One of the Dietary Guidelines is to choose a diet low in fat, saturated fat and cholesterol. Fat is in almost all foods to some extent. Some foods are very high in fat, like butter, oil and margarine. Others have very little, like fruits, vegetables and some grains. Saturated fats are the fats in meat, milk, cheese and ice cream. Cholesterol is found only in foods from animals.

Some fat is important in our diet. Fat is an essential part of our nerves, spinal cord, brain and cell membranes. Fat protects internal organs such as the kidneys, and fat allows the body to absorb the vitamins A, D, E, and K.

Did you know that diets high in saturated fat and cholesterol are linked to an increased risk for heart disease? Unfortunately, many Americans still eat too much fat which can result in becoming overweight or developing heart disease and some types of cancer.

Choose a diet that provides no more than 30% of the total calories from fat. For example: if you eat 2000 calories, you should eat no more than 67 grams of fat per day (0.30 x 2000 calories = 600 calories from fat/9 grams of fat per calorie = 67 grams of fat).

To find out how much fat is in a food, look at the Nutrition Facts Label for that food.

Fat is found at the top of the Food Guide Pyramid in the fats, sweets, and oils group. These foods contain calories (energy), but few nutrients which is the reason to eat these foods sparingly. Fats are also in the milk and meat groups. Choosing lower fat options, such as skim or 1% milk and lean meats, will help you decrease the amount of fat you eat in your diet.

How Much Fat Should My Child Eat?

Children under the age of two years do not need to watch or limit how much they eat. After the age of two, children can start to adopt a lower fat diet. Children like lots of sweets and candy, but it is important that they follow the Food Guide Pyramid when making food choices. Children need to eat plenty of grains, fruits, vegetables, low-fat milk and lean meats just as adults. Save sugary foods and high fat foods for special treats.

Ways to Cut Fat

* Trim extra fat from meats before cooking.
* Remove skin from poultry before cooking.
* Bake, broil, or boil foods instead of frying.
* Use nonstick sprays, or nonstick pans when cooking.
* Add herbs or tomato sauce to cooked vegetables, rice and pasta instead of adding butter or margarine.
* Use skim or 1% milk instead of whole milk.
* Chill soup and gravy before serving, and skim off the layer of fat.
Where is the fat?

For each of the following foods, place a check mark by the food that has the least amount of fat. Do you make low-fat choices when eating? (Answers on page 4).

Food Safety: Kitchen Clean-up Checklist

Keeping your kitchen clean is a good way to prevent the spread of colds, flu, and other foodborne illnesses. Since bacteria can live in places you never thought of, it is important to go through this check list before eating or serving any food.

**Hands** – Wash the front and back of your hands and between fingers with warm soapy water for at least 20 seconds before you prepare food. Make sure you wash your hands after every time you switch tasks, especially if you have been preparing raw food and switch to working with cooked food.

**Work Surfaces** – Be sure to wash your work surfaces frequently. Make sure you wipe up any spills and food particles right after they occur. Don’t wait to clean up your messes until later. Messy kitchens are bacteria’s favorite living area! Sanitize your work surfaces. To make a sanitizing solution, mix one teaspoon of bleach (or just use a capful of bleach) to one gallon of lukewarm water. Make sure to sanitize cutting boards and knives immediately after working with raw meats. Allow the cutting board and knife to air dry before using them again.

**Towels and dishcloths** – Change and wash your towels and dishcloths often. Towels and dishcloths pick up lots of bacteria. Throw out old cleaning sponges or wash them in a sanitizing solution.

**Appliances** – Clean up any spill on or in appliances right away. Wash appliances with hot, soapy water. Remember to clean out your refrigerator and freezer often!

Source:
**Cream Soup Mix**

**Ingredients**
- 2 cups nonfat dry milk
- 1/4 cup instant chicken bouillon
- 3/4 cup cornstarch
- 2 tbsp dried onion
- 1 tsp basil
- 1 tsp thyme or 2 tsp Italian seasoning

Mix together all ingredients and store in an air tight container.

To use, combine 1/3 cup dry mix with 1 1/4 cup water. Cook over medium heat, stirring constantly, until thickened.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
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<tbody>
<tr>
<td>Calories 63</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
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<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 3g</td>
<td>1%</td>
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<tr>
<td>Sodium 687mg</td>
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<tr>
<td>Dietary Fiber 0g</td>
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<tr>
<td>Sugars 5g</td>
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<tr>
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<tr>
<td>Calcium 18%</td>
<td></td>
</tr>
<tr>
<td>Iron 2%</td>
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</tr>
</tbody>
</table>

This soup base can be used to create many different soups. It can be used on its own to substitute for a can of cream of chicken soup in recipes, as well as substitute for many other soups when other things are added. Here are some ideas to get you started. Mix and match any of these combinations:

- Add 1 cup of grated cheese
- Add 1 cup chopped broccoli
- Add 1 cup of chopped mushrooms for cream of mushroom soup
- Add 1 cup of tomato sauce

Try using this recipe as a sauce for vegetables or pasta, too. Just add less water.
NEP means Nutrition Education Program. In Salt Lake, Davis, Box Elder, and Utah Counties there is EFNEP, which stands for Expanded Food and Nutrition Education Program. In the rest of the counties there is FNP which stands for Family Nutrition Program. Both programs provide information and teach skills that people need to improve their health and well being through diet.

NEP for families offers nutrition education through individual and family instruction in the home and in small group classes. The lessons are taught by Nutrition Assistants who are members of the USU Extension staff. The Nutrition Assistants have personally experienced the difficulty of raising families on a limited income.

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