

TYPES OF FATS

Saturated fats are the worst for your health as they raise your cholesterol. A good way to tell if something is a saturated fat is if the fat is solid at room temperature. Examples of this would be butter or the fat in beef. Also included in this group are coconut, palm and palm kernel oil.

Trans fats are also unhealthy. This fat is made by food manufacturers to make foods stay fresher longer. The problem is they raise bad cholesterol (LDL). These fats are found in all packaged goods like crackers.

Polyunsaturated and monounsaturated fats are good or “healthy” fats that are found in fish, vegetable oil and nuts. These types of fats lower cholesterol. The thing to remember about fats is that even healthy fats contain a lot of calories.

Below is a list of foods that **contain high amounts of saturated fats** (unhealthy) and are best avoided.

Bacon	Cream cheese	Lunch meat
Bologna	Egg yolks	Pig's feet
Butter	Ham hocks	Pork rind
Cheese	Hot dogs	Potato chips
Chitterlings	Ice cream	Ribs
Chocolate	Kidneys	Salami
Corned beef	Lard	Solid shortening (like Crisco)
Cream	Liver	Whole milk

Below is a list of foods that are lower in **fat and high in protein**. Avoid frying foods. Bake, broil, roast, microwave, or grill. Use cooking spray for frying.

Chicken or turkey (without skin)	Low fat cottage cheese
Egg whites or egg substitute	Low fat lunchmeats (turkey breast)
Fish like cod, salmon catfish	Sardines – canned
Venison	Shell fish like clams, crab, oyster, shrimp
Ham (but high in sodium)	Tuna (water packed), salmon and mackerel (canned)
Lamb	Veal (lean)
Lean fresh pork	

Sample Breakfast Menus

30 grams carb or 2 carb choices

<p>½ cup Oatmeal 2 Tablespoons Raisins Water, sugar substitute</p>	<p>½ small Bagel ½ Grapefruit 1 Tablespoon. Low fat Cream Cheese</p>	<p>1 cup light Yogurt ½ cup Fiber One</p>	<p>1 slice Toast & 1 tablespoon sugar-free Jelly 4 ounces Orange Juice ¼ cup low fat Cottage Cheese</p>
<p>½ English Muffin ½ Banana 1 Tablespoon. Peanut Butter</p>	<p>¾ cup Cheerios 1 cup Milk</p>	<p>1 low fat Waffle Sugar-free Syrup 1 cup Berries 1 tsp Margarine</p>	<p>2 slices "light" Toast 1 cup light Yogurt 1 Tbsp low fat Margarine</p>

45 grams carb or 3 carb choices

<p>1 cup Oatmeal 1 cup Milk, low fat</p>	<p>1 small Bagel ½ Grapefruit 1 Tablespoon low fat Cream Cheese</p>	<p>1 packet No sugar added Carnation Instant Breakfast 8 ounces Milk, skim 1 medium Orange</p>	<p>2 slices Toast 4 ounces Juice 1 Egg 1 tablespoon low fat Margarine</p>
<p>1 English muffin ½ Banana 1 Tablespoon Peanut Butter</p>	<p>1 ½ cups Cheerios 1 cup milk</p>	<p>2 low fat Waffles Sugar free Syrup 1 cup Berries 1 tablespoon low fat Margarine</p>	<p>2 slices "light" Toast 1 cup light Yogurt ¼ Cantaloupe 1 Tablespoon low fat Margarine</p>

60 grams carb or 4 carb choices

<p>1 cup Oatmeal 1 cup skim Milk 2 tablespoon Raisins</p>	<p>1 4-ounce Bagel 1 Tablespoon low fat Cream Cheese ¼ cup Egg Beaters</p>	<p>1 cup Grits 1 cup hash Browns browned nonstick spray 1 slice Canadian Bacon</p>	<p>3 slices Toast 4 ounces Juice 1 Egg 1 Tablespoon low fat Margarine</p>
<p>3 Pancakes (4 inches) Sugar-free Syrup 1 medium Orange 1 tablespoon low fat Margarine</p>	<p>1 ½ cups Cheerios 8 ounces skim milk ½ banana</p>	<p>¾ cup Wheaties 8 ounces 1 % milk 1 medium Peach 1 slice Wheat Toast 1 tablespoon low-fat margarine</p>	<p>2 slices whole-grain Toast 1 cup light Yogurt 2 small Tangerines 1 tablespoon low fat Margarine</p>

