The Jan 2011 USDA Dietary Guidelines for Americans recommend that Americans get off the SoFAS by reducing Solid Fats and Added Sugars from 35% down to less than 15% of their total daily intake.

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What foods are the worst SoFAS offenders?

- Grain-based desserts (cookies, cakes & other pastries)
- Dairy, namely cheese and desserts (ice cream)
- Sodas and other fruit drinks, candy
- Pizza and French fries

These foods are high in Calories and low in nutrients contributing to obesity, malnutrition and disease.

Solid fats are also called saturated fats.

- Research indicates that solid fats like butter, lard, grease, mayonnaise, cheese and cream increase our risk for heart disease, stroke, diabetes, arthritis and other obesity-related disease. These solid or saturated fats should be consumed rarely.
- Plant foods that contain oil (olives, corn, nuts, seeds, avocados, grains and fish) improve our risk profiles and should be consumed in small amounts daily.
- Oils derived from plant foods, processed and packaged (olive, canola, flax seed oil) are still a better choice than solid (saturated) fats. Solid fats should be used only when the plant food sources of oils are not available.
• Americans get the majority of their daily sugar intake from soda and sugary drinks. Another large contributor is sugar from sweetened grain-based foods like doughnuts, cookies, pastries and other desserts.

• Sugars found in fruits and vegetables are low calorie and nutrient-dense. These foods should be consumed in place of refined and sugar-laden starches.

Recommendations for intakes listed here are based on a 2000 Calorie diet. Be certain to determine the appropriate daily intake specific to your metabolic needs. In some cases, your intake may be considerably less. Likewise, children’s intakes would also be greatly reduced.

To calculate your daily Caloric needs, go to:

http://www.calculator.net/calorie-calculator.html

<table>
<thead>
<tr>
<th>Foods or nutrients</th>
<th>Limit Calories to:</th>
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</thead>
<tbody>
<tr>
<td>Calories from SoFAS</td>
<td>280</td>
</tr>
<tr>
<td>Added sugars</td>
<td>242</td>
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<tr>
<td>Solid fats</td>
<td>281</td>
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<tr>
<td>Refined grains</td>
<td>200</td>
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<tr>
<td>Sodium</td>
<td>229</td>
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<tr>
<td>Saturated fat</td>
<td>158</td>
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</table>

For more information on SoFaS, go to: www.dietaryguidelines.gov

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