

# 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:

 = 2 grams of fat

<b>Bologna, 2 ounces (2 slices)</b> 16 gm fat and 178 calories	
<b>Fried chicken wings, 2</b> 14 gm fat and 206 calories	
<b>Dry roasted peanuts, 1 ounce</b> 14 gm fat and 166 calories	
<b>Pepperoni pizza, 1/4 of 12" pie</b> 14 gm fat and 362 calories	
<b>Beef hot dog, 1</b> 13 gm fat and 143 calories	
<b>Potato chips, 1 ounce</b> 10 gm fat and 152 calories	
<b>Cheddar cheese, 1 ounce</b> 9 gm fat and 114 calories	
<b>Bacon, 3 slices</b> 9 gm fat and 109 calories	
<b>Whole milk, 8 ounces</b> 8 gm fat and 150 calories	
<b>Jelly donut, 1</b> 8 gm fat and 210 calories	
<b>French fries, 20</b> 8 gm fat and 200 calories	
<b>Chocolate ice cream, 1/2 cup</b> 7 gm fat and 143 calories	

\* 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.