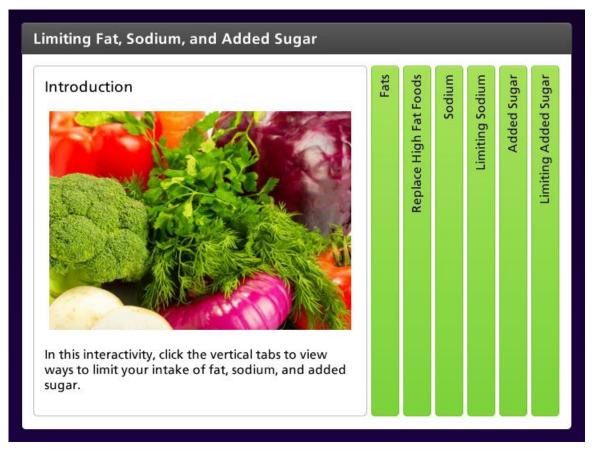
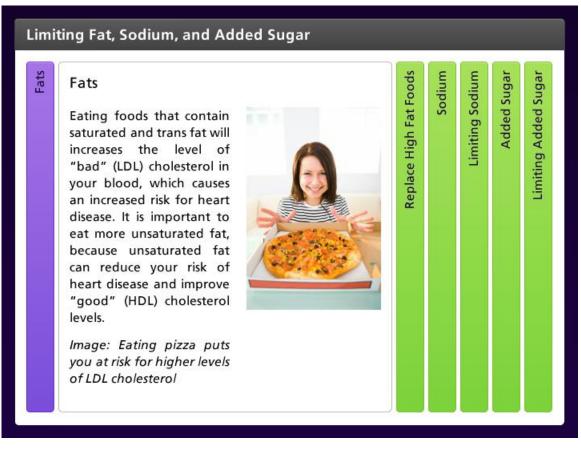
Introduction



In this interactivity, click the vertical tabs to view ways to limit your intake of fat, sodium, and added sugar.



Fats

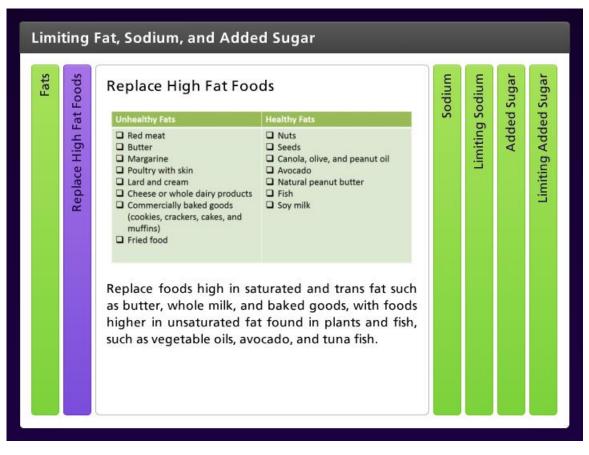


Eating foods that contain saturated and trans fat will increase the level of "bad" (LDL) cholesterol in your blood, which causes an increased risk for heart disease. It is important to eat more unsaturated fat, because unsaturated fat can reduce your risk of heart disease and improve "good" (HDL) cholesterol levels.

Image: Eating pizza puts you at risk for higher levels of LDL cholesterol



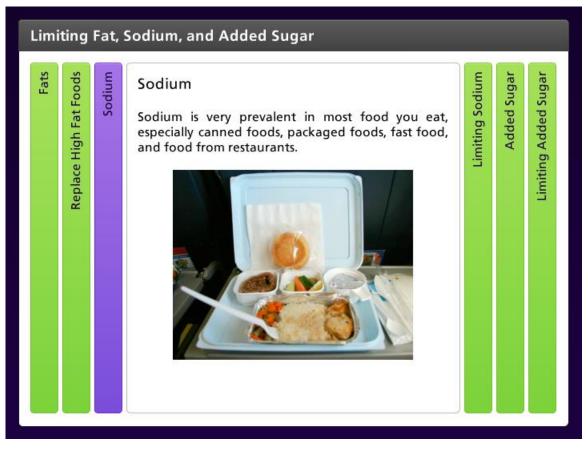
Replace High Fat Foods



Replace foods high in saturated and trans fat such as butter, whole milk, and baked goods, with foods higher in unsaturated fat found in plants and fish, such as vegetable oils, avocado, and tuna fish.



Sodium



Sodium is very prevalent in most food you eat, especially canned foods, packaged foods, fast food, and food from restaurants.



Limiting Sodium

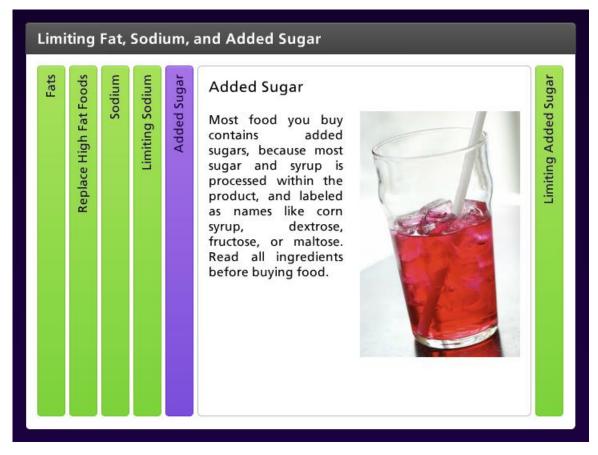


The following tips will help you limit your sodium intake:

- Buy foods that emphasize reduced, low, or no sodium added;
- Buy fresh or frozen food;
- Compare sodium on food labels and choose the lowest option;
- Don't add extra salt from the salt shaker; and
- Prepare meals at home.



Added Sugar



Most food you buy contains added sugars, because most sugar and syrup is processed within the product, and labeled as names like corn syrup, dextrose, fructose, or maltose. Read all ingredients before buying food.



Limiting Added Sugar



The following tips will help you limit your added sugar:

- Drink water instead of sugary drinks like soda, sports drinks, and fruit juices;
- Purchase food labeled with no sugar added, sugar free, or no added syrups;
- Eat fruit instead of sugary deserts; and
- Compare food labels and choose foods lower in sugar.

