

# HOME ECONOMICS

## GUIDE



Published by the University of Missouri-Columbia  
 Extension Division  
 College of Home Economics

APR 14 1983



**Nutrichat Series**

### Nutrifacts About Fat

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Test Your Nutrition Knowledge. Rate yourself by checking either the true or false box next to each of the following statements.

- |   | True                     | False                    |   |   |
|---|--------------------------|--------------------------|---|---|
| 1. Fat is said to be a "concentrated" source of energy because it contains over twice the calories of an equal weight of carbohydrate or protein. | <input type="checkbox"/> | <input type="checkbox"/> | 6. Hydrogenation is a process used by food manufacturers to convert butter to oil.  | <input type="checkbox"/> <input type="checkbox"/> |
| 2. Fat should be eliminated from the diet if you are trying to lose weight.   | <input type="checkbox"/> | <input type="checkbox"/> | 7. Research indicates that high levels of saturated fats and cholesterol are related to heart disease.  | <input type="checkbox"/> <input type="checkbox"/> |
| 3. American diets are generally low in fat.   | <input type="checkbox"/> | <input type="checkbox"/> | 8. Food sources of fats include only oil, shortening, butter and some dairy products.   | <input type="checkbox"/> <input type="checkbox"/> |
| 4. Foods contain either saturated or polyunsaturated fats, but never both.  | <input type="checkbox"/> | <input type="checkbox"/> | 9. There are differences in the fats obtained from plant and animal sources.  | <input type="checkbox"/> <input type="checkbox"/> |
| 5. Saturated fats are harder or firmer at room temperature, while unsaturated fats are more liquid at room temperature.                           | <input type="checkbox"/> | <input type="checkbox"/> | 10. One way to limit the total fat, saturated fat, and cholesterol in your diet is by substituting more fruits and vegetables, bread and cereal, and dry peas and beans for high-fat foods. | <input type="checkbox"/> <input type="checkbox"/> |

Now check your answers. Correct responses score one point.

1. **True.** Every gram of fat supplies 9 calories whereas proteins and carbohydrates each supply 4 calories per gram. The main role of dietary fat is to provide calories, or energy, for growth and daily activities.
2. **False.** A certain amount of fat is needed daily for the absorption of certain vitamins, to provide the "essential fatty acid" and for many other important functions. Even if it were possible to totally eliminate fat from the diet, it would still be possible to gain weight if calorie intake from proteins and carbohydrates exceeded calorie output.
3. **False.** Most Americans eat too much fat and would benefit from lowering total fat in their diet to 30-35% of their daily calories.
4. **False.** Most food fats contain varying amounts of both saturated and polyunsaturated fat. *In general*, foods from animal sources are higher in saturated fats, while foods from plant sources are higher in polyunsaturated fats.
5. **True.** In most cases, saturated fats are harder or firmer at room temperature. Examples of saturated fats are butter and beef fat. The more unsaturated the fat, the more liquid it is at room temperature. Most vegetable oils are good examples; however, coconut, date and palm oils are saturated fats even though they are liquid at room temperature.
6. **False.** Hydrogenation is the process of adding hydrogen to unsaturated fats, thereby changing liquid oils to firmer fats. Hydrogenation changes unsaturated fats to saturated fats.
7. **True.** Research indicates that saturated fats tend to raise blood cholesterol levels, and unsaturated fats tend to reduce it. High levels of blood cholesterol have been associated with heart disease.
8. **False.** Fats are distributed in a wide variety of foods in differing amounts. The following table identifies food sources of fat:

	Percent of Fat
*Fruits	0%
Vegetables	0%
Breads	trace
Whole Milk	3.5%
Most Fish and Poultry	5-10%
Ice Cream	12-15%
Ice Milk	6-8%
Lean Red Meat	15%
Cakes and Pastries	20%
Cheeses	30%

Lunch Meats, Franks, and Regular Ground Beef	30%
Nuts	60%
Butter	80%
Margarine	80%
Vegetable Oils	100%

\*Avocados and olives are fruits that are high in fat.

9. **True.** Fats from plant sources are *usually* high in unsaturated fatty acids. There are exceptions. Chocolate and oils made from palm and coconut are high in saturated fatty acids. Also, avocados, olives, and olive oil are poor sources of polyunsaturated fatty acids. Fat from animal sources is *usually* high in saturated fat. Fish and poultry are exceptions to this rule because they are good sources of polyunsaturated fatty acids.
10. **True.** In general fruits and vegetables, breads and cereals, and peas and beans are lower in fat than most other foods. Other ways to help you decrease the amount of fat in your diet include:
  1. Cut down on fatty meats and substitute leaner cuts of meat in the diet;
  2. Moderate your use of eggs and organ meats;
  3. Include more fish, chicken, and turkey in your meals;
  4. Limit nuts, peanuts, and peanut butter because they contain considerable amounts of fat;
  5. Reduce the use of whole milk and whole milk products such as cream, butter, ice cream and most cheeses, substitute skim or low fat milk and their products, such as uncreamed or low fat cottage cheese, low fat yogurt and ice milk;
  6. Limit the use of hydrogenated margarines and shortenings;

Score \_\_\_\_\_

#### How did you rate?

- 9 to 10 Excellent! You are a "nutrition superstar."  
 7 to 8 Good, but you may want to "bone up" on some points.  
 6 or below: Fair to poor. You need to read specific guidesheets on proteins, carbohydrates, fats and other nutrients.

For additional information about the Nutrifacts topic, refer to guidesheets in the NUTRICHAT SERIES.