

# Wisconsin Wrestling Minimum Weight Project

## FAT



Fat is one of six major nutrients provided by the food we eat. Fat is necessary for our bodies to absorb vitamins A, D, E, and K. Fat also adds flavor to food and gives us a feeling of fullness.

Although fat is an essential nutrient, a high fat diet is not recommended. Fat not only takes longer to digest, but it also contributes a significant amount of calories to the diet. As a result, a high fat diet makes weight control more difficult.

**Fat is present in many foods. Some fat is visible to us, while other fat is hidden in foods. Below are some examples of visible and hidden fats.**

### Visible Fat

**Margarine**  
**Mayonnaise**  
**Salad Dressings**  
**Oil**  
**Sour Cream**

### Hidden Fat

**Cheese**  
**Ice Cream**  
**Nuts**  
**Doughnuts**  
**Snack Crackers**

To decrease your fat intake, follow these simple guidelines:

- \* Choose lean meat, poultry without skin.
- \* Use skim or low fat dairy products.
- \* Limit use of fried foods.
- \* Limit use of fats such as butter, margarine, oil, gravy, mayonnaise, and salad dressings.
- \* Eat more fruits and vegetables as they are naturally low in fat.

## Test Your Knowledge of High Fat Foods

Choose which of the following foods have the highest fat content.  
Answers are listed below.

<b>Bologna and cheese sandwich</b>	<b>OR</b>	<b>Roast beef sandwich</b>
<b>Grilled chicken breast sandwich</b>	<b>OR</b>	<b>Breaded fish fillet sandwich</b>
<b>Chocolate chip cookies</b>	<b>OR</b>	<b>Graham crackers</b>

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### ANSWERS

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Bologna and cheese sandwich	36 grams fat
Roast beef sandwich	5 grams fat
Grilled chicken breast sandwich	9 grams fat
Breaded fish fillet sandwich	24 grams fat
Chocolate chip cookies	11 grams fat
Graham crackers	4 grams fat

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