

3-D TEACHING AID: THE MORE FEET, THE MORE FAT AND/OR CHOLESTEROL

Evidence-Based Nutrition Intervention	Disease State(s)	Proven Outcomes	Teaching Points
<ul style="list-style-type: none"> • Reduce total fat, saturated fat and dietary cholesterol¹ • Limit total fat to 25-35% of calories² • Limit saturated fat to ≤7% of calories/day^{1, 2} • Limit dietary cholesterol to <200 mg/day² 	Diabetes Hyperlipidemia	<ul style="list-style-type: none"> • Decreases serum total cholesterol • Decreases LDL cholesterol • Reduces atherosclerosis • Can facilitate weight loss • Decreases insulin resistance leading to improved blood glucose 	<ul style="list-style-type: none"> • How many feet do pigs and cows have? 4! How many do chickens and turkeys have? 2! Which have MORE total fat and saturated fat? Pigs and cows. • How many feet do swimming fish have? None. How many feet do walking fish have (crabs, lobsters, shrimp)? Many! Which have more cholesterol? Walking fish! • So what are healthiest proteins to buy? Chicken, turkey and swimming fish! <ul style="list-style-type: none"> ○ Stick to “fin and feathers”! • Saturated Fat: H.A.L.T. H = Hardens cell membranes A = Adds to atherosclerosis in arteries L = Leads to greater insulin resistance T = Triggers liver to make cholesterol

Made with: small plastic/rubber crab, cow, chicken, fish, pig purchased at hobby store and hung on a lamp ring with pipe cleaners.



References:

1. American Diabetes Association. *Standards of Medical Care Position Statement 2012*. *Diabetes Care*. 35 (Supp 1): S11,S63, 2012
2. Academy of Nutrition and Dietetics, Evidence Analysis Library and Online Nutrition Care Manual, 2012