



Q: Are all deep-fried foods about the same in fat and calorie content?

A: Deep-fried foods as a category tend to be high in calories and fat. The trans fat in them is recognized now as an additional health concern. Furthermore, with the notable exception of French-fried potatoes, deep-fried foods are usually breaded. The amount of breading used has a big influence on calorie content. For example, plain shrimp are low in fat and calories. But the breading of deep-fried "popcorn" shrimp soaks up the calories and fat of the oil that they're cooked in. Whether they are breaded or not, however, a three-ounce serving of any of these fried foods - a small order of fries, eight or nine onion rings, five or six chicken bits - will generally have 250 to 300 calories and 12 to 20 grams of fat. About a third to one half of that fat is unhealthy fat, being a combination of saturated and trans fat. While there are minor differences between deep-fried foods depending on the contents and how these foods are prepared, it's best to minimize how often you have them. If you want a deep-fried food, choose what you most want and eat a small portion slowly, savoring it.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

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