

Fat and cholesterol are not the same

Although they are often mentioned together, cholesterol and fat are not the same and have different functions in the body. Cholesterol makes up parts of the cell membrane structure in all types of cells. Fat helps insulate the body's organs and also transports fat soluble vitamins. Both are necessary but can be damaging to your heart if consumed in high amounts.

An easy way to watch your cholesterol intake is to remember that only animal products—such as milk, cheese, meat, fish, poultry, and eggs—contain cholesterol. Cholesterol also is on the Nutrition Facts Panel and is listed in milligram (mg) amounts and % DV. It is best to consume no more than 300 mg of cholesterol per day.

Label	Definition
Fat Free	Contains no fat or a trivial amount of fat; less than 0.5 grams of total fat per serving
Low Fat	Less than 3 grams of fat per serving
Low Saturated Fat	Less than 1 gram of saturated fat per serving
Reduced Fat	Product was nutritionally altered to contain at least 25 percent less fat than the original product
Less Fat	Product, whether altered or not, contains 25 percent less fat than a reference product. For example, pretzels contain 25 percent less fat than potato chips.
Lean	Listed on meat, poultry, and seafood products when the product contains less than 10g total fat, less than 4g saturated fat, and less than 95mg cholesterol per serving and per 100g.
Extra Lean	Listed on meat, poultry, and seafood products when the product contains less than 5g total fat, less than 2g saturated fat, and less than 95mg cholesterol per serving and per 100g.

Quiz time!

Check what you have learned about fat by looking at the sample labels and answering the questions.

1. Which ice cream product is lowest in total fat?
2. Which ice cream product is lower in saturated fat?
3. How many grams of total fat are in a serving of the lite ice cream?
Would it be considered a low-fat product?

Blue Bunny® Original Ice Cream Homemade Vanilla

Nutrition Facts

Serving Size 1/2 cup (69g)		
Servings Per Container 16		
Amount Per Serving		
Calories 140	Calories from Fat 70	
% Daily Values **		
Total Fat 7g	11%	
Saturated Fat 5g	24%	
Cholesterol 40mg	13%	
Sodium 55mg	2%	
Potassium 170mg	5%	
Total Carbohydrate 16g	5%	
Dietary Fiber 0g	0%	
Sugars 16g		
Protein 3g	7%	
Vitamin A 6%	Vitamin C *	Calcium 10%
Iron *	Thiamin 2%	Riboflavin 10%
Vitamin B12 6%	Phosphorus 10%	

Blue Bunny® Hi Lite® Ice Cream Homemade Vanilla

Nutrition Facts

Serving Size 1/2 cup (67g)		
Servings Per Container 16		
Amount Per Serving		
Calories 130	Calories from Fat 30	
% Daily Values **		
Total Fat 3.5g	5%	
Saturated Fat 2.5g	12%	
Cholesterol 25mg	8%	
Sodium 55mg	2%	
Potassium 160mg	5%	
Total Carbohydrate 21g	7%	
Dietary Fiber 0g	0%	
Sugars 18g		
Protein 3g	7%	
Vitamin A 4%	Vitamin C *	Calcium 10%
Iron *	Thiamin 2%	Riboflavin 10%
Vitamin B12 6%	Phosphorus 10%	

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3. 3.5 grams; no, it would not be considered a low-fat product because it has more than 3 grams of total fat per serving

2. Hi-Lite ice cream
1. Hi-Lite ice cream

Answers: