

THE SKINNY ON FAT[®] FOR PEOPLE WITH DIABETES

Like the general population, people with diabetes are constantly bombarded with the benefits of a “leaner” lifestyle including exercise and proper nutrition.

Having diabetes provides additional daily challenges. Therefore, new ways are needed to sort through these confusing messages and apply them to personal lifestyles and food preferences.

Because understanding dietary fat is an important part of nutrition management to control weight and blood fats, the California Olive Industry prepared this easy to use brochure to give you the “skinny on fat.”

What is Fat?

In simple terms, dietary fat is the most concentrated source of energy. It gives over twice the number of calories that an equal amount of carbohydrate or protein would provide.

To many people, fat has become something to avoid in the daily diet. As nutrition experts know, fat is a vital nutrient that supplies the body with calories, essential fatty acids, and aids in absorption of certain vitamins.

Fat is an important nutrient, but how much should you eat in your daily diet? According to the *Dietary Guidelines for Americans*, 30 percent of daily calories should come from fat sources. To translate this recommendation into useful terms, count fat grams instead of trying to figure out percentages. For example, a 2,000 calorie diet should contain about 65 grams of fat per day.

Fat Balance

It's important to understand the different types of fat and those foods most commonly associated with them. Fats are generally classified as saturated, polyunsaturated, and monounsaturated. Recent studies have indicated that a diet high in monounsaturated fats compared to a high carbohydrate diet, decreased all day glucose levels and improved lipid levels in people with diabetes.

Monounsaturated Fats: A Nutritious Choice

Select your fat sources wisely by decreasing consumption of foods high in saturated fats and choosing foods high in monounsaturated fats more often.

California Ripe Olives are a good source of monounsaturated fat. One serving - or five medium olives - contains only two grams of fat. This is about three percent of your total daily fat intake and 75 percent of it is monounsaturated. Contrary to what you may think, olives are not high in calories. In fact, one extra large black ripe olive has only seven calories. This makes olives an ideal snack or ingredient for adding flavor, color, and variety to the lower fat meals you prepare.

In the American Diabetes Association Exchange System, eight large California Ripe Olives are one monounsaturated fat exchange or 45 calories and five grams of fat.

Just the Facts

Look for the Nutrition Facts panel like the one shown here to get information about the product's serving size and nutrient amounts for fat, carbohydrates and calories. Remember, all fats fit into a healthy diet as long as you balance your choices. A specific food is neither “good” or “bad”. It is your total daily diet that counts.

Nutrition Facts	
Serving Size: 1/2 ounce (15 grams)	
Amount Per Serving**	
Calories: 25	Calories from Fat: 20
% Daily Value*	
Total Fat: 2 g	3%
Monounsaturated Fat: 1.5 g	
Polyunsaturated Fat: 0g	
Cholesterol: 0g	0%
Sodium: 115 mg	5%
Total Carbohydrate: 1g	0%
Protein: 0g	0%
<small>Not a significant source of saturated fat, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron. *Percent Daily Values are based on a 2,000 calorie diet. **Weight average of all varieties.</small>	

1. Serving sizes are now standard for similar foods. They may not be the same as the ones used in the Exchange System for people with diabetes. All other information on the label is related to serving size.

2. Calories and Calories from Fat are shown. The non-fat calories include carbohydrate and protein.

3. Total Fat, Monounsaturated, Polyunsaturated and Saturated Fat represent the grams of fat in a single serving. Some products may not have all of these listed. Look for the term monounsaturated and select the best sources like olives and olive oil.

4. Total Carbohydrate lists the amount in grams per serving.

5. % Daily Value shows how foods fit into a daily diet of 2,000 calories. For example, the % Daily Value column shows the fat in a serving compared to 65 grams of fat - the amount recommended for a 2,000 calorie a day diet.

Summing it Up

When it comes to better nutrition, small and gradual changes in your diet are the best way to start eating more healthy. There is no need to stop eating any one food. Begin by cutting down on saturated fat foods while choosing more sources of monounsaturated fat whenever possible. Remember, it's the total diet that counts and not each food.

