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## Body mass index (BMI) measures body fat. Your BMI is based on your height and weight. When you enter your height and weight into the BMI calculator, you get a number is one way to find out if you need to gain weight, maintain weight or lose weight. BMI Chart - Adults (Age 20 +) BMI Weight status below 18.5 - 24.9 Normal or Healthy weight 25.0 - 29.9 Overweight 30.0 and above Obese BMI calculator for children and teenagers is different than in adults. While he uses height and weight, he also uses age and gender. This is because male and female height and weight change during growth and development. In children, BMI is expressed as a percentile Compared to other children of the same age and sex. Weight Status Percentile Overweight 85th percentile or higher If you are concerned about your child's BMI or BMI, consult your doctor. The way to improve health If your BMI shows that you are overweight or obese, you can reduce your BMI by losing weight. This can be done using the following standard weight loss tips, such as: Eat healthy. Choose lean meat, fruits, vegetables and whole grains. Reduce alcohol, sugar, processed foods, lemonades and juices. Consume fewer calories. I exercise regularly. This includes cardio and weight-bearing exercises to build muscle and lose fat. It is effective in controlling belly fat increases the risk of certain health conditions. Always consult your child's BMI is high (above 85 percentile), talk to your doctor about how you can help your child lose weight. What to consider If your BMI indicates that you are overweight or obese, you may be at risk of certain health conditions. These include diabetes, heart disease, arthritis, and some cancers. BMI can not be used to diagnose the disease. However, this is an important marker that should motivate you to discuss with your doctor how to lose weight and reduce BMI. These tools should only be guides. Do not rely on them to make decisions about your child's health or health. Always consult with your doctor about my child's weight? When should I start checking my BMI? How often should I check? What's my ideal weight? What is the ideal weight of my child? Does he have a BMI account for muscles? How can I reduce my BMI? How can I help my child reduce their BMI? Goopyright law Academy of Family Physicians This information applies to you and get more information on the subject. Weight Loss Tips Picture Gallery So you decided to lose weight, but the best method is to choose a diet plan that you can stick to for a long time. As difficult as losing weight may seem, the real challenge is keeping the weight off. To be successful, you will need to replace bad eating habits with healthy ones that are realistic and flexible enough to be monitored throughout your life. Some diet programs promise to lose weight by more than two or three pounds a week, but such claims are not entirely honest. Ten or more pounds in the first few weeks is possible, but that rapid weight loss will not last. Initially, weight loss comes mostly from water loss and decomposition of muscle proteins, not fat. When you eventually replace these vital substances – as happens when you continue normal eating habits – you will probably regain weight. Diets that promote transient weight loss evaporate into a 2- or 3-pound loss. The National Weight Control Registry (NWCR) was established to document effective behavior shared by those who successfully lost weight and maintain it. The NWCR found that those who successfully lost weight dropped an average of 66 pounds in 5.5 years. To achieve this, individuals not only followed a low-calorie low-fat diet that included breakfast and closely monitored their weight and food intake, but also engaged in high levels of physical activity. This may sound difficult, but you can find motivation by learning some of the benefits of losing weight on the next page. This information is intended solely for information is intended solely for information by learning some of the benefits of losing weight on the next page. This information is intended solely for information by learning some of the benefits of losing weight on the next page. guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Before starting any treatment, the reader must seek advice from their doctor or other healthcare provider. Content Reminders of the aesthetic benefits of weight loss constantly bombard us. But the importance of weight control goes beyond appearance... far beyond the borders. People who are overweight or obese are more serious health problems, including heart disease, high blood pressure, diabetes and some cancers. Specifically, overweight and obesity tends to increase total cholesterol. If you wear excess weight around your waist, your chances of developing metabolic syndrome increase as well. But weight control is a powerful weapon in the fight to reduce the risk of these health problems. Weight loss helps reduce total cholesterol, and triglycerides, and it can even increase HDL cholesterol, and triglycerides, and it can even increase HDL cholesterol. It also reduces the risk of high blood pressure and type 2 diabetes. What's more, you don't necessarily lose a lot of weight to reap the benefits. Studies have shown that even moderate weight loss can lower blood cholesterol and triglycerides and improve conditions associated with high blood pressure and diabetes. Of course, this is largely true if the extra weight loss, see: How cholesterol works: Cholesterol is essential for the body. Find out why we need it and how much is too much. Coronary artery disease: This condition is the culmination of years of plaque buildup in the arteries. Learn how to prevent it. