



Low Fat Foods are Not Necessarily Low Calorie

Daeninck, Elizabeth. (2007). *Low Fat Foods are not Necessarily Low Calorie*. Health Castle. Accessed on June 6, 2007 from http://www.healthcastle.com/low_fat_low_calories.shtml

If you think that low fat means low calories, read on. Often, reduced fat items have more sugar added to enhance the flavor, which contributes calories to the final product. Also, many of us think that by eating the low fat version of a food, we can eat more of it. If you are watching your weight, this will only sabotage your efforts. Check out the list of foods below to see the difference in calories (if there is any) between common low fat and regular fat foods.

Low-fat or Fat-free

Regular

Reduced Fat Peanut Butter

- **2 Tbsp: 190 calories, 12g fat**

Low Fat Wheat Thins

- **16 crackers: 130 calories, 4g fat**

Low Fat Oreos

- **3 cookies: 150 calories, 4.5g fat**

Fat Free Fig Newtons

- **2 cookies: 100 calories, 0g fat**

Low fat Fruit-flavored Yogurt

- **6 oz: 173 calories, 1.8 g fat**

Low fat Granola Cereal

- **½ cup: 160 calories, 2.2g fat**

Light Tortilla Chips

- **1 oz: 132 calories, 4.3g fat**

Fat Free Apple Cinnamon Muffin

- **Small: 130 calories, 0g fat**

Regular Peanut Butter

- **2 Tbsp: 190 calories, 16g fat**

Regular Wheat Thins

- **16 crackers: 150 calories, 6g fat**

Original Oreos

- **3 cookies: 160 calories, 7g fat**

Regular Fig Newtons

- **2 cookies: 110 calories, 2g fat**

Regular Fruit-flavored Yogurt

- **6 oz: 170 calories, 6 g fat**

Regular Granola Cereal

- **½ cup: 210 calories, 6g fat**

Regular Tortilla Chips

- **1 oz: 141 calories, 7.3g fat**

Regular Apple Cinnamon Muffin

- **Small: 147 calories, 6.9g fat**

The Bottom Line:

Although it is a good idea to limit your fat intake, you can see that sometimes there is not much of a calorie difference between the low fat (or fat free) version of a food compared to its regular version. So, what are you to do? If you like the taste of a particular higher fat food, limit your calories by controlling your portion. If you think that eating low fat or fat free foods permits you to eat more of a specific food, think again!

