



Brownies aren't exactly a diet food, but nutritionists for Dairy Council recently taught Atlantic Dairy Cooperative members how they can splurge on high fat foods and still keep the calories down.

At Atlantic Dairy Cooperative

Women Learn A Do-It-Yourself Approach To Balance Fat Budget

LOU ANN GOOD

Lancaster Farming Staff

LANCASTER (Lancaster Co.)

—“There is no such thing as a bad food,” Carolyn Weaver, a nutrition educator for Dairy Council, told women who attended the Atlantic Dairy Cooperative on November 16.

Weaver believes that people should enjoy the foods they like, and that they can, if they understand fat budgeting.

The Dairy Council recently developed a fat budgeting program called Healthy Dividends.

The do-it-yourself plan enables women to lower or control their weight by limiting their intake of fat.

First, they must know how many fat grams they are allowed to consume each day. This varies according to age and weight. A 40-year-old woman who weighs 135 pounds is allowed 75 grams. Depending on age and ideal weight, the daily amount of grams



To get a brownie, Jan Stanton, right, paid “Fat Bucks” to Carolyn Weaver, nutrition educator for Dairy Council. Weaver taught women about a new fat budgeting program called “Healthy Dividends,” which was developed by the Dairy Council.

allow varies from 55 to 90 grams.

In this program, woman should learn to know standard serving sizes. “For example: a three-ounce serving of fried shrimp contains 10 grams of fat. If you eat six ounces. That means you’re eating 20 grams of fat,” Weaver said.

To help the audience understand the scientific recommendation that 30 percent of calories should be from fat and 10 percent from saturated fat, each person was given 20 “Fat Bucks” to spend at a buffet table.

For five “Fat Bucks” a person could purchase a cube of cheese, which has five grams of fat. Two rye crackers cost two “Fat Bucks;” a brownie costs five “Fat Bucks;” and potato chips cost 10 “Fat Bucks.” Fresh vegetables were free, but the dip to accompany them cost four “Fat Bucks.”

This on-hands experience taught the importance of planning to eat the grams that will bring the most pleasure and the most nutrition. “It’s possible to stay within the fat gram guidelines, but not eat nutritiously.”

For more information on the Healthy Dividends diet, call the Dairy Council Camp Hill office at (215) 322-0450.



Carolyn Crouse, right, admired the quilts displayed by Jean Musser at the annual Atlantic Dairy Cooperative meeting held at Lancaster Sheraton.

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