

# Reduce the Fat in Foods

When fat is taken out of foods, they are called low fat or reduced fat foods.

**Read food labels to find out if the fat has been cut down in foods.**

**Look for the words:**



- Low fat
- Light or lite
- Reduced fat or less fat
- Fat free, no fat, zero fat, non-fat



**Eat reduced fat foods!**

- Low fat or fat free salad dressings
- Low fat cheeses
- 1% or non fat milk instead of whole milk
- Fat free cookies or ice cream



**Fat free does not mean calorie free!**

Choose foods that are low in both fat and calories.

Do not eat too much.

Check the serving size on the food label.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at [www.NJhelp.org](http://www.NJhelp.org) or to learn more go to [www.fns.usda.gov/fns](http://www.fns.usda.gov/fns). If you need help finding your local SNAP office in NJ call 1-800-792-9773, others call 1-800-221-5689.

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