

THE
FAT COUNTER

Seventh Edition
20th Anniversary Edition



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FAT—HOW MUCH SHOULD YOU EAT?



Let's set the record straight. Even though the current research suggests that a moderate fat intake may be healthier, no one is suggesting a *high* fat intake is good for you.

Eating too much fat puts you at risk for:

- Heart disease
- Stroke
- High blood pressure
- High cholesterol
- Cancer
- Obesity
- Diabetes
- Arthritis
- Gout
- Age-related macular degeneration (ARMD),
a leading cause of blindness
- Alzheimer's disease, a leading cause of dementia

A high fat diet may even disrupt your body's clock. We all operate on a 24-hour circadian cycle that regulates sleeping, waking, fluid balance, body temperature, heart output, oxygen use, and gland functions. When the body's clock is disrupted it throws our internal signals off,

including appetite control. Researchers have found that a misaligned body clock can increase the risk for obesity and diabetes. More recent research on animals confirmed that a high fat diet disrupts normal circadian rhythms—another good reason to eat a moderate amount of fat.

**Total Fat—
should be 20% to 35% of total calories**

Americans have gotten the message that too much fat is not good for them. Current consumption studies show we eat about 33% of our daily calories as fat. That is close to the upper end of the recommended 20% to 35% of total calories each day.

The following table will help you set your own daily target fat intake. First, select the number of calories you eat each day. Next, select the percentage of fat calories you wish to eat, and the chart will give you the grams of fat to aim for daily. This means if you regularly eat 1,800 calories a day, you should eat somewhere between 40 grams (20%) and 70 grams (35%) of fat each day.

If you aim for 20% to 25% of your daily calories to come from fat, you will be eating a low fat intake. Thirty to 35% is considered a moderate fat intake.

DAILY TARGET FAT INTAKE				
CALORIES PER DAY	PERCENTAGE OF FAT CALORIES EACH DAY IN GRAMS			
	20%	25%	30%	35%
1,000	22	28	33	39
1,100	24	31	37	43
1,200	27	33	40	47

DAILY TARGET FAT INTAKE (<i>cont.</i>)				
CALORIES PER DAY	PERCENTAGE OF FAT CALORIES EACH DAY IN GRAMS			
	20%	25%	30%	35%
1,300	29	36	43	51
1,400	31	39	47	54
1,500	33	42	50	58
1,600	36	44	53	62
1,700	38	47	57	66
1,800	40	50	60	70
1,900	42	53	63	74
2,000	44	56	67	78
2,100	47	58	70	82
2,200	49	61	73	86
2,300	51	64	77	89
2,400	53	67	80	93
2,500	56	69	83	97
2,600	58	72	87	101
2,700	60	75	90	105
2,800	62	78	93	109
2,900	64	81	97	113
3,000	67	83	100	117

FAT FACT

When you eat less total fat, you automatically eat less saturated fat and less trans fat.

PART ONE



Brand Name, Nonbranded (Generic), and Take-Out Foods

WHAT PEOPLE ARE SAYING ABOUT FATS

Most people are confused about fats.

72% are concerned about both the type and amount of fat they eat.

75% are trying to limit the amount of trans fat they eat.

54% don't know if monounsaturated and polyunsaturated fats are good for them or bad for them.

People are asking for practical information to help them choose healthy fats.

It's at your fingertips.

FOOD	PORTION	CALS	FAT	SAT FAT	TRANS FAT
Glory					
Savory Singles Chicken & Dumplings	1 pkg	290	8	3	0
Savory Singles Chicken Smoked Sausage & Rice Casserole	1 pkg	440	18	5	0
Savory Singles Ham & Sausage Jambalaya	1 pkg	400	18	6	0
Savory Singles Turkey & Gravy w/ Cornbread Stuffing	1 pkg	440	18	4	0
Glutno					
Gluten Free Chicken Pomodoro w/ Brown Rice & Vegetables	1 pkg (9.1 oz)	190	3	0	0
Gluten Free Chicken Ranchero w/ Brown Rice	1 pkg (9.1 oz)	180	2	0	0
Golden Cuisine					
Beef Stew	1 pkg	350	10	4	tr
Boneless Pork Patty	1 pkg	504	25	9	tr
Breaded Baked Fish w/ Rice Pilaf	1 pkg	300	5	1	tr
Chicken Cacciatore	1 pkg	417	10	4	0
Chicken & Noodles	1 pkg	331	8	2	3
Chicken Parmesan	1 pkg	430	19	4	1
Chicken w/ Marinara Sauce	1 pkg	329	8	2	0
Meatloaf Patty & Gravy	1 pkg	340	14	6	tr
Mesquite Chicken	1 pkg	320	5	1	0
Pot Roast w/ Gravy	1 pkg	343	11	4	tr
Salisbury Steak & Mushroom Sauce	1 pkg	350	10	4	tr
Swedish Meatballs	1 pkg	440	26	12	tr
Turkey Tetrazzini	1 pkg	304	6	2	0
Green Glant					
Create A Meal Stir Fry Sweet & Sour as prep	1 cup	280	7	1	0
Skillet Meal Chicken Teriyaki as prep	1½ cups	240	1	0	0
Healthy Choice					
Beef Merlot	1 pkg	240	8	2	-
Beef Pot Roast	1 pkg	320	9	3	-
Beef Stroganoff	1 pkg	320	9	3	-

PART TWO



Restaurant Chains

FAT FACT

Go easy on the overindulging.

