



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service

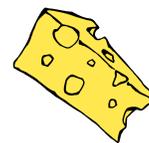


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Food Wise



Fat in Toppings

Studies have shown that one of the best ways to cut the fat in your diet is to use less high-fat toppings. High-fat toppings like regular cheese, salad dressing, and sour cream add a lot of calories from fat.

A low-fat meal can become a high-fat meal just by adding a topping that is high in fat. For instance, if you eat a chicken sandwich with regular mayonnaise, you are adding 12 grams of fat to it. But if you use lite mayonnaise, you add only 5 grams. How does this compare to what you should eat each day? To find out, see the chart on the bottom of the back page.

If you are trying to cut the fat from the toppings you use, then you need to know how much fat is in them. For example, salsa is a low-fat topping, but sour cream has a lot of fat.

There are **3 ways** you can lower the amount of fat you eat from toppings.

1. Choose a **low-fat version**. Look for words like reduced-fat, fat-free, and low-fat. Just don't use twice as much as you usually do or you'll be right back where you started.
2. Choose a **different topping** instead. For example, put cooked vegetables and a little soy sauce on a baked potato instead of sour cream.
3. **Use less or leave it off**. For example, try a vegetable pizza and skip the pepperoni or sausage. Be sure to leave off the extra cheese too.

This issue of *Food Wise* will help you learn how to choose which toppings to use.



Food Wise



Eating Less Fat

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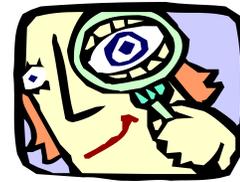
Try These Toppings

Foods	Low-fat Toppings
Baked Potato	chives, salsa, plain yogurt
Chicken	BBQ sauce, garlic, honey mustard, oregano
Fish	cocktail sauce, dill, lemon juice
Potato Salad	non-fat, plain yogurt

Step 1 Finding the Fat



Look inside your kitchen cabinets and refrigerator for toppings. Take out up to 8 toppings and place them on the counter.



Step 2 Sizing Up the Fat

Cutting the fat from your toppings may be easier if you substitute lower-fat or fat-free versions. If going from full fat toppings to fat-free choices is too hard, try some low-fat versions first.

A little fat can go a long way in adding flavor and texture to food. Using even a little less of a high-fat topping can make a big difference. It does not have to be all or nothing!

Look at the toppings you chose

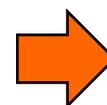
in Step 1. List these toppings in the chart on the next page.

Look at the serving size under **Nutrition Facts** on the food label of the jar or box. Write this number in the *Serving Size* column on the next page. Think about the serving size. Do you eat more or less than one serving? Write down your response on the chart.

Then find out how much fat is in each topping. To do this, look for the word **Total Fat** on the food label. For each

topping, write the amount of total fat on the label in the *Amount of Fat* column on the chart on the next page.

Now, it is time to decide what you want to do. Will you use less, give it up, or try the low fat version of that topping? Or do you like it so much, you'll keep eating the same topping in the same amount as before? In other words, there is no way you will give it up! Mark your choices on the chart.



Step 3 What's Your Choice?

Look over your chart.

- Do you have a lot of checks under the *Give Up* column?
- Do you have more in the *Replace* column?
- Were the toppings you will give up or replace high in fat?
- Or were they low in grams of fat?
- Were they toppings that you use very often?
- Were you no willing to give up most of the toppings in

your list, but maybe willing to use a little less?

The most important thing you can take from making this list is to choose how you will lower the fat in the toppings you use.

You can:

- choose a lower fat version
- choose a new topping, or
- use less or none.

How you do it is your choice!

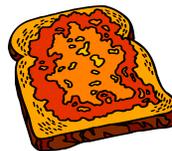


Chart-Reading for Fat in Food Labels

Item	Serving Size	Do you eat more or less than 1 serving?	Amount of Fat	What do you plan to do?			
				Use Less	Give Up	Replace	No Way I'll Give Up
Example: Ranch dressing	2 Tbsp	More	9 grams			✓ (low-fat)	
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							

Tips for Lowering Fat in Toppings

- Use lite butter, margarine, sour cream, cheese, and cream cheese in place of regular types.
 - Spice up potatoes, pastas, and casseroles with herbs like oregano, basil, parsley and cilantro. They add flavor to foods without adding fat.
- Top toast with jam, jelly, or honey. Skip the butter or margarine!
 - Toss your salad with fat-free croutons, dressing, and bacon bits.
- Use lite or fat-free whipped toppings on your desserts. Or skip the whipped topping and add fresh fruit.
 - Enjoy nachos with salsa, chili peppers, refried beans, or fresh vegetables. Skip the guacamole and sour cream! You can also use less cheese.



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2 Tasty Low-Fat Topping Recipes

Salsa

Makes 8 servings (2 Tbsp)
Fat: < 1 gram

- 2 tomatoes, chopped into chunks or 1, 14 ½ ounce can diced tomatoes
- ½ onion, coarsely chopped
- ¼ green bell pepper, coarsely chopped
- 1 hot pepper, finely chopped (use more or add the seeds if you want it to be hotter)
- Juice of ½ lime or ¼ lemon
- 1 clove garlic, finely chopped
- Salt to taste
- Optional: 2 tablespoons dry or 4 tablespoons fresh cilantro

1. Wash hands well with soap and warm water.
2. Mix ingredients together.

- 1 teaspoon lemon juice or lime juice
- 1/8 teaspoon pepper

Thousand Island Dressing

Makes 8 servings (2 Tbsp)
Fat: 1.5 grams

- ½ cup plain fat-free yogurt
- ½ cup reduced-fat mayonnaise
- ¼ cup chili sauce
- 2 tablespoons sweet pickle relish
- 1 tablespoon onion, finely chopped
- 1 tablespoon celery, finely chopped

1. Wash hands well with soap and warm water.
2. Mix ingredients together.
3. Chill and serve over vegetables or on a salad.

This salsa is good on anything. Try it for some fat-free zip! The dressing is perfect for salad or to use as a dip.



Maximum Daily Fat Intake for moderately active (grams)	Children 4-5 tps go to MyPyramid.gov for more info	Young Adult Females 5-6 tups Go to MyPyramid.gov for more info	Young Adult Males 6-7 tps Go to MyPyramid.gov for more nfo	Older Females 5 tps MyPyramid.gov for more nfo	Older Males (20-6-7) 6 tps MyPyramid.gov for more nfo
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