



‘NUTRITIONAL TIPS’

Guideline No. 3

Choose lower fat dairy products, leaner meats, and foods prepared with little or not fat.

This guideline is aimed at reducing fat intake. The average Canadian eats too much fat, a dietary factor linked to a variety of health problems including cancer. High fat diets are associated with colon and breast cancer; some studies have also linked high fat diets to prostate cancer.

How to Cut Back on Fat?

Most Canadians can bring their fat intakes down to a healthy range by making a few changes in the way they shop, cook and prepare foods.

It is getting easier to control the amount of fat you eat. The fat content of many foods is now available on package labels and through brochures distributed by marketing boards, food companies and fast food restaurants.

You can use this nutrition information to choose lower fat foods by comparing products and brands, once you have a rough idea of what a healthy intake of fat is.

So what is a healthy fat intake?

Right now, the average Canadian gets 38% of the day's calories from fat. We're being advised to cut back on fat, so that no more than 30% of a day's calories, on average, come from fat.

Check out this chart to see what 30% fat means in grams of fat. The fat content of foods is always reported as grams of fat.

	Current Fat Intake	Healthy Fat Intake	~Cut back in fat need
Age 25-49	38% calories from fat	30% calories from fat	
Man	114g	90g	24g
Woman	80g	63g	17g

Healthy Fat Intakes will Vary

The amount of fat you eat will vary from day to day. Some meals and some days will be higher in fat. That's okay. Even high fat meals can be in keeping with healthy eating as long as you balance higher fat meals or days with some lower fat meals or days. It is the average intake of fat over the course of weeks and months that is important, not the fat content of every food and meal you eat.

Healthy Fat Intake for Different Ages and Stages

The goals for a healthy fat intake given above are intended to provide general guidance for the average person, ages 25-49. Younger people and highly active adults who have higher calorie needs may be able to eat a little more fat. Older adults and less active people whose daily calorie needs are likely less than this average, should aim for a little less fat than is shown in the chart above.

Eat A Balanced Natural Food Diet To Thrive

All we have to set as a goal to be 'All Around More Healthy' is to eat a little less, eat a balanced diet with plenty of fresh fruits and vegetables (raw), lots of fresh salads, not too much red meat (trim the fat), drink lots of clean water ('**No Soft Drinks Regardless Of The Health Claims!**'), no artificial sweeteners, no white sugar or white flour and white bread ('Bleached To Make It White'. The chlorine is poisonous!), eat regular servings of cold water fish such as salmon (not over cooked), enjoy so nuts and grains and perhaps take a supplemental multi-vitamin just for 'The Health Of It'!

Get daily exercise even if it just a walk around the block after you do the dinner dishes. Do NO head for the 'COUCH' and T.V. right after eating or, worse still, while eating! Your metabolism drops and you just turn the food into stored fat! Absolutely do NOT eat within three to five hours of going to bed! If you violate that common sense, you will not sleep adequately and you will turn good nutrition into stored and unwanted 'FAT'!

The above is very simple to accomplish!

It's your carcass and parade!

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