

60 DAYS SCALE DOWN CHALLENGE

*Open for Micare members only

Organizers :



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Get Better • Stay Better



Cutting Down High Fat Foods

Introduction

- Any fat that is not used by body is converted into body fat
- Excessive fat intake (more than 35% of energy intake) may lead to overweight and obesity
- All types of fat are high in energy :
 - 1 gram of fat = 9 kcal of energy
 - 1g of carbohydrate and protein = 4 kcal

Can we totally exclude fat from diet?

- **Answer: NO**

Why?

- **Good source of energy and essential fatty acids**
- **Fat helps the body absorb vitamin A, vitamin D and vitamin E**
- **Physiological functions including fat metabolism which are fundamental mediators of multiple signaling pathways in our body**
- **Functions structurally to support organs in position and insulate nerves**
- **Insulate the body to preserve body heat and temperature**

Tips for Low Fat Meal

- Remove excessive oil after cooking
- Eat less gravy that is high in fat and oil
- Trim all visible fat of meats and remove chicken skin from poultry before cooking



Tips for Low Fat Meal

- Reduce deep-fried and batter-fried foods.
- Modify recipes
- Use low-fat cooking methods



Methods of Cooking



Soup based



Steamed



Air-Fried



Grilled



Stir Fry

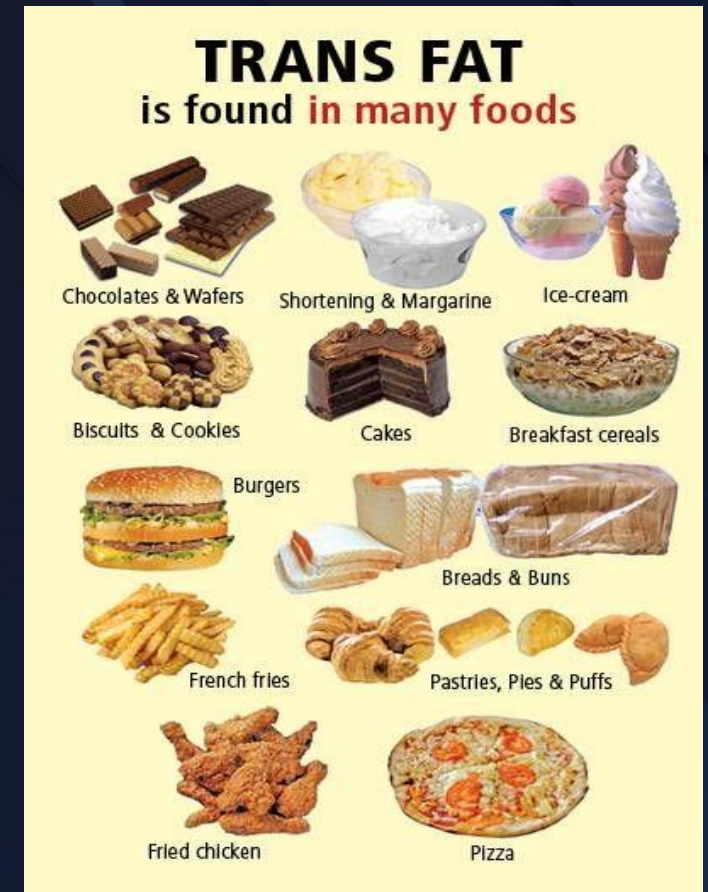
Reduce foods high in saturated fats



Reduce foods high in saturated fats



Limit intake of trans fatty acids



**Increase the intake of omega-6 polyunsaturated fatty acid-rich oils
(i.e., corn oil, soya bean oil, sunflower oil) and omega-3 polyunsaturated
fatty acid-rich foods (i.e., siakap, cencaru, kembung, nuts, and seeds)**



Do not reuse cooking oil more than twice



2×

What is considered high fat food?

Total fat in food label:

- high fat – more than 17.5g of fat per 100g
- low fat – 3g of fat or less per 100g
- fat-free – 0.5g of fat or less per 100g or 100ml

What is considered high fat food?

Saturated fat in food label:

- high – more than 5g of saturates per 100g
- low – 1.5g of saturated or less per 100g
- fat-free – 0.1g of saturates per 100g

Read Nutritional Label

- Read the nutritional information panel of processed foods for ingredients that may **indicate trans-fat**
- Check the label for **how much trans fat** is stated in a product (<1% from total calorie)
- Avoid a product with ***“partially hydrogenated fats/ oils”*** or ***“shortening”*** stated on the ingredient listing
- (intake TFA ranging from 2.8 to ~10 g/day) cause high CVD risk based on cohort studies

Read Nutritional Label

Nutrition Facts	
Serving Size 1 cup (200g)	
Servings per container 2	
Amount per serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 30 mg	10%
Sodium 235 mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6 g	
Vitamin A	
Citamin C	
Calcium	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size		Total Fat 7g	11%	Total Carb. 20g	7%
4 cookies (32g)		Sat. Fat 4.5g	23%	Dietary Fiber 1g	4%
Servings 9		Trans Fat 0g		Sugars 10g	
Calories 150		Cholest. 0mg	0%	Protein 2g	
Calories from fat 60		Sodium 115mg	5%		
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%			
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.					

If an item contains less than 0.5 grams of trans fat, it's labeled as containing *zero* grams based on FDA regulation