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## Shopping Wisely and Reading Labels

### Use The Following Products Sparingly:

Animal fats (bacon fat, beef fat or tallow, chicken fat, lard or suet)  
Butter  
Coconut or coconut oil  
Cream or cream sauces made from high fat ingredients  
High fat cheeses  
Hydrogenated fats and oils  
Cocoa butter  
Palm or palm kernel oils  
Whole milk

### The Other Faces of Fat:

Glycerides  
Glycerol  
Esters  
Shortening  
Hydrogenated oil

### The Other Faces of Sugar:

Fructose

Syrups

Maltose

Molasses

Sucrose

Sweeteners

Lactose

Sugar Alcohols

Dextrose

Honey

## Misleading Food Labels

### Watch Out For the Following...

- **No sugar added or unsweetened** – contains natural sugar
- **Sugar-free** – no sugar, but may have other forms such as mannitol, sorbitol, fructose
- **Calorie- reduced** – must contain half of the calories of the original product
- **Natural** – may be high in sugar and fat, e.g. some granola bars and cereals
- **No Cholesterols** – some of these products are high in saturated fat, e.g. Vegetable shortening
- **Dietetic** – use other forms of sugar and are not always lower in calories
- **Lite** – not always lower in calories



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## Meat Recommendations

Consider the following cuts...

### Beef

#### Best Cuts:

Round, (Flank, if well trimmed), Sirloin-tip roast and Sirloin steak (if well trimmed and not heavily marbled), Tenderloin and Rump

### Lamb

Comes from sheep generally less than 1 year old

#### Best Cuts:

Leg and loin sections are leanest

### Veal

Lower in fat than beef and other red meats, but slightly higher in cholesterol.

#### Best Cuts:

Generally all cuts are lean except the breast where stewing veal comes from.

### Pork

#### Best Cuts:

Lean round, ground chuck or ground round meats.

***NB! Choose economical grades and cuts of meat. They tend to be less marbled than the more expensive cuts.***

