



I. Are You Eating a Diet That Includes Many Saturated Fat and Trans Fatty Acid Sources?

Instructions: In each row of the following list, circle your typical food selection from either column A or B.

Column A

Bacon and eggs
Doughnut or sweet roll
Breakfast sausage
Whole milk
Cheeseburger
French fries
Ground chuck
Soup with cream base
Macaroni and cheese
Cream/fruit pie
Ice cream
Butter or stick margarine

or
or
or
or
or
or
or
or
or
or
or
or

Column B

Ready-to-eat whole-grain breakfast cereal
Whole-wheat roll, bagel, or bread
Fruit
Reduced-fat, low-fat, or nonfat milk
Turkey sandwich, no cheese
Plain baked potato with salsa
Ground round
Soup with broth base
Macaroni with marinara sauce
Graham crackers
Frozen yogurt, sherbet, or reduced-fat ice cream
Vegetable oils or soft margarine in a tub

Interpretation

The foods listed in column A tend to be high in saturated fat, *trans* fatty acids, cholesterol, and total fat. Those in column B generally are low in these dietary components. If you want to help reduce your risk of cardiovascular disease, choose more foods from column B and fewer from column A.

II. What Is Your Current Fat and Cholesterol Intake?

How do your food practices compare with general guidelines suggested for fat, saturated fat, and cholesterol intake? Refer to the nutritional assessment you completed at the end of Chapter 2, and compare it with the following guidelines, issued by the American Heart Association and the Food and Nutrition Board. Note that the American Heart Association Guidelines pertain to people at high risk for development of cardiovascular disease.

- Limit or reduce total fat intake to 20% to 35% of total calories.
- Reduce saturated fat intake to 7% to 10% of calorie intake or less.
- Limit cholesterol to 200 to 300 milligrams per day.

To compare your nutritional assessment with these guidelines, first fill in the values for your intakes of the following:

TOTAL ENERGY: _____ kcal **TOTAL FAT:** _____ grams

SATURATED FAT: _____ grams **CHOLESTEROL:** _____ milligrams

Now complete the following steps:

1. Multiply your total grams of fat by 9 (kcal per grams of fat). Then divide the result by your total calorie intake. Next multiply this number by 100. This will give you the percentage of calories you consumed from fat.

% OF CALORIES FROM FAT _____ IS IT WITHIN THE RANGE OF 20% TO 35% OF TOTAL CALORIE INTAKE? YES _____ NO _____

2. Multiply your grams of saturated fat by 9 (kcal per grams of fat). Divide the result by your total energy intake. Now multiply this number by 100. This will give you the percentage of energy you consumed from saturated fat.

% OF CALORIES FROM SATURATED FAT _____ IS IT 7% TO 10% OF CALORIE INTAKE OR LESS? YES _____ NO _____



3. Look at your milligrams of cholesterol.

IS YOUR INTAKE LESS THAN 200 to 300 milligrams? YES _____ NO _____

4. Look back at the foods you ate and notice the foods that contributed the most fat, saturated fat, and cholesterol. If you didn't meet one or more of the guidelines and had elevated LDL (putting you at high risk for developing cardiovascular disease), how could you change what you ate that day to improve your diet?

5. Now take the next step. Do you know your blood lipid values? If not, have them checked soon. All adults should know whether these values are in the abnormal ranges.

6. Finally, fill in the following assessment of your risk for developing cardiovascular disease. Decide today how you could modify your diet and lifestyle, if necessary, to reduce your risk.

Do you have:	YES	NO		YES	NO
A history of smoking?	_____	_____	Diabetes?	_____	_____
Hypertension?	_____	_____	A history of physical inactivity?	_____	_____
High LDL?	_____	_____	A family history of cardiovascular disease?	_____	_____
Low HDL?	_____	_____	A history of obesity?	_____	_____
			A diet that lacks sufficient B vitamins, such as B-6, folate, and B-12?	_____	_____

Other factors also could be considered, as discussed in the Looking Further section of this chapter, but this provides a good start for assessing your risk.