popcorn and commercial popcorn

Beverages

Foods Recommended

- Tea: unsweetened
- Coffee: regular or decaffeinated, unsweetened
- Skim milk (see milk section)
- Fruit juices (100% fruit juice)
- Hot cocoa, low-fat, low sugar
- Vegetable juices
- Diet or calorie free beverages, carbonated or non-carbonated

Moderation/Caution Advised

- Any sweetened beverage – especially carbonated beverages*, fruit drinks*, and sweetened tea* can contribute a significant number of calories – If you are overweight or have high triglycerides consult with your dietitian before including these beverages in your diet.

- Alcohol in small amounts may be permitted with meals as approved by your physician. Small quantities appear to be cardioprotective but regular alcohol consumption in excess can be detrimental to overall health.

*foods that may be high in added sugars

Acceptable Condiments or Recipe Ingredients

- Pepper
- Herbs
- Spices
- Salt as allowed by physician
- Salt substitute as allowed by physician
- Sugar*, white and brown
- Sugar substitute
- Flavoring extracts
- Lemon juice
- Vinegar
- Catsup*
- Mustard
- Broth
- Bouillon
- Broth based soups
- Low fat cream soups
- Pickles, sweet pickles*
- Jams, jelly, and preserves* - try products without added sugar like apple butter and "all fruit" spreads
- Molasses*
- Barbecue sauce*
- Soy sauce
- Worcestershire sauce
- Sweet and sour sauce*
- Meat tenderizers
- Steak sauce
- Tabasco
- Syrup*, honey*

Foods to Avoid

- Creamed soups, regular
- Frozen dinners, regular

Prepared and Convenience Foods

- Check the ingredient list for recommended foods and ingredients
- Avoid any product with hydrogenated oils listed on the ingredient list unless the product has less than 1 gram fat per serving

*Foods that may be high in added sugars

Recipe and Cooking Tips

If the recipe calls for this:	Use this instead:	If the recipe calls for this:	Use this instead:
Whole or 2% milk	Nonfat, skim or 1% milk or evaporated skim diluted	Stick margarine	Use low-fat tub or squeeze margarine
Whipped cream	Nonfat whipped toppings or chilled whipped evaporated skim milk	Shortening or butter	Substitute recommended margarine, use oil for sautéing
Cream cheese	Fat-free cream cheese	Vegetable oil	Use recommended oils or substitute equal amounts of applesauce for oil in quick breads, muffins, and other baking mixes. However, remember to avoid mixes with hydrogenated oils
Cool whip	Fat-free sour cream sweetened and flavored with extract of vanilla or almond		
Cream	Fat-free half and half	Mayonnaise	Use low-fat mayonnaise
Sour cream	Non-fat sour cream or plain non-fat yogurt	Gravy	Gravy made with bouillon granules, low-fat broth thickened with flour or cornstarch, commercial fat-free gravy
Cheese	Cheese should have less than 3 grams of total fat per ounce		
Whole egg	Substitute 2 egg whites for 1 whole egg	Cream soup	Low-fat varieties
Hydrogenated baking chocolate (1 oz square)	3 tablespoons cocoa powder plus one tablespoon recommended oil or non hydrogenated chocolate	Ham hocks, salt pork	Liquid smoke
		Real bacon bits or bacon	Imitation bacon bits
Fudge sauce	Chocolate syrup*	Salt	Reduce the amount by half or eliminate

Meal Planning Tips

- Always include vegetables. Include at least one vegetable or green salad at lunch and two servings of cooked or fresh vegetables at dinner.
- Include fruit and whole grains (such as brown rice or whole grain bread or cereal) with each meal. Serve smaller portions of meat
- Roast, bake, broil, boil, grill, stir-fry, steam or braise all meats, poultry and fish. Don't deep fry.
- Use herbs, lemon, broth or low-fat margarine to season vegetables. Don't add meat fat such as bacon, ham hock, meat drippings and fatback. Use liquid smoke instead.
- Cook and drain fat from ground meat before adding other ingredients.
- Chill soups and stews after preparation and skim off hardened fat from the top before eating.
- Remove skin from poultry and trim off visible fat from any meat.

*Foods that may be high in added sugars

Dining Out Tips

The problem with dining out is usually the type of fats used and the large portion sizes typically served at restaurants. Expensive restaurants might use butter for food preparation – butter makes meals very high in saturated fat. Less expensive restaurants use hydrogenated soy or vegetable oils and margarines, these fats are high in trans fats. Since both saturated and trans fats should be avoided, make low fat selections at restaurants.

