



Know Your Fats

Fat is an essential nutrient needed for your body to properly function. There are three main types of fat. Remember, plant fats are typically better than animal fats!

Unsaturated Fat (Heart healthy fat)

- ❖ Unsaturated fats may help improve blood cholesterol when used in place of saturated and trans fats.
- ❖ Types of unsaturated fat:
 - Polyunsaturated fat
 - Monounsaturated fat
- ❖ Unsaturated fats are mainly found in fish (salmon, trout, herring), avocados, olives, walnuts, and liquid vegetable oils.
 - Soybean, corn, safflower, canola, olive, and sunflower oil



Saturated Fat

- ❖ The majority of saturated fat comes from animals and animal products.
 - Beef, lamb, pork, and poultry with skin
 - Butter, cream, cheese, and other dairy products from whole or 2 percent milk
- ❖ A few foods from plants (tropical oils) contain saturated fat including coconut milk, coconut oil, cocoa butter, palm oil, and palm kernel oil.
- ❖ It is recommended to limit intake of saturated fat by consuming these foods only occasionally.



Trans Fat (Unhealthy fat)

- ❖ Trans fat is the type of fat found in processed foods.
- ❖ It is made in an industrial process that adds hydrogen to liquid vegetable oils in order to make them more solid. This increases the shelf life of foods.
- ❖ Found in many fried foods and baked goods
 - Pastries, pizza dough, pie crust, cookies, and crackers
 - Also found in traditional stick margarines





Frequently Asked Questions???

How are trans fats harmful?

Trans fats raise your bad cholesterol levels (LDL) and lower your good cholesterol levels (HDL). These undesirable changes in your blood cholesterol levels are associated with an increased risk of heart disease.

Is butter better than margarine?

Recent studies on the LDL cholesterol-raising effects of *trans* fat have raised public concern about the use of margarine and whether other options, including butter, might be a better choice.

Butter has a high amount of saturated fat and some *trans* fat, whereas many hard margarines contain a high amount of *trans* fat in addition to saturated fat. Both of these bad fats can raise your blood cholesterol and contribute to atherosclerosis.

Not all margarines are created equal. The best choice for your health is a liquid margarine or a soft margarine in a tub. Some margarine spreads even contain heart healthy mono and polyunsaturated fats. These are made with less partially hydrogenated fat than hard stick margarine. You can also look for “light” butters that have been whipped with a small amount of water or air.

Look for margarines with no more than 2 grams of saturated fat and 0 *trans* fat. When choosing a margarine, check the ingredient list – if the item contains “partially hydrogenated oil” then there is still some trans fat in the food, even if it says “0 grams trans fat” on the label.

How can I regulate my intake of saturated and trans fat?

- ❖ Focus on eating the Plate of Life at each meal and making half your plate vegetables
- ❖ Use plant based vegetable oils that are rich in unsaturated fats
- ❖ Use soft margarine instead of stick margarine and look for 0 grams of trans fat on the label
- ❖ Choose lean protein sources such as fish and chicken without the skin rather than high saturated fat protein such as red meat and pork
- ❖ Limit your intake of processed foods that contain trans fat like doughnuts, cakes, and cookies

Source: American Heart

Association http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Know-Your-Fats_UCM_305628_Article.jsp