

# Facts About Fat in Your Diet



## The Good News About Fat

- ✓ Fat is needed for your body to work right
- ✓ Fat helps keep your skin healthy
- ✓ Fat helps manage cholesterol in your body
- ✓ Fat protects your organs to keep your body safe from injury
- ✓ Fat helps your body hold heat and keep a normal body temperature
- ✓ Fat helps vitamins A, D, E and K move in your body

## Types of Fat

There are four types of fats in the foods we eat:

- ▶ saturated
- ▶ polyunsaturated,
- ▶ monounsaturated
- ▶ *trans*

Saturated fats and *trans* fats raise blood cholesterol.

## Good Fats

**Polyunsaturated Fats** (safflower and corn oil) and **Monounsaturated Fats** (olive and canola oil) are in liquid oils from plants and some fish. These fats do not raise your cholesterol the way saturated fats do.

Eating more **polyunsaturated** and **monounsaturated fats** and eating less **saturated fats** and ***trans* fatty acids** is best for your heart.

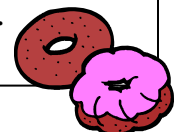


## Bad Fats

**Saturated Fats** cause your body to make more cholesterol. This may raise your cholesterol. They are mostly in animal foods and are solid at room temperature. Examples - red meats with fat around them, poultry skin, eggs, and whole milk products.

### ***Trans* Fatty Acids**

are liquid fats that have been changed to be solid at room temperature such as vegetable shortening and margarine. French fries, donuts, cookies and crackers are high in *trans* fatty acids.





# Healthy Eating Tips



## When planning your meals:

- Have 2 to 3 servings of fish, shellfish, lean poultry or other lean meats daily
- Have dried beans, peas or lentils often
- Use plenty of whole grain products, vegetables and fruits daily
- Have fat-free or low-fat milk and yogurt and low-fat cheese
- Have fruits as desserts

## When cooking your meals:

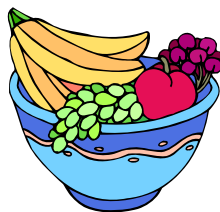
- Use mostly vegetable fats that are liquid at room temperature such as canola, olive, safflower, sunflower, sesame, corn, soybean, and peanut oils
- Trim fat from meat and take skin off poultry
- Use a butter/margarine spray
- If you use margarine, choose a liquid or tub kind that says no trans fats on the label

## You Have a Choice

- ✓ Use non-fat frozen yogurt instead of ice cream.
- ✓ Use more herbs and spices for flavor so you can use less fat for cooking and at the table.
- ✓ Read food labels to help you choose foods lower in fat, saturated fat and cholesterol.
- ✓ Choose foods higher in monounsaturated and polyunsaturated fats like fish, nuts and vegetable oil.
- ✓ Limit foods with saturated and *trans* fats like red meat, baked goods and high-fat dairy.

## Low Fat Foods to Use:

- Fat-free/skim or 1% dairy products
- Lean meats, fish, and skinless poultry
- Whole grain and whole wheat foods
- Fruits and vegetables
- Soft margarines



## High Fat Foods to Limit:

- Liver and other organ meats
- Egg yolks
- Whole milk dairy products
- Processed food including donuts, chips, cookies

**Resource:** U.S. Departments of Agriculture and Health and Human Services. Nutrition and Your Health: Dietary Guidelines for Americans, 6<sup>th</sup> Edition. Washington, D.C.: U.S. Government Printing Office, 2005.