



Apply the F.A.T.S. Formula

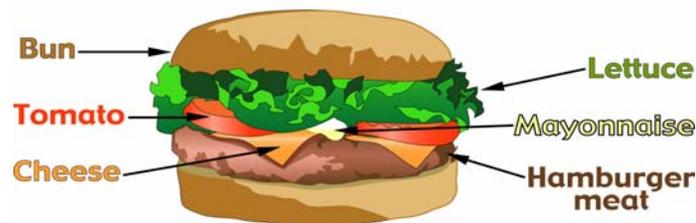
Monitoring and adjusting the fat and sugar in our diet is the first step toward a lifetime of weight control. This is a handy tool that is easy to remember and applies in most every food situation whether it was a planned meal, a special occasion, or an office party.

'F' is find the fat and sugar

'A' is avoid the fat and sugar

'T' is trade the fat and sugar

'S' is shrink the fat and sugar



To use the 'F.A.T.S. formula, first find the fat and sugar, then do one of three things – **avoid** the fat and sugar by not having it at all, **trade** the fat and sugar for something else lower in fat and sugar, or **shrink** the fat and sugar by having less of it.

For example, how would we apply the F.A.T.S. formula to this hamburger?

- Hamburger patty: **trade** it for grilled chicken or a veggie burger, **shrink** the hamburger and have less—limit to one patty rather than two
- Mayonnaise: **avoid** the mayonnaise; **trade** the mayonnaise for mustard, ketchup, or fat-free mayonnaise, or **shrink** the mayo and have less
- Cheese: **avoid** the cheese, **trade** the cheese for lettuce, tomato, other veggie, or fat-free cheese, or **shrink** the cheese and have less.

For more information on finding the fat and sugar in your diet and making changes, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future... Your Weigh!™