



Fat Matters, But Calories Count

Just because a product is fat free, doesn't mean it is calorie free. In fact, fat free or reduced fat products can have as many, if not more, calories per serving than regular products. So, yes, you do need to watch your fat intake. But remember that calories count too.



To keep from being misled in our efforts to reach energy balance and avoid weight gain, the new National Heart, Lung, and Blood Institute Obesity Guidelines encourage you to read the nutrition labels and compare the calories in products like these:

1 Fig Cookie		1/2 Cup Vanilla Frozen Yogurt		2 Tbsp Peanut Butter	
Fat free	51 Calories	Nonfat	100 Calories	Reduced fat	187 Calories
Regular	56 Calories	Regular	104 Calories	Regular	191 Calories

For more information on interpreting food labels and counting calories to lose weight or maintain balance, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future... Your Weigh!™