

3 WAYS TO EAT LESS FAT

#1 Eat high-fat foods less often

Example: Don't eat French fries every day. Have them only once a week. (That's about 132 fewer grams of fat per week!)



#2 Eat smaller amounts of high-fat foods

Cutting back even a little on the amount you eat can make a big difference.

Example: At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (32 grams of fat for regular dressing!).

Instead, use a regular spoon from your place setting. Most hold 1 tablespoon or less. (That's 24 fewer grams of fat!)



#3 Eat lower fat foods instead

Example: Instead of a bag of potato chips, choose a bag of pretzels instead!

