

High Fat/Low Impact Foods

When implementing the Dietary Guidelines you should consider how the change will impact participation. For example, if you served boiled potatoes instead of french fries your participation would suffer. This would be a high impact choice. However, if you replaced traditional mayonnaise with a lowfat version, the impact on participation would be low.

Food	Substitute	Fat Gram Savings
Butter or margarine with rolls or bread	Honey, jam, jelly, preserves	Per teaspoon—4.1 g
Cream gravy, scratch	Cream gravy, mix, lowfat	Per 1/4 cup—4 g
Ice cream	Frozen yogurt	Per 1/2 cup—3.3 g
Macaroni and cheese	50% reduced fat American cheese	Per 2/3 cup—9 g
Mashed potatoes with butter and whole milk	Seasoned dehydrated flakes or pearls with water	Per 1/2 cup—4.15 g
Mayonnaise, traditional	Mayonnaise, reduced calorie	Per tablespoon—6.1 g
Milk, 2%	Milk, 1%	Per 8 fl. ounces—2.09 g
Nacho pieces	Nacho pieces, lowfat	Per 1 ounce—7 g
Sausage, pork	Sausage, turkey	Per 1 oz. meat/meat alternate—6.7 g
Salad dressing	Salad dressing, low calorie	Per fl ounce—6.6 g