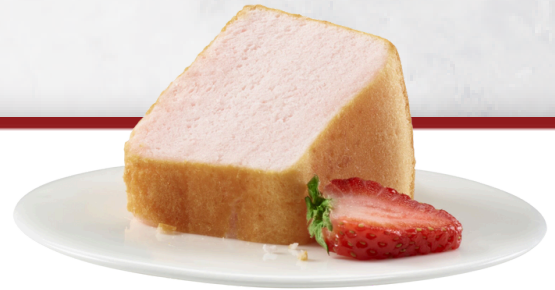




## FAT-CONTROLLED DIETS



FROZEN BAKERY



## No Fat? No Problem.

*Sara Lee Frozen Bakery has dessert options to satisfy fat-controlled diets*

### What is a fat-controlled diet?

- Fat-controlled diets recommend limiting your intake of high-fat foods like meats, especially processed meats, all fried foods, and lots of baked goods especially those made with butter or lard.
- Fat-controlled diets also recommend increasing your intake of low-fat foods including fruits, vegetables, lean proteins like chicken, fish, and beans, and other low-fat or nonfat dairy products.

### What is considered a low-fat food?

- A “Low Fat” food has fewer than 3g per 100g of that food, or 30% or less calories from fat.

### What is the advantage of following a fat-controlled diet?

- Limiting Total Fat and Saturated Fat to recommended amounts may decrease the risk of cardiovascular morbidity and mortality
- It is especially helpful to limit foods high in saturated fats, as those are the “unhealthy” fats that contribute to disease risk

### Low Fat Diet Compliant Dessert Example:



07529

**Sara Lee® Angel Food 8"  
Round No Fat Bundt Cake  
6ct/22oz**



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
72 servings per Container		<b>Total Fat 0g</b>	<b>0%</b>	<b>Total Carbohydrate 28g</b>	<b>10%</b>
<b>Serving Size</b>		Saturated Fat 0g	0%	Dietary Fiber 0g	0%
<b>1/12 CAKE (52g)</b>		Trans Fat 0g		Total Sugars 20g	
<b>Calories</b>		<b>Cholesterol 0mg</b>	<b>0%</b>	Includes 20g Added Sugars	<b>40%</b>
<b>per serving</b>		<b>Sodium 230mg</b>	<b>10%</b>	<b>Protein 2g</b>	
<b>120</b>		Vitamin D 0mcg	0%	Iron 0mg	0%
		Calcium 0mg	0%	Potassium 35mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

**Sara Lee® Angel Food Cake can fit into a fat-controlled diet with its 0 grams of total fat per serving.**

Resources: 1 Low-Fat foods | What foods are low in fat? American Cancer Society. <https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/low-fat-foods.html>

2 Wartella EA, Lichtenstein AH, Boon CS. FDA regulatory requirements for nutrient content claims. Front-of-Package Nutrition Rating Systems and Symbols - NCBI Bookshelf. Published 2010. <https://www.ncbi.nlm.nih.gov/books/NBK209851/>

3 Low Fat Diet. National Library of Medicine; 2023. <https://www.ncbi.nlm.nih.gov/books/NBK553097/>

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