

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Know the Limits on Fats

Read the Nutrition Facts label on food packages.  
Choose and prepare foods low in total fat,  
saturated fat, and *trans* fat.

**No more than 25 to 35 percent of your daily calories should come from fats.**

- Select and prepare lean cuts of meat. Trim fat from meat and take skin off poultry.
- Choose fat-free and low-fat milk and milk products.
- Most healthful sources of fats come from fish, nuts, and vegetable oils (examples: soybean, olive, canola, safflower, and corn oil) that have **not** been hydrogenated.



### **Corn Chowder** Serves 4

1 teaspoon cooking oil  
1/2 medium onion, chopped  
1/2 cup chopped celery  
4 Tbsp. all-purpose flour  
3 cups nonfat milk

1Tbsp. bacon bits  
2 cups frozen or canned corn  
Black pepper, to taste  
4 Tbsp. reduced-fat, shredded cheddar cheese

1. In a large pot sauté onion and celery in cooking oil for about 2 minutes or until onion and celery are soft.
2. Meanwhile, place the flour, milk, and bacon bits in a small bowl and mix well.
3. Add the milk mixture to the pot followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from scorching.
4. Season with black pepper to taste.
5. Divide soup into four bowls and top each with 1 Tbsp. of shredded cheese.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 4 g ~ calories from fat 35 ~ sodium 580 mg  
~ total carbohydrate 35 g ~ fiber 4 g

## Brunswick Stew Serves 6

1 Tbsp. cooking oil	2 cups canned tomatoes with juice
1 medium onion, chopped	2 cups canned lima beans
1 tsp. garlic powder	2 cups corn
2 cups chicken broth, reduced sodium	2 med. potatoes, cubed
2 cups cooked chicken, chopped	Black pepper, taste

1. In a large pan sauté onion in cooking oil until it is soft.
2. Add garlic, chicken broth, chicken, tomatoes, lima beans, corn and potatoes.
3. Bring to a simmer. Cook until potatoes are done.
4. Add black pepper to taste.

NUTRITION FACTS (per serving) - Calories 310 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 630 mg ~ total carbohydrate 46 g ~ fiber 7 g

## Eat as little *trans* fat as possible.

- Most unhealthy *trans* fat is found in processed foods (margarines, cookies, crackers, pies, breads, chips, microwave popcorn, French fries) that have been made with “partially hydrogenated” vegetable oils.
- Avoid foods made with “partially hydrogenated” vegetable oils. It will be listed in the ingredients list on food labels.
- *Trans* fat is listed on the **Nutrition Facts** label. Choose foods that have 0 grams *trans* fat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%