

WHAT'S YOUR DAILY "FAT" SCORE?¹

To get a handle on how much fat you're eating each day, use this chart. For each thing you eat that's on this list, give yourself the appropriate score. To be healthy, your total daily score should be 10 or less.

Foods equal one average-size serving

MAIN DISHES

- 5 beef, pork, lamb, ham, hamburgers, cold cuts, hot dogs, and other meats
- 5 macaroni and cheese
- 5 pizza
- 5 lasagna
- 5 chili, beef stew
- 4 spaghetti with meat sauce
- 2 fish
- 1 chicken, turkey
- 1 peanut butter
- 1 sauces and gravies
- 0 salad dressing

DESSERTS

- 4 any dessert with whipped cream
- 4 custard, rice pudding, bread pudding
- 4 custard and cream pie
- 4 danish pastry
- 4 cake, cheese cake
- 3 ice cream
- 2 doughnut
- 2 sweet roll, coffee cake
- 2 fruit pie
- 2 cupcake

- 2 pudding
- 2 chocolate, candy bar
- 1 muffin
- 1 brownie, cookie
- 1 fudge sauce
- 1 snack crackers
- 1 ice milk, sherbet

DAIRY PRODUCTS

- 3 whole milk
- 3 cheese
- 2 butter (1 tsp.)
- 2 2% milk
- 2 yogurt
- 2 cottage cheese
- 2 sour cream
- 0 skim milk

VEGETABLES

- 2 french fries (20)
- 2 hash browns
- 2 breaded, fried vegetables

MISCELLANEOUS

- 5 egg (1)
- 2 waffle, french toast, pancakes
- 1 margarine
- 1 potato chips, corn chips
- 1 nuts other than walnuts (2 oz.)
- 1 walnuts, sunflower seeds (1 oz.)

digest them. That means energy is going to your stomach — instead of to your head and muscles — for several hours after you eat. For that reason, a greasy burger before an important performance is no ticket to success.

Unfortunately, avoiding fatty foods isn't always easy because a lot of the fat we eat is invisible. It's hidden in cakes, cookies and pies which have a lot of butter baked into them; in hot dogs, bologna and other processed meats which are cooked with lard; in french fries and potato chips, which are fried in oil; and in other foods we don't think of as fatty.

To cut down on **FAT**, eat very little of the following things:

fried foods (including french fries)
chips
baked goods
whipped topping

butter
ice cream
granola
instant meals
snack foods

sour cream
red meat
salad dressing
cream soups

processed meat (hot dogs, bologna, luncheon meat, sausage)
coffee whitener