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification or application of drugs resulting from the reading or monitoring of the information contained in this information contained in this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Before starting any treatment, the reader must seek advice from their doctor or other healthcare provider. Advertising With two-thirds of Americans overweight or obese, it has become normal to have excess body fat, but this overfat condition poses serious health risks. Moreover, the location of this excess body fat, above or below the waist – affects our susceptibility to various health problems. If there is excess body fat, being overweight loss can help reduce the risk. While many people who are overweight have excess body fat, being overweight is not exactly the same as being overfat. Body weight includes the weight of lean tissue - muscle, internal organs, bones, and water they contain - in addition to body fat. Muscle's heavy. Therefore, it is possible that a muscular person can be overweight without being overcoated. Despite this important the vast majority of people who are overweight are indeed overthimmon. Sometimes we can be heavier than usual because of water retention. Women are especially sensitive to this bloating just before menstruation, although both men and women can experience this sensation after eating particularly salty food. And it does not require much water to add weight to the body: Two cups of water weigh a little more than one pound. Weight gain from muscle or fat, it can occur almost overnight. It can also disappear just as quickly. But you do not have to worry about water retention, unless it is excessive. For example, weight gain from water of more than ten pounds usually reflects edema, which is a serious condition that requires immediate medical attention. The muscle is heavy; contains water in addition to muscle cells. After you start your exercise program, you may find that you actually weigh a little more than you are used to. Muscles, especially the big ones in your legs, can increase in size with regular exercise, possibly adding a few pounds or more to your weight, you are also likely to be healthier. For this reason, your Body Mass Index is a more telling sign of overall health than your weight. For more information about BMI, see the next page. For more information on weight loss, see: Choosing a diet program: To choose a diet program, you will want to find one that is healthy and that suits your lifestyle. Learn what to ask to find the one for you. Benefits of exercise: Regular physical activity can help you with everything from maintaining weight to preventing heart disease. Learn how to improve and prolong your life through exercise. This information is intended solely for information in International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information of the information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Before starting any treatment, the reader must seek advice from their doctor or other healthcare provider. The Body Mass Index ad takes into account your height, weight, and body fat percentage. This is significant because fat does not weigh as much as water or muscle. Ironically, you need to accumulate more fat than muscle (or water) to get the same Weight. You'll find it slimmer when you gain weight from added muscle, but you look bigger when you gain weight from added fat. Bathroom weight is not very accurate when measuring body fat or the health risks associated with it. It cannot distinguish between muscle tissue, organs, water weight, and body fat. It can't even tell where you're going to get most of the fat on your body. A measurement called body mass index, or BMI, is better than the bathroom scale when evaluating a person's health risks associated with weight. Although this is not an accurate measurement of body fat, BMI takes into account body fat. BMI counts using your weight (in pounds) by 703. Separate this number by height (in inches). Separate this number by your height (in inches), again. To find out about BMI, visit Discovery Health's online body weight calculator. Once you've calculated your height, overweight or obesity. BMI Weight category under 18.5 Underweight 18.5 to 24.9 Normal 24.9 to 29.9 Overweight 30.0 and above obese Know that your BMI is a great starting point for maintaining a healthy weight, but this is not always the best method of measurement for some people. For example, athletes and body builders may have a high BMI, but in fact, their body fat percentage can be very low. Children should not use adult BMI tables, and older people may be healthier in a slightly higher BMI range to protect against osteoporosis. In addition, BMI does not say exactly how much body fat you have. The next page explains what it is. For more information on weight loss, see: 10 Ways to Eat Healthier: Once you know which foods are healthy for you, you can organize them into whole meals. Get some suggestions on how to eat healthily throughout the day. Benefits of exercise: Regular physical activity can help you with everything from maintaining weight to preventing heart disease. Learn how to improve and prolong your life through exercise. This information is intended solely for information is intended solely for informational, Ltd., author nor publication of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a medical practice and doctor or other healthcare provider. Advertising Before you learn to measure body fat, you may be pleasantly surprised that there is a fairly wide range of body fat that a person can have and still consider healthy. In