Here are some quick ideas to use when preparing meals at home:

- Turn a plain baked potato into a tasty meal by adding low-fat yogurt, grated parmesan cheese, chopped green onions, and sliced ripe olives.
- Try this 1-2-3 topper for freshly cooked pasta:
1) chop fresh or canned tomatoes 2) add chopped ripe olives, chopped onions, and minced garlic 3) sauté and add a sprinkle of parmesan cheese.
- Make a hearty, flavorful macaroni salad by mixing drained canned tuna, chopped celery, onions, ripe olives, and apple with a small amount of mayonnaise. Season to taste with pepper.
- Add sliced or chopped olives to your salads and sandwiches for color and flavor.

SAMPLE DAILY MENUS

Below, are examples which are low in saturated fat and high in monounsaturated fat.

Day 1

Breakfast

Orange juice - 1/2 cup
Plain bagel - 1
Light cream cheese - 1 Tbsp.
Skim milk - 1 cup
Black coffee - 2 cups

Lunch

Chef's salad with:
Mixed greens - 2 cups
California Ripe Olives - 6
Turkey breast & lean ham - 3 oz
Olive oil vinegarettte - 2 Tbsp.
Sourdough bread - 1 slice
Corn oil margarine - 1 tsp.
Cubed melon - 1/2 cup
Iced tea - 16 oz.

Afternoon snack

Non-fat frozen yogurt - 4 oz.

Dinner

Cooked pasta - 2 cups
Marinara sauce - 1 cup
California Ripe Olives - 6
Italian bread - 1 slice
with Olive oil - 1 Tbsp.
Parmesan cheese - 2 tsp.
Tossed salad - 1 cup
Low-calorie Italian dressing - 1 Tbsp.

Evening Snack

Apple - 1
Skim milk - 1 cup

Day 2

Breakfast

Banana - 1
Cornflakes - 2 cups
Skim milk - 1 cup
Black coffee - 2 cups

Lunch

Tuna salad sandwich
Carrot & celery sticks
California Ripe Olives - 6
Baked potato chips - 1 oz.
Orange - 1
Iced tea - 12 oz.

Afternoon snack

Light microwave popcorn - 3 cups
Diet soda - 12 oz.

Dinner

Turkey or lean beef
Chili Con Carne with Beans - 10 oz.
and California Ripe Olives - 6
Saltine crackers - 5
Spinach salad - 1 cup
Olive oil vinegarettte- 1 Tbsp.
Pineapple chunks - 1 cup

Evening Snack

Low-fat peach yogurt - 1 cup
Pretzels - 1/2 cup

Nutrient Analysis Average for both Menus

Calories		1995
Carbohydrate	(Gm)	271
Protein	(Gm)	83
Total Fat	(Gm)	70
Cholesterol	(Mg)	126
Saturated Fat	(Gm)	17
Monounsaturated Fat	(Gm)	31
Polyunsaturated Fat	(Gm)	11
Dietary Fiber	(Gm)	20
Carbohydrate	(% of calories)	53
Protein	(% of calories)	16
Fat	(% of calories)	31

Nutrient Analysis For Day 1

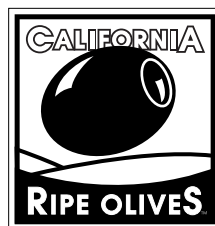
Calories		1999
Carbohydrate	(Gm)	279
Protein	(Gm)	79
Total Fat	(Gm)	67
Cholesterol	(Mg)	82
Saturated Fat	(Gm)	15
Monounsaturated Fat	(Gm)	31
Polyunsaturated Fat	(Gm)	8
Dietary Fiber	(Gm)	19
Carbohydrate	(% of calories)	55
Protein	(% of calories)	15
Fat	(% of calories)	30

Nutrient Analysis For Day 2

Calories		1990
Carbohydrate	(Gm)	264
Protein	(Gm)	88
Total Fat	(Gm)	73
Cholesterol	(Mg)	171
Saturated Fat	(Gm)	19
Monounsaturated Fat	(Gm)	31
Polyunsaturated Fat	(Gm)	15
Dietary Fiber	(Gm)	21
Carbohydrate	(% of calories)	51
Protein	(% of calories)	17
Fat	(% of calories)	32

Written by: Ann Coulston, M.S., R.D. at Stanford University Medical Center and Nancy Siler, M.S., R.D., C.F.C.S.

For recipes write to:



CALIFORNIA OLIVE
INDUSTRY
1903 North Fine #102
Fresno, CA 93727
(559) 456-9096
Fax (559) 456-9099
www.calolive.org

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