- Look for the following words used to describe menu items: baked, broiled, grilled, roasted, poached, steamed, stir-fried. These foods are often lower in fat.
- Avoid selections with the following descriptive words: fried, buttery, flaky, sautéed, au gratin, hollandaise, creamed and scalloped
- Appetizers: select plain rolls or bread, seafood cocktail, clear soups, fresh vegetables and fruit.
- Spreads for bread: avoid margarine or butter
- Salads: choose plain vegetables and greens. Avoid cheese, egg, bacon bits, pasta salads, meat salads and high fat dressings. Order salad dressings on the side.
- Entrées: remove skin from chicken and trim any visible fat from all meats.
- Entrées: many Chinese foods are battered and deep fried and then put in a sauce. Ask for entrées that are not deep fried first.
- Watch portion sizes. Excess food can be taken home in a doggie bag.
- Choose pasta with tomato sauces.
- Baked potatoes: avoid butter and sour cream.
- Try low fat yogurt, nonfat sour cream, mustard, salsa, or low fat salad dressing such as a low fat ranch dressing.
- Vegetables: order steamed, grilled or stir-fried. Avoid butter, cheese and cream sauces. Consider ordering a double portion if you haven't had 3 servings of veggies today.
- Desserts: choose fresh fruit, fruit sorbet, sherbet, frozen yogurt, sponge or angel food cake

*Foods that may be high in added sugars

Learn the Label

It can help you choose the right foods...

Does it have the right fats? – First look at the "Ingredients List"

- *What is the ingredients list?* It is required on ever food label. The following is an example:

Ingredients: water, whole wheat flour, flour, safflower oil, evaporated cane juice, lecithin, pineapple, peach and pear juice concentrate, monocalcium phosphate, baking soda, oat bran, salt, rice bran extract.

- *What fats should I look for?*

Use products with these fats	Avoid products with these fats
Corn oil	Shortening
Peanut oil	Hydrogenated or partially hydrogenated oils
Safflower oil, sunflower oil, soybean oil	Butter or lard
Olive oil, vegetable oil	Bacon or bacon fat
Canola oil	Cottonseed oil
Sesame oil	Palm oil or coconut oil

- *What if there are two or more fats listed on the label?* Many products have more than one fat listed on the ingredient list. The ingredients are listed in order by weight, so the first one is in the largest amount. It is still best to avoid any product with a fat on the "avoid list" even if it is not the first fat listed.

- *If the label says "low fat" or "fat reduced" or "fat free", does it matter what kind of fat is listed on the ingredient list?* If the product has less than **one gram of fat** per serving and you eat no more than one serving of this food in a day, then it probably doesn't matter.

Second, look for the total fat in "Nutrition Facts"

Look for serving size →

Look for the total fat in a serving (Disregard the number in the % daily value column) →

Garden Herb Crackers

Nutrition Facts
Serving Size 1/2 oz (15g) 11 crackers
Servings Per Container 11

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

What about the total fat?

- If the product has the wrong fats (check the ingredient list), the total fat should be less than 1 gram per serving
- If the product is an animal product such as ground beef or ground turkey- choose the lowest fat (less than 3 grams per ounce or per 100 kcal)

*Foods that may be high in added sugars

Label Claims – What do they really mean?

Label claims are regulated by the FDA and must meet certain criteria for use. Claims can be unintentionally misleading because they don't tell the whole story. You may still need to check the ingredients or look at other nutrients on the Nutrition Facts label before you choose the product.

Label Claim	**Definition**	**Be Aware:**
Fat-free	Less than 0.5 g fat per labeled	**Check ingredient list to be sure the fat is the recommended type, if not choose a product with less than 1 g total fat on the Nutrition Facts label. Product my still be high in sugar.**
Low-fat	3 g total fat or less per serving or per 50 g of food	
Reduced or less fat	At least 25% less fat per serving than reference food	
Saturated fat free	Less than 0.5 g saturated fat and less than 0.5 g trans fatty acids per serving	
Low saturated fat	1 g saturated fat or less per serving	
Reduced or less saturated fat	At least 25% less than reference food and 2 g or less of saturated fat per serving	
Cholesterol-free	Less than 2 mg cholesterol and 2 g or less saturated fat per serving	
Low-cholesterol	20 mg cholesterol or less and 2 g or less saturated fat per serving	
Reduced or less cholesterol	At least 25% less cholesterol than reference food and 2 g or less saturated fat per serving	
Lean	Less than 10 g total fat and 4.5 g or less saturated fat	Used for labeling of meat, poultry, seafood or game. Products labeled "extra lean" are acceptable
Extra lean	Less than 5 g fat and less than 2 g saturated fat per 100 g	
High fiber	5 grams fiber or more per serving	Foods with a fiber claim must also be "low-fat" or the total fat per serving must appear next to the claim. Check the ingredients to make sure the fat in the products is a recommended type
Good source of fiber	2.5 to 4.9 g fiber per serving	
More or added fiber	At least 2.5 g or more fiber per serving than the reference food	
Whole wheat	If "whole wheat" found in the name of a bread, assures that all the flour is whole grain	This rule doesn't apply to crackers or waffles, look at the ingredient list on these products

*Foods that may be high in added sugars