



*Your daily fat targets are based on age, gender, activity level, and calorie needs. This chart shows the target range of daily fats for different age groups. Your daily target will be at the low-end of each range if you are younger.*

***Please consult with your healthcare provider before making any changes to your diet.***

## Finding Your Daily Fat Targets

Age Range	Total Fat Target	Saturated Fat Target
Adult age 19+	50g - 81g	< 18g - 29g
Teenager age 9-18	47g - 80g	<16g - 27g
Child age 2-8	39g - 47g	<11g - 16g

\* Fat Attack™ grams of total fat and saturated fat were adapted from the Dietary Guidelines for Americans, 2020-2025.

Source: Dietary Guidelines for Americans, 2020-2025.

[https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

# Finding Your Daily Fat Targets

Sample label for  
a fast food hamburger

<b>Nutrition Facts</b>	
Serving size 1 Burger (78g)	
<b>Calories</b> 232 <b>Calories from Fat</b> 81	
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
<b>Saturated Fat</b> 3.5g	<b>18%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 26mg	<b>9%</b>
<b>Sodium</b> 258mg	<b>11%</b>
<b>Total Carbohydrate</b> 25g	

- Read food labels at home and the grocery store to find out the type and amount of fat contained in your favorite foods. To find the fat content of fast foods you eat, search company websites or apps
- Compare your daily fat intake to your daily fat targets

## Tips to Keep Total Fat and Saturated Fat in Check

- Look for tips and recipes to lower fat grams closer to your target
- Order sauces and dressings on the side so you control the amount you use
- Choose low-fat vinaigrettes or Italian instead of creamy dressings
- Go with mustard, vinegar, salsa, or ketchup instead of mayonnaise
- Hold the cheese
- Order a single patty instead of a double burger
- Substitute fruits or veggies for fries
- Downsize – a plain burger, small fries – ignore supersize options
- Drink water or low-fat milk instead of whole milk or sweetened beverages
- Choose grilled, poached, broiled, or roasted food instead of fried food
- Focus on more home-cooked meals; rely on fast food less often
- At home, be sure to include heart-healthy fats: olive oil, nuts, nut butters, seeds, salmon, avocado, and olives



[www.huskyhealthct.org/members/Fat\\_Attack/indexHome.html](http://www.huskyhealthct.org/members/Fat_Attack/indexHome.html)