

**Did You Know?**  
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**and**  
**Quick and Healthy Volume II**

**Fats**

- Fats have more calories per gram than any other food. That is one reason low-fat foods are recommended in most weight loss programs.
- Both monounsaturated and polyunsaturated fats help to lower cholesterol.
- *Trans* fats should be avoided. Just like saturated fats, they raise cholesterol levels.
- To avoid *trans* fats, look on the label for the words "hydrogenated" or "partially hydrogenated" and don't buy these foods. Hydrogenation is the process by which trans fats are formed.

**Low-fat**

Some easy ways to reduce fat in your diet:

- Choose lean ground beef or turkey with 7% fat or less.
- Select meat that has little or no marbling and cut off all fat before cooking.
- Use poultry without the skin.
- Serve fish more often.
- Avoid fried foods.
- Bake, broil, simmer, microwave or barbecue.
- Choose lower-fat foods in place of higher-fat foods.  
examples are: fat-free milk instead of whole milk, low-fat mayonnaise instead of regular, fat-free sour cream instead of regular
- For snacks, replace high fat choices with fresh fruits and raw vegetables with a low-fat ranch dressing for a dip.

**Weight Loss**

- If you are maintaining a weight, and you cut out just 100 calories a day, that will equal a ten-pound weight loss in one year.
- Planning meals for a week and grocery shopping only once a week will help you to be more successful with a weight loss program or any dietary program.
- Important components to any good weight loss program are: daily exercise, low-fat food choices, delicious recipes, balanced meals, appropriate snacks, portion control and a plan to help address habits that need changing.

-More-

### **Exercise**

Exercise provides more benefits than just weight loss. Exercise also:

- Lowers the risk of heart disease
- Increases good cholesterol
- Improves blood pressure
- Lowers risk of osteoporosis
- Improved blood sugar control
- Increases basal metabolic rate
- Lowers body fat
- Improves mental health and reduces depression

### **Fiber**

- You should have at least 25 grams of fiber everyday.
- Fruits, vegetables and whole grains are your best sources of fiber.
- Fiber is significantly decreased when fruits and vegetables are peeled and when grains are refined through processing.
- Avocado is a very good source of fiber and heart-healthy monounsaturated fat.
- Nuts are a good source of fiber and also a good source of heart-healthy polyunsaturated and monounsaturated fat.
- 1 cup of raspberries has 8 grams of fiber.
- 1/2 cup of cooked black beans has 8 grams of fiber.
- 1 cup of Raisin Bran has 7 grams of fiber.
- 1 slice of whole grain bread has 3 grams of fiber.
- 3 cups of popped corn has 3 grams of fiber.

### **Sodium**

- The general recommendation is to limit sodium to 2300 milligrams a day. Sources of sodium include: salt, processed foods, meat, milk and many other foods.
- One teaspoon of salt has 2300 milligrams of sodium.
- The three best ways to cut back on sodium are:
  1. Don't use salt at the table.
  2. Use less salt in cooking.
  3. Avoid processed foods.

**Press materials are available at the Press Room on [www.QuickandHealthy.net](http://www.QuickandHealthy.net).**

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Brenda Ponichtera is the author of **Quick & Healthy Recipes and Ideas AND Quick & Healthy Volume II** ; Available at local and online bookstores.