

# Letters from Low-Fat Lane

Activity E

Chapter 6

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

Pretend you are a community dietitian. You teach nutrition classes for groups in your community. Your last class was at a neighborhood called Low-Fat Lane. After your presentation, several people still had questions about fat intake. They have written to you asking your advice. Read each letter and respond to the person's concerns. Be sure your advice is well grounded in factual information from the text.

Dear Dietitian:

*I enjoyed your presentation. You persuaded me to make the switch from whole milk to fat-free milk in my household. Unfortunately, I haven't been very successful. My husband and sons are giving me a hard time over it. They just don't like the taste of the fat-free milk! They refuse to drink it. How can I convince them?*

*Minus the Milkfat Mom*

---

---

---

---

---

Dear Dietitian:

*My friend Flora Foster is paranoid about fat. She seems to be going overboard in her search for a fat-free life. When she took her son, Freddy, for his six-week checkup, she asked the pediatrician if he could recommend a fat-free formula. She is worried little Freddy will grow up to be obese like his grandfather. She wants to start right away to prevent that from happening. What do you think about fat-free infant formula?*

*Flustered over Flora*

---

---

---

---

---

Dear Dietitian:

*My wife, Franny, and I are planning to host a cookout for the neighborhood this weekend. Our new neighbors are very conscious of their fat intake, so we have planned the menu accordingly. We aren't having steaks, because they have marbling and fat around the edges. Instead, we're serving hot dogs. They offer smaller portions and less visible fat. Since our meal will be so healthful, we plan to serve them with chili, slaw, and all the trimmings! Thanks for your presentation. We're on our way now!*

*Heart-Healthy Hosts*

---

---

---

---

---

(Continued)

Dear Dietitian:

My cousin Faith is working hard to lose 50 pounds as her doctor recommended. She has cut down her fat intake and kept a daily food diary for the last three months. She seems to be making some progress. When I saw Faith the other day, she said she has lost eight pounds. Her only complaint was that it seemed to be taking forever. I didn't know what to say to her. What do you think? Is there anything I can do to help her?

Concerned Clara

---

---

---

---

---

Dear Dietitian:

My husband, Fritz, took me out to dinner last night. We had grilled chicken, fat-free dressing on the salad, and baked potatoes. We topped it off with the dessert specialty of the house, "Death by Chocolate." We figured it was okay to splurge, since we had eaten such a smart meal! Were we right?

Wondering Wanda

---

---

---

---

---

Dear Dietitian:

At your presentation, you briefly mentioned fat replacers. I want to know more about them. Are they safe? Do products that use them taste the same as regular products? Are they lower in calories? Where can I find them?

Inquisitive Irene

---

---

---

---

---

Dear Dietitian:

I am trying to eat more healthfully. I have been eating fish instead of higher-fat meats. I found that if I fry the fish in oil and serve it with French fries, it tastes pretty good. When I'm really on top of it, I add a small vegetable salad with lots of salad dressing and cornbread with lots of butter. I'm so glad you advised me to eat more fish. Thanks!

Crazy for Catfish

---

---

---

---

---