

Bosse Nutrition "Bite"



Trans Fat - Top 10 Foods to Avoid

- **SPREADS (Margarines)**
TIP: Look for soft tub margarines they contain less trans fat– and use sparingly
- **PACKAGED FOODS (Cake mixes and Bisquick)**
TIP: Look for reduced fat options and/or make baked items yourself at home
- **SOUPS (Ramen Noodles)**
TIP: Make your own soup or buy reduced fat versions
- **FAST FOOD (KFC, Burger King, McDs)**
TIP: Skip fast food– especially the pies, biscuits and fries. If you do get the fries, share them with friends!
- **FROZEN PREPARED FOODS (Chicken Pot Pie, Macaroni & Cheese, Pizza)**
TIP: Stick with baked and broiled items without sauces and crusts
- **BAKED GOODS (cookies, cakes, donuts)**
TIP: Make your own low fat versions at home
- **CHIPS AND CRACKERS (Potato chips and rich and savory crackers)**
TIP: Try pretzels, baked chips, pita chips, fresh fruit, yogurt, and trail mix
- **BREAKFAST FOOD (Cereal bars and high fat cereals)**
TIP: Try whole wheat toast, yogurt and low fat cereal with skim milk
- **COOKIES & CHOCOLATE (ChipsAhoy)**
TIP: Try gummy bears, jelly beans, low fat chocolate pudding, sorbet, graham crackers
- **TOPPINGS AND DIPS (Non-dairy creamer, whipped topping, gravies, salad dressings, & bean dips)**
TIP: Stick with oil & vinegar on your salad, milk in your coffee & make your own dips

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