general, body fat above 25 percent in men and 32 percent in women increases the health risk. So how do you estimate your body fat? There are several ways, and some are more practical and cheaper than others. Waist circumference, which evaluates belly fat, is more predictive of the risk of coronary artery disease than the boday weight index. In addition, a waist measuring more than 35 inches for women and 40 inches for men increases the risk of other obesity-related conditions such as type 2 diabetes and high blood pressure, and this is one of the factors used to diagnose metabolic syndrome. Similarly, the INTERHEART study found that abdominal obesity, measured by the fat distribution ratio (determined by dividing waist measurement by hip measurement) above 1.0 in men and 0.8 in women, increased the risk of heart attack up to 2.5 times. Using stirrups, a skin test estimates body fat by pinching the skin in the abdominal area, upper arm, and back to measure thickness; however, this test may not provide accurate measurements in obese individuals. Another test, bioelectric impedance analysis, measures body fat by evaluating how well a small electricity, and the current is performed in the body. Muscle and water run electricity, and the current passes through them easily. However, the fat does not conduct electricity, and the current meets the resistance. Since conductivity is sensitive to water, changes in hydration can yield different results when measured. Dual energy X-ray absorption is an accurate method for measuring body composition using two low doses of X-rays to determine total body fat, fat distribution, and bone mass and density. Underwater weighing – which calculates dense muscle tissue and fat tissue – and plethysmography on air dissimagement are two other methods of measuring body composition. If you find that you have a little too much body fat, the American Heart Association has recommended a solution. Learn how to change your diet and lifestyle on the next page. For more information on weight loss, see: Coronary artery disease: This condition is the culmination of years of plaque buildup in the arteries. Learn how to prevent it. Diabetes: This disease, which affects blood sugar levels, affects more than 20 million Americans. Start here to understand diabetes. Benefits of exercise: Regular physical activity can help you with everything from maintaining weight to preventing heart disease. Learn how to improve and expand life through exercise. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice from their doctor or other healthcare provider. Advertising your best defense against disease and disease is to examine what you eat and make sure it's healthy. Look at your diet. By comparing your eating habits with what experts advise, you will have a better idea of how to make changes that will benefit your heart. The American Heart Association (AHA) has developed dietary and lifestyle recommendations to reduce the risk of cardiovascular disease. These guidelines are intended for the general public and provide guidance for adults and children over two years of age. Rather than focusing on a single food or nutrient, the AHA emphasizes the overall diet. Balance calorie intake and physical activity to achieve or maintain a healthy body weight. Consume a diet rich in vegetables and fruits. Choose whole grain foods high in fiber. Consume fish, especially oily fish, at least twice a week. Limit the intake of carbonated fats to less than 7 percent energy, trans fats to less than 1 percent, and cholesterol to less than 200 mg per day by choosing lean meat and plant alternatives; selection of fat-free (skimmed), 1 percent fat and low-fat dairy products; and minimising the intake of partially hydrogenated fats. Minimize the intake of drinks and foods with added sugars. Choose and prepare food with little or no salt. If you consume alcohol, do it in moderation. When eating food that is prepared away from home, try to follow these recommendations. On the next page there is a simple checklist to help you determine what your current diet looks like. For more information on weight loss, see: 10 Ways to Eat Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. Benefits of exercise: Regular physical activity can help you with everything from maintaining weight to preventing heart disease. Learn how to improve and prolong your life through exercise. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither Editors of Consumer Guide (R), Publications International, Ltd., author nor take responsibility for any consequences of any treatment, procedure, exercise, dietary adjustment, effect or application of medications resulting from reading or monitoring the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Advertising This diet check will help you determine if you are one of many people whose diet is too high in fat and cholesterol. According to recent data from the National Health and Nutrition Examination Survey, American men and women consume about 33 percent of calories from fats. During the same years, dietary cholesterol, and probably too much of trans fats as well! To get a general idea of whether your diet is high in rich fats, trans fats, and cholesterol, read the following list and mark each statement that applies to you. Diet Check You often eat hand urger, pork chops, lunch meat, ham, hot dogs, sausage, bacon or ribs. You regularly eat fast food, including fries. You often eat hand urger, pork chops, lunch meat, ham, hot dogs, sausage, bacon or ribs. You regularly eat fast food, including fries. to four egg yolks a week. (If your blood cholesterol level is not elevated, this should not be a problem.) You