

# Know the Limits on Fats, Salt, and Sugars



Read the Nutrition Facts label on food packages.  
Choose and prepare foods low in total fat, saturated fat, *trans* fat, salt, and sugar.

## Twenty to thirty-five percent of your daily calories should come from fats.

- Select and prepare lean cuts of meat. Trim fat from meat and take skin off poultry.
- Choose fat-free and low-fat milk and milk products.
- The best sources of fats come from fish, nuts, and vegetable oils (ex. soybean, canola, safflower, and corn oil) that have not been hydrogenated.

## Consume as little *trans* fat as possible.

- Most unhealthy *trans* fat is found in processed foods (margarines, cookies, crackers, pies, breads, chips, microwave popcorn, French fries) that have been made with partially hydrogenated vegetable oils.
- Look for partially hydrogenated vegetable oils in the ingredients listing. Eat as few foods made with partially hydrogenated vegetable oils as possible.
- *Trans* fat is listed in the Nutrition Facts label. Choose foods that have 0 grams *trans* fat but understand these foods can have up to 1/2 gram per serving. To tell for sure, look for partially hydrogenated vegetable oils in the ingredients listing.



## Choose and prepare foods with less sodium/salt.

- Most sodium is consumed as sodium chloride which is table salt.
- Read food labels for the sodium content.
- Consume less than 2,300 mg. of sodium each day.
- Processed foods are often high in sodium. Choose foods, such as fruits and vegetables, which are naturally low in sodium and rich in potassium.

## Limit foods with added sugars that supply extra calories but few or no nutrients.

- Read food labels to identify added sugars such as corn syrup, high fructose corn syrup, honey, sucrose, molasses, and brown sugar.

\*Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized nutritional recommendations.



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