

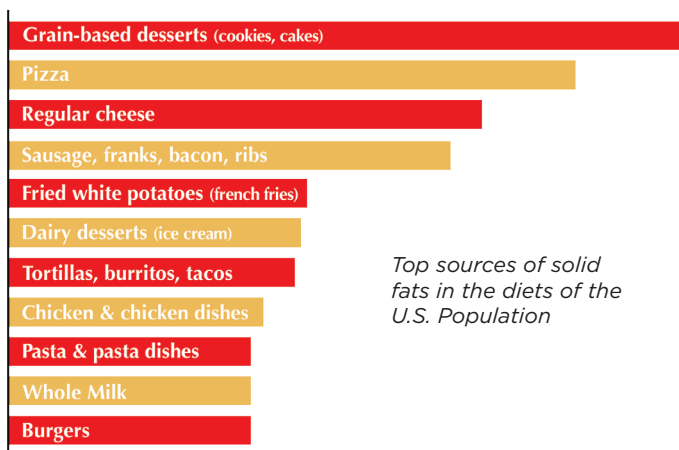


# Good for You!

## Get off the SoFAS!

According to the 2010 Dietary Guidelines for Americans: **Solid fats and added sugars (SoFAS)** contribute 35% of the average Americans daily calories. (about 800 calories per day!)

Solid fats and added sugars add calories to foods and beverages but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called “empty calories.” Consuming empty calories from **SoFAS** makes it more difficult to get the essential nutrients we need from more healthful food choices while staying within our “calorie budget”.



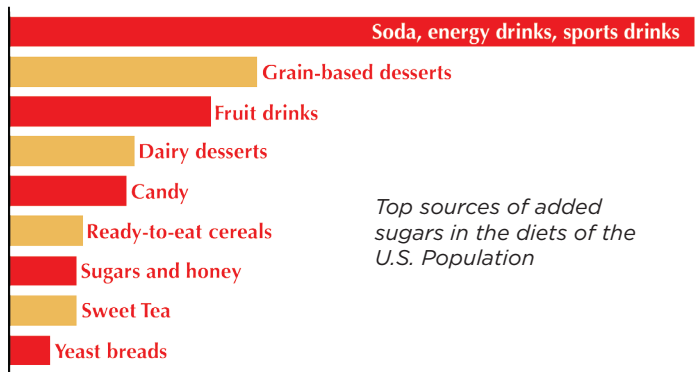
### Solid Fats

Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. “Solid Fats” includes both saturated and *trans* fats. Saturated fats are found in animal products (butter, cheese, milk, meat) and some plants (coconut and palm oil). *Trans* fats are often found in baked goods, pre-packaged snacks and fried foods (margarine, cookies, cakes). Solid fats are shown to raise “bad” (LDL) cholesterol levels in the blood. This increases the risk for heart disease. To lower risk, cut back on foods containing solid fats.



### Added Sugars

Sugar gives us calories but no vitamins, minerals, or other nutrients. Sugar found naturally in fruit (fructose), milk (lactose) or other dairy products is not a concern. But most Americans consume foods that have sugar added to them during processing or preparation.



Search for “Kansas FNP” on Facebook to learn more about eating well and saving money.

## Be A Label Reader

Use the Nutrition Facts label and ingredients list to help you identify solid fats and added sugars in the foods you eat.

Solid fats are not specified on the Nutrition Facts label but foods that are low in saturated fats or contain zero grams of *trans* fats contain low amounts of solid fats. Some common terms for solid fats listed as ingredients include: *butter, milk fat, beef fat (tallow, suet), chicken fat, cream, pork fat (lard), stick margarine, shortening, hydrogenated and partially hydrogenated oils, coconut oil, palm and palm kernel oils.*

“Sugars” on the Nutrition Facts label includes both naturally occurring and added sugars. The ingredients list can be used to identify foods that are high in added sugars. Some other names for added sugar are:

*high-fructose corn syrup (HFCS), sucrose, honey, corn syrup, anhydrous dextrose, fructose, maltose, dextrose, maple syrup, brown sugar, corn sweetener, fruit juice concentrate, glucose, invert sugar, lactose, malt syrup, molasses, raw sugar, fruit nectar.*

**A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs.**

You can lower your intake by eating and drinking foods and beverages containing empty calories less often or by decreasing the amount you eat or drink.

### Tips to help reduce SoFAS intake:

- Trim visible fat from meat and remove skin from poultry.
- Choose unsweetened breakfast cereals instead of pre-sweetened.
- Cook with small amounts of vegetable oil instead of butter, lard, or margarine.
- Switch from whole milk to low-fat or skim.
- Eat fresh fruits, or fruits canned in water or natural juice rather than syrup.
- Try grilling, broiling, poaching, or roasting instead of frying.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	3g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Many people don't realize just how many calories beverages can contribute to their daily intake.

Sports drinks, energy drinks, carbonated beverages and fruit drinks all contain large amounts of sugar.

Most people try to reduce calories by focusing on food, but another way to cut calories may be to simply rethink your drink.

**K-STATE**  
Research and Extension



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

**For more information, contact your local Extension Office**