drink whole milk or you use half and half. You use butter a lot. You often eat plook ice cream. You'll eat the skin with the chicken. You prefer your vegetables to be fried, buttered, creamy or served with cheese sauce. You eat foods cooked in bacon fat or a pan dripping from meat. You don't eat margarine instead of margarine without trans fat. You often eat commercially prepared pastries, doughnuts, cakes, and other processed foods made or fried in partially hydrogenated oils. Each of these statements indicates a choice of foods that is high in rich fats, trans fats, cholesterol, or a combination of three. Ideally, none of these statements apply to you. On the other hand, the more statements that apply, the more changes you will probably need to make to improve the quality of your diet. Now that you know you need to down on fat, you may need to make to improve the quality of your. On the other hand, the more statements that apply, the more changes you will probably need to make to improve the quality of your. Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. How cholesterol works: is essential for the body. Find out why we need it and how much is too much. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. At the sensory level, we experience fat. When you eat fat-rich food, it almost always tastes good. Mayonnaise, meat, cheese, chocolate and ice cream have little in common about their flavors, but they all contain large amounts of fat. And fat is part of what makes eating these foods and others like them a pleasant experience. In fact, this experience can be so enjoyable that you want to taste the food over and over again. Some people may actually feel as if they crave high-fat foods. Nevertheless, it is possible to teach your taste buds to enjoy other foods with a lower fat content. By reducing it back to fat, you can not only lower your cholesterol, but also control your weight as well. Now that you know how you feel about fat, you can learn to suppress it. Learn more on the next page. For more information on weight loss, see: 10 Ways to Eat Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. Facts about fats: Fat is a big part of the American diet, and it affects cholesterol levels and your heart health. Learn more about different types of fat and which are healthier than others. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Before starting any treatment, the reader must seek advice from their doctor or other healthcare provider. Advertising Learning to Suppress Fat Appetite May Be but the availability of naturally low-fat foods and the variety of low-fat versions of high-fat foods helps make the change to a lower fat eating style more manageable. Having more low-fat foods at home can make it easier to adhere to this method of eating. If you are used to eating foods with a high fat content will most likely not have the same attraction. The steps you take to get closer to a new way of eating should be positive, because positive, because positive steps strengthen new behaviors better than negative ones. Rather than thinking, I can't eat this or that, find foods that you can eat more, such as raw or cooked vegetables or fruit salad with non fat or low-fat dressing. When switching to low-fat foods, use reduced-fat foods instead of high-fat versions; It will wean your taste buds off high-fat foods and is a better approach than just removing high-fat foods altogether. Instead of butter or full margarine, mayonnaise or sour cream, look for versions of these foods with reduced fat or lower fat content; many of them are quality, tasty substitutes. Also check out low-fat or low-calorie cookbooks or healthy recipes on the Internet to help this new way to eat more sensory pleasure. And do not forget about the spices; This is a wonderful, no-fat method to fill your food with flavor while shifting your addiction away from fat! If you are a dessert lover, finding satisfying, healthier alternatives is important. In fact, the mixture of sugar and fat is considered one of the most convincing combinations of taste. However, this combination of foods can also lead to weight gain, more than other foods. This is because sugar stimulates the hormone insulin, which promotes fat storage when taking more calories than the body needs. Substitute fruit for fruitcake and sugar-free chocolate pudding made with low-fat milk for chocolate cake. If you have to have that cheesecake, take a few bites, enjoy them, and then walk away from the rest. Fortunately, you do not need to completely eliminate fat from your diet. Find out how much you should eat, along with other dietary guidelines, on the next page. For more information on weight loss, see: 10 Ways to Eat Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. Facts about fat: Fat is an essential nutrient, but some forms are more harmful than others. Learn more about different types of fat. This information is intended solely for informational, Ltd., author and publisher responsibility for the possible consequences of any treatment, treatment, treatment, exercise, dietary modification, action or use of drugs resulting from reading or monitoring the information contained in this information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Before starting any treatment, the reader must seek advice from their doctor or other healthcare provider. Advertising To adopt a low-fat diet, you need an action plan. You should set goals for yourself and then decide on the change program that includes a healthy diet, and the American Heart Association has adopted these guidelines. Nutritional composition TLC diet nutrients Recommended intake (as a percentage of total calories) Total