

Prevention of Cardiovascular Diseases

Heart Disease &
Stroke Prevention



Division of Chronic Disease
Prevention and Control
www.vdh.virginia.gov

FAST FACTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
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You Can Take Steps To Eat Less Fat

- Always read food labels to see how much fat is in one serving.
- Eat food with 3 grams or less of fat per 100 calories. Choices of lower fat foods include fruits, vegetables, beans, peas, and whole grain breads and cereals.
- Eat only 3-4 ounces of meat at each meal (the size of a deck of cards).
- Buy fat free or 1% fat milk and other low fat dairy products like low fat cheese, yogurt and sour cream.
- Use smaller amounts of butter, margarine, salad dressings, oils, and creams. Use low fat and fat free choices of these same products such as spray butter.
- Eat less red meat. Substitute skinless chicken breast, skinless turkey or fish.
- Broil, boil, bake, roast, steam, microwave or grill foods. Cook meat on a rack so the fat will drain off.
- Take the skin off meat and poultry and trim the fat off all meats before cooking.
- Season foods with herbs and spices rather than pork fat or other fats when cooking.
- Try not to fry foods.
- Try not to eat organ meats like liver and gizzards.



YOU CAN TAKE STEPS TO EAT LESS FAT

The amount of fat in my diet today was _____ .

My goal amount of fat in my diet daily is _____.

I promise to work on the following changes everyday before my next appointment:

1. _____

2. _____

3. _____

Patient's Signature

Health Care Provider's Signature

Date

Date

My next appointment is: _____

Date

Time

Dietary Fat Guidelines

Low Less than 30% of your total daily calories is from fat.

High More than 34% of your total daily calories is from fat.

Your daily intake of saturated fats should be less than 10% of your total daily calories.**

**Sources of saturated fats in foods include the following: lard; animal products such as cheese, cream, butter, whole milk; meats; and some vegetable oils-coconut, palm, and palm kernel.