

S1 Table. Examples of low-fat meal^{a)}

	Amount	Kcal	Total fat (g)
Example 1			
Wheat bread or toast	2 slices	134	1.7
Low-fat margarine	1 tablespoon	59	6.6
Jam, preserves, all flavors	1 tablespoon	55	Trace
Skim milk	1 cup	86	0.4
Total		334	8.7
Example 2			
Wheat bread or toast	2 slices	134	1.7
Jams, preserves, all flavors	1 tablespoon	55	Trace
Skim milk	1 cup	86	0.4
Total		275	2.1
Example 3			
Jell-O™ individual pudding cup (chocolate, chocolate/vanilla swirl or vanilla)	3.63 oz.	117.5	1.5
Total		117.5	1.5
Example 4			
Fried egg	1 large egg	90	6.8
Salsa, red, cooked	6 tablespoons	26	0
Orange juice	1 cup	114	0
Skim milk	1 cup	83	0
Total		313	6.8
Example 5			
Ham, sliced, regular (~11% fat)	2 slices (56 g)	92	4.8
Swiss cheese	1 oz.	108	7.9
Toast, white	1 slice	64	0.9
Coffee, espresso, brewed	1 oz.	3	0.05
Total		267	13.6
Example 6			
Toaster strudel	1 strudel (53 g)	197	9.8
2% milk	1 cup	125	4.7
Total		322	14.5
Example 7			
Rice	1 cup	199	0.4
Fish (mackerel)	1 oz.	74	5.5
Pickles	15 g (small)	18	0.04
Total		291	5.9

^{a)}Low-fat meal: approximately 100-500 calories and 1.5-15 grams of fat. Examples were for guidance only; meals were not restricted to the examples provided.