*A single high-fat meal
can increase your short-term risk for a heart attack
and chest pains.*

612 BOSTON PIZZA

FOOD	PORTION	CALS	FAT	SAT FAT	TRANS FAT
Mushroom Chicken w/ Garlic Mashed Potatoes	1 serv	1030	62	-	-
Pad Thai w/ Chicken	1 serv	2110	47	-	-
Pad Thai w/ Shrimp	1 serv	2090	45	-	-
Pollo Pomodoro Spaghetti	1 serv	520	14	-	-
Salmon Filet Lemon Baked	1 serv	430	13	-	-
Scallop & Prawn Fettuccini	1 half order	710	41	-	-
Seasoned Vegetables	1 serv	70	0	-	0
Shrimp Skewers Lime & Parmesan	1 serv	190	7	-	-
Sicilan Penne	1 half order	720	48	-	-
Sirloin Steak w/ Prawns & Fries	1 serv	1480	104	-	-
Slow Roasted Pork Back Ribs w/ Fries	1 serv	1680	123	-	-
Spaghetti w/ Alfredo Sauce	1 half order	440	11	-	-
Spaghetti w/ Bolognese Sauce	1 half order	400	5	-	-
Spaghetti w/ Creamy Tomato Sauce	1 half order	410	11	-	-
Spaghetti w/ Pomodoro Sauce	1 half order	450	14	-	-
Spicy Italian Penne	1 half order	980	61	-	-
Starter Baked Raviolo Bites	1 serv	450	22	-	-
Starter Basket Garlic Twist	1 serv	1140	39	-	-
Starter Basket Three Cheese Toast	1 serv	730	34	-	-
Starter Boston's Poutine	1 serv	740	45	-	-
Starter Bruschetta Sun Dried Tomato	1 serv	470	21	-	-
Starter Cactus Cuts Potatoes & Dip	1 serv	1150	89	-	-
Starter Chicken Fingers	1 serv	360	14	-	-
Starter Chicken Fingers Buffalo Style	1 serv	370	14	-	-
Starter Cracked Pepper Dry Ribs	1 serv	380	41	-	-
Starter Nachos Cactus w/ Cactus Dip	1 serv	1830	128	-	-
Starter Nachos Spicy Chicken w/ Sour Cream & Salsa	1 serv	1430	72	-	-
Starter Nachos Taco Beef w/ Sour Cream & Salsa	1 serv	1560	86	-	-

EINSTEIN BROS BAGELS 669

FOOD	PORTION	CALS	FAT	SAT FAT	TRANS FAT
Bagel Spinach Florentine	1	410	7	4	-
Bagel Croutons	¼ cup	25	1	0	-
Bagel Twist	1	220	4	2	-
Bread Ciabatta	1 serv	320	3	1	-
Chocolate Chip	1	370	3	2	-
Chopped Garlic	1	380	3	1	-
Chopped Onion	1	330	1	0	-
Cinnamon Raisin Swirl	1	350	1	0	-
Cinnamon Sugar	1	330	1	0	-
Dark Pumpernickel	1	320	1	0	-
Everything	1	340	2	0	-
Focaccia Cheese Pizza	1 serv	500	11	7	-
Focaccia Margherita	1 serv	400	17	2	-
Focaccia Pepperoni Pizza	1 serv	590	19	10	-
Nutty Banana	1	360	3	1	-
Plain	1	320	1	0	-
Poppy Dip'd	1	350	2	0	-
Roll Challah	1	300	5	1	-
Salt	1	330	1	0	-
Sesame Dip'd	1	380	5	1	-
Sun Dried Tomato	1	320	1	0	-
Wild Blueberry	1	350	1	0	-
BEVERAGES					
Americano	1 reg	1	0	0	0
Cafe Latte	1 reg	140	5	4	-
Cafe Latte Nonfat	1 reg	100	0	0	0
Cappuccino	1 reg	90	4	2	-
Cappuccino Nonfat	1 reg	60	0	0	0
Chai 2% Milk	1 reg	210	2	2	-
Chai Skim Milk	1 reg	190	0	0	0
Coffee	1 reg	0	0	0	0
Espresso	1 reg	1	0	0	0
Half & Half	2 tbsp	40	3	2	-
Hot Chocolate	1 reg	290	11	8	-
Hot Chocolate Lower Fat	1 reg	260	7	6	-
Hot Tea All Flavors	1 cup	0	0	0	0
Iced Americano	1 serv	1	0	0	0
Iced Coffee	1 serv	0	0	0	0
Iced Latte	1 serv	120	5	3	-
Iced Latte Nonfat	1 serv	90	0	0	0