fat 25-35% Saturated fats Up to 20% Trans fats Keep it low (AHA recommends less than 1%) Cholesterol Less than 200 mg daily Carbohydrates 50-60% Fiber 20-30 g daily (soluble and insoluble) Protein Approximately 15% Guidelines recommend that you eat 25-35 percent of the total daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calorie as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? Well, first of all, you need to know your daily calories as fat. But what does that mean? calories than women to maintain their weight. And the more active you are, the more energy or calories your body needs to fuel that activity. Fewer calories are needed as people age, which is mainly due to lower levels of activity, which usually occurs in older people. On the next page, you'll learn how many calories you need based on age, gender, and activity level. For more information on weight loss, see: 10 Ways to Eat Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. Choosing a diet program; you will want to find one that is healthy and that fits into your lifestyle. Learn what to ask to find the one for you. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The publication of this information does not constitute a medical practice and does not replace your doctor or other healthcare provider. Ad To estimate what your average daily calorie intake should be, check out the table below. The calorie information is adjusted from the Dietary Guidelines for Americans 2005 and is designed to maintain weight. These estimates are based on the caloric needs of adult males and women of average height and desired weight and desired weight and are divided into age group and activity levels. The complete table is available on . Úroveň aktivity Pohlaví Věk (roky) Sedavé středně aktivní žena 19-30 31-50 51+ 2,000 1,800 1,800 1,800 1,800 2,000-2,200 2 000 1 800 2 400 2 200 2 000 2 000-2 200 Muži 19-30 31-50 51+ 2,400 2 200 2 000 2 600-2 800 2 400-2 600 2 200-2 400 3,000 2,800-3,000 2,800-3,000 2,800-2,800 2 400-2 800 2 400 intake. For more information on weight loss, see: Benefits of exercise: Regular physical activity can help you with everything from keeping your weight off to preventing habits is as much about lifestyle changes as it is learning about food. Start on the road to better eating. This information is intended solely for information information information is intended solely for information informatio from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice from their doctor or other healthcare provider. According to Therapeutic Lifestyle Changes, 25 to 35 percent of your total daily calories should come from fat. To determine the recommended minimum and maximum number of calories that should come from fat, multiply your total daily calorie intake by 25 percent (0.25 and 0.35). For example, if your daily calorie intake is 2,000, multiply by 2,000 by 0.25, which is 500, and then multiply by 2,000 by 0.35, which is 700. This means that the 500 to 700 calories you consume each day should come from fat. This number is useful, but you can go further and find out how many grams of fat as well as calories from fat; similarly, recipes that provide nutritional information list the fat content in grams for one serving of the recipe. Since 1 gram of fat yields nine calories (regardless of whether it is saturated or unsaturated), it is enough to divide both 500 and 700 calories (given the above example based on a daily intake of 2000 calories) by nine to determine grams of fat. In this case, you should consume 56 to 78 grams of fat every day. The Therapeutic Lifestyle Changes program also determines how daily fat intake should be divided between fat types - saturated, polynesaturated and monoused. Less than 7 percent of the total daily calories, multiply by 2,000 to 0.07 (7 percent), which is 140 calories. Then break down 140 nine (from 1 gram of fat yields nine calories) and you get 16 grams of raw fat. The same method applies to the detection of the amount of polynessed fats and mononesased fats. To review, 25 to 35 percent of an individual's total calorie count should come from fats of all kinds. Most importantly, on the therapeutic lifestyle change program, less than 7 percent of the total calories should come from sussed fats, up to 10 percent from polysylysed fats, and up to 20 percent from monosympathetic fats. The Therapeutic Lifestyle Changes program does not specify a limit for trans fats, but the American Heart Association recommends limiting trans fat to less than 1 percent of total calories. The table below shows how much total fat, carbonated fat and trans fats are recommended for different calorie levels. Daily calories Total fat in grams (less than 1%) 1 600 44-62 < 12 &lt; 2 2,000 56-78 &lt; 16 &lt; 2 2,400 67-93 &lt; 19 &lt; 3 2,800 78-109 &lt; 22 &lt; 3 In order to meet these fat recommendations, you may need to change the proportion of different types of fat you eat. In particular, you want to eat fewer foods that are high in salted fats and trans fats and replace them with foods high in monoused fats and polynessed fats. Since many foods high in salted fat, you will automatically reduce your intake of salted fat when you reduce total fat. Find out which foods are high in rich fat on the next page. For more information about weight loss, see: Food labeling: Everything you need to know to stick to your diet plan is on the label of the foods you buy. Learn to read these nutritional labels. Facts about fats. This information is intended solely for informational purposes. Purposes. Purposes. Purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not replace the advice from their doctor or other healthcare provider. Much