


# Module 1: Putting Together the Foundation for a Healthy Life

## Topic 2 Content: Limiting Fat, Sodium, and Added Sugar

### Introduction

Limiting Fat, Sodium, and Added Sugar

Introduction



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

- Fats
- Replace High Fat Foods
- Sodium
- Limiting Sodium
- Added Sugar
- Limiting Added Sugar

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### Fats

#### Limiting Fat, Sodium, and Added Sugar

**Fats**

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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

Sodium

Limiting Sodium

Added Sugar

Limiting Added Sugar

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

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### Replace High Fat Foods

#### Limiting Fat, Sodium, and Added Sugar

Fats

Replace High Fat Foods

#### Replace High Fat Foods

Unhealthy Fats	Healthy Fats
<ul style="list-style-type: none"> <li><input type="checkbox"/> Red meat</li> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Margarine</li> <li><input type="checkbox"/> Poultry with skin</li> <li><input type="checkbox"/> Lard and cream</li> <li><input type="checkbox"/> Cheese or whole dairy products</li> <li><input type="checkbox"/> Commercially baked goods (cookies, crackers, cakes, and muffins)</li> <li><input type="checkbox"/> Fried food</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nuts</li> <li><input type="checkbox"/> Seeds</li> <li><input type="checkbox"/> Canola, olive, and peanut oil</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Natural peanut butter</li> <li><input type="checkbox"/> Fish</li> <li><input type="checkbox"/> Soy milk</li> </ul>

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

Limiting Sodium

Added Sugar

Limiting Added Sugar

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### Sodium


**Limiting Fat, Sodium, and Added Sugar**

**Fats**  
Replace High Fat Foods

**Sodium**

**Sodium**

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



**Limiting Sodium**  
**Added Sugar**  
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### Limiting Sodium

#### Limiting Fat, Sodium, and Added Sugar

Fats	Replace High Fat Foods	Sodium	Limiting Sodium	<h4>Limiting Sodium</h4> <p>The following tips will help you limit your sodium intake:</p> <ul style="list-style-type: none"><li>• Buy foods that emphasize <i>reduced, low, or no sodium added</i>;</li><li>• Buy fresh or frozen food;</li><li>• Compare sodium on food labels and choose the lowest option;</li><li>• Don't add extra salt from the salt shaker; and</li><li>• Prepare meals at home.</li></ul>	Added Sugar	Limiting Added Sugar
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- 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.

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### Added Sugar

Limiting Fat, Sodium, and Added Sugar

Fats	Replace High Fat Foods	Sodium	Limiting Sodium	Added Sugar	Added Sugar	Limiting Added Sugar
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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.



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### Limiting Added Sugar


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Fats	Replace High Fat Foods	Sodium	Limiting Sodium	Added Sugar	Limiting Added Sugar
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#### 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.



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