Sample Supper Menus

45 gram carb or 3 carb choices

2/3 cup Pasta 1/2 cup Spaghetti Sauce 2 tablespoons Parmesan Cheese Salad 2 tablespoons light Dressing	1 cup cooked Rice 1 cup Broccoli 3-4 ounces baked Chicken 1 tablespoon low fat Marg. Sugar-free Jello	1 cup Mashed Potatoes 1/2 cup Corn 1/2 cup carrots 3-4 ounces Turkey 2 tablespoons Gravy	1-4ounce Sweet Potato 1 cup Green Beans 3-4 ounces Broiled Fish 1/2 cup Applesauce 1 tablespoon low fat Margarine
1 cup Vegetable Soup 2 slices Bread 3 ounces tuna Lettuce, Tomato 2 teaspoons light Mayonnaise	2 Tortillos 1/2 cup refried Beans 1/2 cup Salsa Lettuce, Tomato 2 tablespoons light Sour Cream	2/3 cup Brown Rice 1 cup Stir - Fry Vegetables 3-4 ounces light Tofu (soybean) 1/2 cup light Ice Cream	1 Hamburger Bun 3-4 ounces lean Hamburger Patty Lettuce, Tomato 10 Baked French Fries (1/2cup)

60 grams carb or 4 carb choices

1 cup Pasta 1/2 cup Spaghetti Sauce 2 tablespoons Parmesan Cheese Salad 2 tablespoons Italian Dressing	1 cup cooked Rice 1 cup Broccoli 3-4 ounces Baked Chicken 1 medium Apple 1 tablespoon low fat Margarine	1 cup Mashed Potatoes 1/2 cup Corn 1/2 cup Carrots 1 small Roll 3-4 ounces Turkey 2 tablespoons Gravy	1-4ounce Sweet Potato 1 cup Green Beans 3-4 ounces Broiled Fish 1/2 cup Applesauce 8 ounces Skim Milk 1 Tablespoon low fat Margarine
2 cup Vegetable Soup 2 slices Bread 3-4 ounces Tuna Lettuce, Tomato 2 teaspoons light Mayonnaise	2 Tortillas 1/2 cup refried Beans 1/3 cup Rice 1/2 cup Salsa Lettuce, Tomato 2 tablespoons light Sour Cream	1 cup Brown Rice 1 cup stir-fry Vegetables 3-4 ounces light Tofu (soybean) 1/2 cup light Ice Cream	1 Hamburger Bun 3-4 ounces lean Hamburger Patty Lettuce, Tomato 10 oven-heated French Fries (1/2 cup) 1/2 cup Pineapple

Sample Supper Menus continued

75 grams carb or 5 carb choices

<p>1 cup Pasta 1 cup Spaghetti Sauce with meat 2 tablespoons Parmesan Cheese Salad 2 tablespoons light Dressing</p>	<p>1 1/3 cups cooked Rice 1 cup Broccoli 3-4 ounce Baked Chicken 1 medium Apple 1 Tablespoon low fat Margarine</p>	<p>1 cup Mashed Potatoes 1 cup Corn 1 cup Carrots 1 small Roll 3-4 ounces Turkey 2 tablespoons Gravy</p>	<p>1-4 ounce Sweet Potato 1 cup Green Beans 3-4 ounces Broiled Fish 1/2 cup Applesauce 4 small Gingersnaps 8 ounces Skim Milk 1 tablespoon low fat Margarine</p>
<p>2 cups Vegettable Soup 2 slices Bread 2-4 ounces Tuna Lettuce, Tomato 1/2 cup Sugar- Free Pudding 2 teaspoons light Mayonnaise</p>	<p>2 Tortillas 1/2 cup refried Beans 2/3 cup Rice 1/2 cup Salsa Lettuce, Tomato 2 tablespoons light Sour Cream</p>	<p>1 1/3 cups Brown Rice 1 cup stir-fry Vegetables 3-4 ounces light Tofu (soybean) 1/2 cup light Ice Cream</p>	<p>1 Hamburger Bun 3-4 ounces lean Hamburger Patty Lettuce, Tomato 20 oven-heated French Fries (1 cup) 1/2 cup Pineapple</p>