of the rich fat in foods that make up a typical American diet comes from animal products. Dairy products. Dairy products made from whole milk, butter, cheese and ice cream add hefty doses of rich fat to your diet. Marbling and visible fats are generally low in carbonated fats, there are a few exceptions. Coconut oil and palm kernel oil are highest in the carbonated fats of vegetable oils; cocoa butter and palm oil also contain saturated fats. The fat content of palm kernel oil is not the same as palm oil; Palm kernel oil is more than 80 percent of the carbonated fats. Hydrogenated oils go through a process that adds hydrogen atoms to unsathed fats, making them more carbonated and solid. Food processors hydrogenated oils to improve shelf life and give the food the desired taste and texture. Partially hydrogenated oils contain trans fat. Foods that contain hydrogenated oils or trans fats include stick margarine, vegetable shortening, biscuits, and fried fast food such as fries. In general, soft margarines (in bath, liguid, or spray form) and light margarines have less trans fats than hard margarines are now free of trans fats. When choosing foods that contain fat, you should choose those that contain mostly mononesaturated fats and polynesaturated fats. Oils rich in mononesaturated fats include olive oil and rapeseed oil. Sources of polyused fats include cooking oils made from cotton, corn, flares, sesame, soy, and sunflower, as well as nuts and seeds. Fish also contain polynesaturated fats known as omega-3 fatty acids. If you need to lose weight, cutting down on fat can help you reduce calories and lower your blood cholesterol (especially if you lose that weight by eating less saturated fat and trans fats). To reduce high cholesterol levels your diet. However, dietary does not have as much effect on blood cholesterol levels as saturated fats or trans fats. The Therapeutic Lifestyle Change Program recommends that people with high cholesterol should limit dietary cholesterol to less than 200 mg every day. The American Heart Association recommends no more than 300 mg per day for the general public. Cholesterol is found exclusively in animal products, including dairy products, meat, eggs, poultry, fish and crustacean. Foods from plant sources do not contain cholesterol (unless, of course, they are served with animal products such as cream sauces or cheese). Since many foods that are high in fat also contain cholesterol in your diet you should reduce how you reduce the amount of fat you eat. Egg yolks are a common source of cholesterol in the American diet (one yolk contains about 213 mg of cholesterol), so if your blood cholesterol level is elevated, you may want to limit your eggs to three or four a week or use egg substitutes that don't contain cholesterol. However, population studies suggest that eating up to eggs daily does not increase the risk of heart disease in healthy people, nor is eating eggs associated with elevated blood cholesterol levels in these individuals. It has even been suggested that nutrients in eggs - including folic acid, vitamins B12 and E, unsaturated fats and antioxidants - can provide a healthy heart with benefits that balance the potential adverse effects of cholesterol in your blood, it is wise to limit foods with high cholesterol. Armed with this information about fat and calories, you can stick to your diet plan. Learn more about how to stay on the next page. For more information on weight loss, see: How cholesterol works: Cholesterol works: Cholesterol is essential nutrient, but some forms are more harmful than others. Learn more about fats, trans fats and other types of fats. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice from their doctor or other healthcare provider. Now that you know how to lose weight Diet, it is important to stay on course, even if you veer a little. If you've made a sincere effort to reduce the rich and trans fats in your diet and you've started eating healthier, that doesn't mean you can no longer eat high-fat foods at all. Occasionally, you can indulge in a favorite food high in fat, if it does not become a habit. It's not just what you eat – saturated fats and trans fats are the bigger culprits than unsaturated fats – it's also how much and how often you indulge that's the difference. With the information on weight loss, see: 10 Ways to Eat Healthier: Developing Good Eating Habits Is As Much About Lifestyle Changes As It Is Learning About Food. Start on the road to better eating. Fats to fat: Fat is an essential nutrient, but some forms are more harmful than others. Learn more about fats, trans fats and other types of fats. About AUTHOR Adrienne Forman, MS, R.D., is a freelance consultant and writer specializing in nutrition and health communication. She is the editor of Shape Up America! newsletter, an online publication, and has been contributing editor of the Environmental Nutrition Newsletter for the past 14 years. Adrienne is a former senior nutritionist at Weight Watchers International, where she has been an aid in creating multiple weight loss programs, including their popular body® program. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ASSISTANCE. Neither the Editors of consumer guide (R), Publications International, Ltd., author nor publisher accept responsibility for any consequences of any treatment, procedure, exercise, dietary modification, action or application of drugs resulting from the reading or monitoring of the information contained in this information. The disclosure of this information does not constitute a practice of medicine and does not replace the advice of your doctor or other healthcare provider. Provider.