

The Fat News

WHAT IS BODY FAT:

YOUR TOTAL BODY WEIGHT IS MADE OF LEAN WEIGHT AND FAT WEIGHT.

- **Lean Weight =** Muscles, bones, tendons, ligaments and water.
- **Fat Weight =** Body fat includes: fat that surrounds the organs of the body and fat stored in fat cells.

WHY KNOW IT:

- Measurement of body fat can help you determine your risk for weight related illnesses such as: diabetes, high blood pressure, cancer and heart disease.
- Scale weight cannot determine between healthy lean weight and unhealthy fat weight.



Bioelectrical Impedance

Measuring Body Fat

There are several different methods used to measure body fat, the most accurate is the DEXA scan and underwater weighing. However, these methods are costly and are not practical for everyday use. Other methods that are more practical include the skin fold caliper measurement and bioelectrical impedance.

Skin-fold caliper measurement: is done by pulling the fat away from specific locations of your body and measuring its thickness. Skin fold measurements are more reliable when done by an experienced professional.

Bioelectrical impedance: measures body fat by your body's resistance to a small electrical

current. This method is based on the idea that electricity travels at a different rate between lean tissue and fat. Factors that may influence results are your hydration level and the fullness of your



Skin-fold caliper measurement

stomach. This method is good when used regularly to track changes in body fat. It is safe, inexpensive and can be done easily at health events or in your own home.

What do my numbers mean?

The measurement of your body fat percentage takes several factors into consideration including your gender and age. The percentage of fat for women is normally higher because of breast tissue and a larger layer of fat under the skin. See charts below for your healthy body fat percentage. See Male/ Female percentage tables on the back.

News Flash

A certain amount of fat is essential for normal physiological functioning.

Essentials are:

- **WOMEN = 10-12%**
- **MEN = 2-4%**

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Trying to Lose Weight?

It is important when trying to lose weight to know that muscle mass is heavier than fat mass and scales cannot distinguish between the two.

For example: If you are working hard to change your lifestyle habits and are building muscle you may gain 5 lbs of muscle and lose 7 lbs of fat, a net loss of 2 pounds.

Also, remember that when you step on a scale it is measuring every part of your physical being. Meaning your fat, muscle, organs, tissue, and water weight. Fluctuating numbers are not uncommon. It is more important to understand what dietary and exercise factors can effect the shifts.

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Female

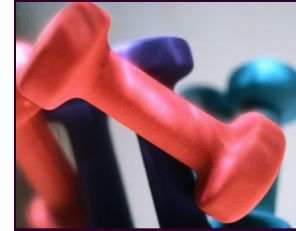
Age	Athlete	Ideal	Average	Above Ave.	Overweight
16-25	12-19%	20-23%	24-30%	31-33%	34-%
26-35	13-20%	21-26%	27-32%	33-35%	36+%
36-45	14-23%	24-27%	28-35%	36-38%	39+%
46-55	15-24%	25-30%	31-37%	38-40%	41+%
55+	16-28%	29-33%	34-38%	39-41%	42+%

Male

Age	Athlete	Ideal	Average	Above Ave.	Overweight
16-25	3-8%	9-16%	17-22%	23-25%	26-%
26-35	6-12%	13-18%	19-25%	26-28%	29+%
36-45	7-13%	14-22%	23-27%	28-30%	31+%
46-55	9-18%	19-25%	26-30%	31-33%	34+%
55+	10-20%	21-26%	27-32%	33-35%	36+%

Cont'd Measuring Body Fat...

Your bodies needed fat is stored in the marrow of bones, heart, lungs, liver, spleen, kidneys, intestines, muscles and lipid rich tissues of the central nervous system. It is needed by for insulation, protection, and stored extra energy (for emergency reactive response). Females need an 9% extra fat for child bearing and other hormonal related functions.



For more information contact Health Education at CSC Hanford Occupational Health Services (509) 376-3267 or visit us at www.hanford.gov/amh



Hanford Occupational Health Services

Fat Intakes

Major types of fats that we consume are saturated, polyunsaturated, monounsaturated and trans fatty acids. Both the saturated fats and trans fats are high contributors to raising blood cholesterol, a major risk factor for coronary heart disease.

What can you do about it? Know what your eating and limit foods that are high in saturated fat, trans fat, and /or cholesterol. Your fat intake should not exceed your total caloric needs. And be especially careful of your trans fat; this should never exceed 1 percent of total calories each day.

Essential fatty acids are necessary because the body cannot produce them on its own. There is no such thing as an essential carbohydrate or an essential sugar, but there is essential fat. Consider these essentials:

- Omega 6 - Found in nuts, seeds, and botanicals like primrose and borage oil
- Omega 3 - Found in salmon, anchovies, sardines, and mackerel.

A good rule of thumb is to choose fats and oils that contain less than two grams of saturated fat per serving.

Fats That Raise Cholesterol	Sources	Examples
Dietary Cholesterol	Foods from animals	Meats, egg yolks, dairy, organ meats (heart, etc), fish and poultry
Saturated fats	Foods from animals Certain plant oils	Whole milk, cream, ice cream, whole-milk cheeses, butter, lard and meats Palm, palm kernel and coconut oils, cocoa butter
Trans Fats	Partially hydrogenated vegetable oils	Margarine, cookies, crackers, cakes, French fries, donuts, peanut butter

The Good The Bad and The Ugly

Fats That Lower Cholesterol	Sources	Examples
Polyunsaturated fats	Certain plant oils	Safflower, sesame, soy, corn and sunflower-seed oil, nuts and seeds
Monounsaturated fats	Certain plant oils	Olive, canola and peanut oils, avocados