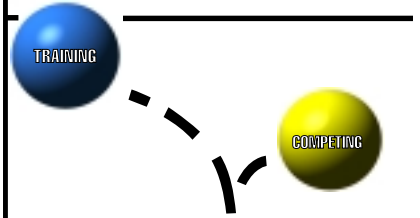


YOUR NUTRITION GAME PLAN



Fat – How Low Can You Go?

How much fat should you eat? To answer that question, you'll need to consider your health profile as well as your training. Follow this chart:

My family members have heart disease and/or I have high blood cholesterol

YES

NO

Your category: Low Fat Diet.

See the chart on the back.

Check with your doctor or nutritionist for specific information about how much and what kinds of fat your diet should have, based on your health history.

I need to lose body fat

YES

NO

I eat a high fat diet now.

YES

NO

Your category: Low Fat Diet.

See the chart on the back.

Decreasing fat may help you decrease total calories. Be careful not to replace fat calories with calories from other foods. To lose body fat you need to decrease TOTAL calories.

I train or compete **aerobically** more than 60 minutes per day.
Examples of aerobic activity are running, swimming, biking or other non-stop activities. More intense stop-start training like drills, sprints, metabolics, scrimmages, plyometrics, and weight lifting are not aerobic.

CONTINUED ON BACK

I train or compete aerobically...

YES

Your category: Low or Moderate fat.

Aerobic exercise increases your carbohydrate needs. If you currently eat a high fat diet, you may need to decrease fat and increase carbohydrate intake.

NO

I have trouble gaining weight or keeping my weight up.

YES

NO

I eat a low fat diet now.

YES

Your category: Moderate Fat.

If you have trouble keeping your weight up, the problem is inadequate calories. One easy way to get more calories is to add fat to your diet. And it doesn't have to be a big increase. See the chart below.

NO

I eat less than 30 grams of fat a day.

NO

I feel hungry all the time, even though I eat frequently.

YES

NO

There are many foods I won't eat because they have too much fat.

YES

NO

Your category: Increase to Minimum or Low Fat

Just as too much fat can be a problem, not eating enough fat can be a problem too. A fat-deficient diet can lead to increased blood cholesterol, nutrient deficiencies, inadequate calorie intake, a weak immune system and decreased hormones. The chart below shows you how much fat a healthy, high performance diet contains.

If you answered "no" to all of these questions, you do not need to worry about changing your fat intake.

Fat in a Healthy, High Performance Diet

Calories	Minimum Fat Fat, grams	Low Fat Fat, grams	Moderate Fat Fat, grams
2000	33	67	78
2400	40	80	93
2600	43	87	101
3000	50	100	117
3500	58	117	136
4000	67	133	155
4500	75	150	175
5000	83	167	194

