## HIDDEN FATS AND DIABETES

Some fats are good for you. Some are not. All fats have a lot of calories. Eating more calories than you need causes weight gain.

It is harder to control your blood sugar if you have diabetes and are overweight. Foods high in saturated fats and trans fat also increase your risk for heart disease.

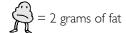
High-fat foods to avoid or limit eating include:

- fried foods and fast-foods
- fresh baked foods (donuts, cookies)
- food from animals (hot dogs, steak)

Look for food labels low in fat (all kinds of fat) when you shop.

Good low-fat food choices include whole grains, vegetables, and fruit. These foods are also a good source of healthy calories for the whole family.

## Commonly eaten foods high in fat include:



Bologna, 2 ounces (2 slices) 16 gm fat and 178 calories	RARARARA
Fried chicken wings, 2 14 gm fat and 206 calories	RARARAR
Dry roasted peanuts, I ounce 14 gm fat and I 66 calories	RARARAR
Pepperoni pizza, 1/4 of 12" pie 14 gm fat and 362 calories	RARARARA
Beef hot dog, I 13 gm fat and 143 calories	ARARAR
Potato chips, I ounce 10 gm fat and 152 calories	AAAAA
Cheddar cheese, I ounce 9 gm fat and II4 calories	RRRRR
Bacon, 3 slices 9 gm fat and 109 calories	RARAK
Whole milk, 8 ounces 8 gm fat and 150 calories	AAAA
Jelly donut, I 8 gm fat and 210 calories	ARAR
French fries, 20 8 gm fat and 200 calories	AAAA
Chocolate ice cream, 1/2 cup 7 gm fat and 143 calories	RRRF

<sup>\*</sup> All fat grams (gm) are rounded to the nearest whole number: Source: Pennington, Jean A. Bowes & Church Food Values of Portions Commonly Used. Lippincott Williams & Wilkins. © 1998.