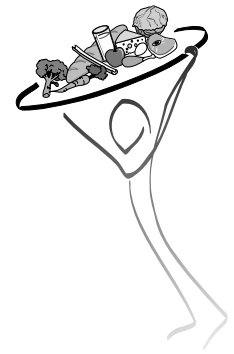


TRAINING DIET

Fat – Get the Essentials



Question: (Answer at the bottom of the page)

Fat provides more than twice as much energy (Calories) as the same weight of protein or carbohydrate.

- TRUE FALSE

Fat in the Diet

Fat is present in many foods. Sometimes it is easy to see the fat in the food such as meat, poultry, and margarine. This is called 'visible' fat. Some fat is part of foods like nuts, seeds, eggs, cheese, bakery products (cookies and cake), and processed food (chips, crackers, chocolate). The fat in these foods is difficult to see and is described as 'invisible' or 'hidden' fat.

About 1/3 of the fat in the Canadian diet is from added oils and fat. These Calories are added to food in the processing (potato chips), during cooking (French fries) or on your plate (margarine on a baked potato).

Question: (Answer at the bottom of the page)

A fat-free diet is good for your body.

- TRUE FALSE

Fat is Stored Energy and More

Plants and animals (including humans) store extra energy as fat. This stored energy can be used for energy to grow or to work. Before a growth spurt children gain weight, and during steady endurance activity fat is an important fuel for muscles. But fat needs oxygen and some carbohydrate (glucose or glycogen) to be used for energy.

Dietary fat supplies energy, essential fatty acids, fat soluble vitamins (A, D, E, and K) and protects internal organs. Every cell in the body needs some fat.

Fat makes food taste good and keeps you satisfied for a longer time between meals. You need some fat in your diet.

Fat in food supplies more than twice as many Calories of energy (9 Calories/gram) compared to carbohydrate and protein (4 Calories/ gram). Too much dietary fat may prevent eating enough carbohydrate. To eat the essentials without too much, follow these simple guidelines:

- Use small amounts of fat such as canola, olive or soy oil, margarine, mayonnaise, butter, rich creamy sauces.
- Cook food with only a little added fat and allow the fat to drain off (broiling, roasting on a rack, barbecuing).
- Trim fat from meat and skin from poultry.
- Choose lower fat milk products (skim or 1% milk or yogurt, less than 20% M.F. cheese).
- Look for crackers, cookies, and snack bars with less than 3 g fat/30 g serving.
- Limit high fat snack foods like doughnuts, Danish pastries, and chips.

Food sources of essential fats include nuts and nut butters, seeds, canola oil, olive oil, avocado, flax seed, roasted soy nuts, and fatty fish.

For more information on the fat content of food, check the "Fat Finder" and use it as a guide.

If you are interested in changing your body weight, check the nutrition tip sheets for "[Losing Weight for Athletes](#)" or "[Gaining Weight for Athletes](#)".

Coaches and athletes who want more detailed information on food selection for their sport should contact a registered dietitian with expertise in sport. You can contact the dietitian at your Canadian Sport Centre or someone listed under the Sport Nutrition Registry on the CAC website. If there is no dietitian with expertise in sport listed in your area, Dietitians of Canada may list a dietitian near where you live.

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

2. FALSE – A fat-free diet is not good for your body! Fat is necessary as a source of energy, essential fatty acids and fat-soluble vitamins.

1. TRUE – One gram of fat provides 9 Calories compared to 4 Calories in 1 gram of protein or carbohydrate.

ANSWERS

