

Smart Choices

Nutrition News for Seniors

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Reducing Fat Intake

According to the 2010 Dietary Guidelines for Americans, most Americans consume too much solid fats in their diets. Solid fats are the major sources of saturated and trans fatty acids. Consuming solid fats in excessive amounts may increase the risk of some of the most common chronic diseases in the U. S.

Dietary fats are found in both plant and animal foods. Fats supply calories and essential fatty acids. They also aid in the absorption of fat soluble vitamins (vitamins A, D, E, and K). However, consuming too much saturated and/or trans fats can have negative health effects. Adults ages 19 years and older should limit total fat intake to 20 to 35 percent of calories. Limiting fat intake is associated with reduced risk of chronic diseases such as heart disease.

Fatty acids may be saturated, monounsaturated, or polyunsaturated. Fats contain a mixture of these different kinds of fatty acids. Trans fatty acids are unsaturated fatty acids, but they are different structurally from the unsaturated fatty acids that occur naturally in plant foods. Some trans fatty acids are produced by a process called hydro-

genation. This process is used by food manufacturers to make products containing unsaturated fatty acids solid at room temperature (more saturated).



The types of fatty acids consumed is very important in influencing risk of heart disease. Animal fats (except for seafood) tend to have a higher proportion of saturated fatty acids, while plant foods (except for coconut oil, palm kernel oil, and palm oil) tend to have a higher proportion of monounsaturated and polyunsaturated fatty acids. Most fats with a high percentage of saturated or trans fatty acids are solid at room temperature and are referred to as “solid fats”. Those with more unsaturated fatty acids are usually liquid at room temperature and are referred to as “oils”. Saturated

and trans fatty acids are less healthful than are unsaturated fats.

Consuming less than 10 percent of calories from saturated fatty acids and replacing them with monounsaturated and/or polyunsaturated fatty acids is associated with lower blood cholesterol levels. This leads to a lower risk of heart disease.

When preparing foods at home, solid fats can be replaced with vegetable oils that are rich in monounsaturated and polyunsaturated fatty acids. Foods can be purchased or prepared in ways that reduce the consumption of saturated fatty acids—purchasing low-fat or fat-free milk, trimming fat from meat, or baking foods rather than frying.

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Switch to fat-free or low-fat (1%) milk.

20 Minute Chicken Creole

Ingredients:

- 1 Tablespoon vegetable oil
- 2 whole, skinless, boneless chicken breasts
- 1 can (14 1/2 ounces) diced tomatoes with juice
- 1 cup low sodium chili sauce
- 1 large green pepper, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 2 garlic cloves, minced.
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions:

Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3 to 5 minutes). Reduce heat to medium (300 degrees in electric skillet). Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt. Bring to a boil; reduce heat to low and simmer, covered for 10 to 15 minutes. Serve over hot, cooked rice or whole wheat pasta.

8 Servings

Adapted from Healthy Recipes from Oregon State University Extension Service

Nutrition Facts

Serving Size 1 cup (170g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 9g	
Vitamin A 8%	Vitamin C 50%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Key Recommendations

- **Consume less than 10 percent of calories from saturated fatty acids.**
- **Replace saturated fats with monounsaturated and polyunsaturated fatty acids.**
- **Consume less than 300 mg per day of dietary cholesterol.**
- **Keep trans fatty acid consumption as low as possible. Limit foods that contain synthetic sources of trans fats such as partially hydrogenated oils. Limit solid fats.**
- **Reduce the intake of calories from solid fats and added sugars.**



What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.

