The gathering of family and friends are important and it usually centers around food. Even on these special occasions, we need to be aware of the foods we eat and what they contain. For example, sugar, fat, and salt are in almost all of the foods we eat. Although we need some sugar, fat, and salt in our diet, many of us eat too much. We should be aware of the sugar, fat, and salt content in our foods.

**Sugars**
- Foods that are high in sugar do not always taste sweet.
- Sugar may occur naturally or could be added to foods. Fruits and 100% fruit juice have natural sugars while other types of beverages may have added sugars, but may not always taste sweet.
- We may eat these foods, but need to be aware that it contains sugar. Sweetness is not a good indicator of the amount of sugar in foods.

**Fats**
- The solid white substance around meat, marbling in beef or the white part in between meat, and skin on chicken are examples of fat.
- Fried foods are fried in oil which absorbs fat.
- These foods may include spring rolls, lumpia, mandoo, wonton, tempura, katsu, jalapeno poppers, French fries, potato chips, tortilla chips, doughnuts, malasadas, andagi, or other foods.
- Fried food may or may not always taste oily.

**Salt**
- A food may not taste salty, but it may contain a lot of salt.
- Many condiments are high in salt. This includes soy sauce (shoyu), fish sauce (patis, nuoc mam), shrimp or fish paste (bagoong), oyster sauce, certain salad dressings, and table salt.

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Food Stamp Nutrition Education Program