DSU Half-Ton Weight Loss Challenge – Week 11
This Week’s Topic: Do Fats Make You Fat?

Can fats make you fat? Possibly. If you consume a lot of fatty, fried foods, it could be the reason that you’re gaining weight. There are 3 major nutrients in foods: carbohydrates, protein and fat. Per amount, fats contribute more than twice the calories to foods. It’s a calorically-dense nutrient.

CALORIES in one gram:

**Carbohydrates** – 4 calories
**Protein** – 4 calories
**Fat** – 9 calories (wow – more than twice the amount!)

- Pure fats – butter, margarine, mayonnaise, oils, etc. contribute a lot of calories to the diet, without a whole lot of nutritional value. Foods high in fat – fried foods, pizza, sauces/gravies, and fatty meats – are MUCH higher in fat than their counterparts.

3 ounces grilled chicken = 95 calories  vs.  3 ounces fried chicken = 225 calories

Large baked potato (5.9 oz.) = 124 calories  vs.  5.9 oz. French Fries = 510 calories

- Many desserts and pastries are also high in fat. Have you ever set down a muffin on a napkin? The grease on the napkin is an indicator of the fat content. Know how donuts are made? They’re fried. And the ingredient that makes pastry light & fluffy? Butter.

Because they’re so high in calories, limiting fats is a great way to “save” calories. And some fats can be hazardous to our health. Saturated fats (solid, hard fats - see hand-out) have been linked to an increased risk of heart attack and stroke.

Your Goal: Make an effort to cut down on your fat intake (use less butter/margarine/mayo) and be picky about the types of fat you do eat (limit saturated fat and use mono or polyunsaturated fat instead.)

Get Moving Tip – Short on time? Keep a record of everything you do in a day in 15 minute increments. Look for opportunities to fit in physical activity, even in short bouts. There are 1440 minutes in a day – the goal is to set aside at least 30 for movement. It’s do-able, even if you have to split up the minutes, e.g. taking two 15-minute walks.