A diet high in fat can increase your risk of heart disease and some types of cancer. It can make you fat too. There are no “bad” foods, but some foods are higher in fat than others.

**How much fat do you need?**
The amount of fat you need depends on how many calories you need.

<table>
<thead>
<tr>
<th>If you are...</th>
<th>eat about this many calories a day...</th>
<th>and eat only this many grams of fat...</th>
</tr>
</thead>
<tbody>
<tr>
<td>a young child (over 5), an inactive woman, an older adult, a man or woman trying to lose weight</td>
<td>1,600</td>
<td>53</td>
</tr>
<tr>
<td>an older child, a teen girl, an inactive man, an active woman</td>
<td>2,200</td>
<td>73</td>
</tr>
<tr>
<td>a teen boy, an active man, a pregnant or breast-feeding woman</td>
<td>2,800</td>
<td>93</td>
</tr>
</tbody>
</table>

**How can you choose low-fat foods?**
Look on the package for words like:
- Fat free
- Low fat
- Reduced fat
- Less fat
- Lean
- Extra lean
- Light
- Lite

[www.aces.edu](http://www.aces.edu)
How can % Daily Value help?
The new food label lets you easily compare products. % Daily Value shows you how the food fits into a daily diet when you eat 2,000 calories.

Use the % Daily Value to compare foods. Compare these two foods. Which food has less fat?

**Pretzels**
*If you eat 85 pretzel sticks, you get:*
only 100 calories
no fat or saturated fat

**Potato Chips**
*If you eat only 10 chips, you get:*
150 calories
15% of the fat you can eat in a day
5% of the saturated fat you can eat in a day.

*If you eat 20 chips, you get:*
300 calories
$\frac{1}{3}$ of the fat you can eat in a day!

**Barbara Struempler**, Extension Nutritionist, Professor, Nutrition and Food Science, Auburn University

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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