

Eating Healthy At Any Age

Average life expectancy has increased from 47 years in 1900 to nearly 75 years today.

Living longer is great, but it is even better if one is able to maintain a healthy active lifestyle.

Aging alters many body functions, including food utilization, body composition and calorie requirements. It is important to consume foods high in vitamins and minerals while balancing calories with activity. By eating properly, exercising and keeping a healthy weight, people can delay or decrease problems with cardiovascular disease, diabetes, cancer, osteoporosis, cataracts, constipation, improve immune function and possibly slow down the aging process.

Because understanding dietary fat is an important step in using food labels 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.

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. Diets high in saturated fat can increase blood cholesterol levels and the risk of heart disease. To protect against heart disease, it is important to lower LDL (bad) cholesterol and increase the HDL (good) cholesterol.

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 of 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 fat. Contrary to what you may think, olives are not high in calories. One extra large black 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.

Helpful Shopping and Eating Hints

Purchase convenience foods such as frozen healthy dinners, canned or frozen fruits and vegetables, sliced and chopped California Ripe Olives in a small can, spaghetti sauce in a jar and pasta.

Keep on hand:

- Fresh fruits and vegetables
- Low-fat yogurt, cottage cheese and eggs
- Whole grain cereals and crackers
- Peanut butter
- Select low-salt canned goods such as soups and vegetables.

- Purchase smaller portions of lean meat or rewrap and freeze larger ones into the size you will eat when you do cook.
- Cook double portions and freeze the second one for a later meal.
- Add California Ripe Olives for color, flavor and monounsaturated fat – the good one. They are available in a small size can in most markets.
- Use California Ripe Olives, sauces, and flavorings for taste on vegetables and lean meats.
- Check out senior citizen discounts and restaurant specials.
- Ask for a “people bag” when dining out if the servings are too large to finish.

Just the Facts

Food labels make it easier to select foods that fit into a healthy lifestyle. Look for the Nutrition Facts to get information about serving size and amount of nutrients like fat and calories. Remember, all fats fit into a healthy diet as long as you balance your choices.

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.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	
<small>**Weight average of all varieties.</small>	

- 1. Serving sizes** are now standard for similar foods. 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.

Making the Most of Your Meals

When it comes to better nutrition, small and gradual changes in your diet are the best way to start eating healthier. There is no need to stop eating any one food. Variety is still the spice of life. A balanced healthy diet can improve the quality and length of life. Eat properly and be all you can!

Menu Ideas

Turn a plain baked potato into a tasty meal by adding low-fat yogurt, shredded, reduced-fat cheese, chopped green onions and sliced ripe olives.

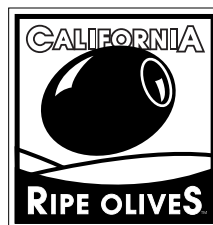
Try this 1-2-3 topper for freshly cooked pasta: 1) chop fresh or canned tomatoes 2) add chopped ripe olives, chopped onions and minced garlic 3) sauté and add a sprinkle of reduced fat cheese.

Make a hearty flavorful macaroni salad by mixing pasta with 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.

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