

Count Your Fat Grams Worksheet

STEP 1: Determine your ideal weight

	<u>Men</u>	<u>Women</u>
For the first 5 feet of height	106 lbs.	100 lbs.
For each <i>inch</i> over 5 feet <i>add</i>	6 lbs.	5 lbs.

My calculated weight for my height is _____.

(This weight is used to calculate your fat needs and is not necessarily the weight you should be. Depending on the size of your body frame, your "ideal weight" could be higher. Consult with your health care professional to determine ideal weight.)

STEP 2: Determine calories needed daily to sustain ideal weight

<i>Level of activity</i>	<i>Calories needed per pound per day</i>
No regular exercise	11
Brisk walk for 20 minutes 2-3 times/week)	13
Brisk walk for 20 minutes 4-5 times/week)	15
Vigorous daily work-out (athlete) -- consult with your health care professional for your calorie needs.	

Multiply your ideal weight x your level of activity = _____.

Calories needed daily

(For children, ask your pediatrician about your child's specific calorie and fat needs.)

STEP 3: Determine your maximum daily allowance of fat grams

The American Heart Association recommends limiting dietary fat to 30% of total calories, however, if you are overweight, need to lower blood cholesterol or have another medical concern, you may need less than the recommended 30%. Ask your health care professional what percentage of fat in your diet is right for you. Then, refer to the chart below to determine your maximum fat grams per day. This chart lists dietary guidelines for total fat intake at various calorie levels.

Grams of Total Fat Percentage of Total Calories			
Calories	<u>20%</u>	<u>25%</u>	<u>30%</u>
1,200	27	33	40
1,500	33	42	50
1,800	39	50	60
2,000	44	56	67
2,500	55	69	83
3,000	66	75	100

My daily allowance of fat grams is: _____

Note: The role of natural dietary fat and its relation to heart disease is unclear, however, what is clear is that it is important to avoid all sources of unnatural man-made fats, like trans-fat (also called partially hydrogenated oil). There are three kinds of naturally occurring fats in foods: saturated fat, polyunsaturated fat and monounsaturated fat. Try to get most of your fat from the monounsaturated kind, found in nuts, avocado and olive oil. Monounsaturated fat is a heart-healthy fat because it protects levels of High Density Lipoprotein (HDL — the "healthy" cholesterol). Omega-3 essential fatty acid - another "heart-healthy fat" - is a type of polyunsaturated fat that the body requires to maintain good health. Omega-3 essential fatty acid helps build hormones to keep you well, provides anti-inflammatory benefits, and contributes to a normal heart beat. Omega-3 fatty acid is found in cold water fish like salmon, tuna, mackerel and sardines, fish oil capsules, and in flax seed oil—a plant-based source. To avoid methyl mercury in fish oils, you may want to choose the plant source. Check with your doctor before starting any new dietary supplement.

HEALTHY HEARTS PROGRAM
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