

HEALTH & WELLNESS

THE SKINNY ON FATS

September 2010

NUTRITION NEWS

Health & Wellness Series

Face the Fats

References:

American Heart Association:
<http://www.heart.org>

MayoClinic.com
<http://www.mayoclinic.com/health/fat/NU00262>

Limit total fat intake to less than 25-35% of your total daily calories.

One gram of fat contains 9 calories.

A note on Trans Fats

Although many food companies are placing a "0 trans fat" label on their products, these foods may still contain certain amounts of Trans fat. In order to be sure, always check ingredients listing for the term "partially hydrogenated". If you see this, the product contains Trans fat. The FDA allows food manufacturers to claim "0 trans fat" if the amounts of Trans fat per serving are .5 grams or lower. Therefore, if you consume 2-3 servings of a food with .5 grams of Trans fat, you've consumed almost 2 grams without even knowing!

Our bodies need dietary fat for energy, cell growth, absorption of certain nutrients and the production of important hormones. While limited amounts of dietary fat are beneficial, it is easy to consume entirely too much.

4 MAIN TYPES OF FAT

Saturated Fat, Polyunsaturated Fat, Monounsaturated Fat, and Trans Fat

THE GOOD, THE BAD AND THE UGLY

THE GOOD-Yes, there are actually fats that are considered "good" for you. **Polyunsaturated** and **monounsaturated** fats can reduce the risk of heart disease by reducing total cholesterol levels. Omega 3 fatty acids are a type of polyunsaturated fat that specifically decreases the risk of developing coronary artery disease, and also protects against developing high blood pressure.

THE BAD- **Saturated Fat** is the main dietary cause of high cholesterol. Saturated Fat intake should be limited to less than 7% of your total daily calories.

THE UGLY-The most destructive type of fat to your body by far is **Trans Fat**. Consumption of Trans fats increase "bad" cholesterol (LDL) while decreasing "good" cholesterol (HDL). In addition, Trans fats contribute to the development of heart disease, stroke, diabetes and other chronic conditions.

TIPS FOR REDUCING "BAD" DIETARY FAT:

- Learn about foods you eat by reading nutrition labels and ingredients listings.
- Choose foods with no more than 3 grams of fat per 100 calories.
- Stay away from foods containing "partially hydrogenated" oils (Listed in ingredients).
- Choose lean meats, fish and poultry-aim for no more than 7 ounces of these per day.
- Choose skim or 1% milk.
- Choose vinaigrette salad dressings over creamy versions.
- On baked potatoes, replace sour cream and butter with salsa, or low-fat cottage cheese
- Use extra virgin olive oil in place of vegetable oil for cooking and baking
- Snack on fresh fruit, vegetables, nuts, or butter free popcorn instead of chips, cookies or flavored crackers.

Sources of Monounsaturated Fats:

- natural peanut butter
- olives
- almonds, pecans, cashews
- olive oil
- canola oil
- peanut oil

Sources of Polyunsaturated Fats:

- walnuts
- sunflower seeds
- flaxseed
- salmon
- tuna
- safflower oil
- soybean oil
- corn oil
- avocados

Sources of Saturated Fats:

- beef
- poultry
- egg yolks
- cheese
- milk
- butter
- palm oils
- coconut oils

Sources of Trans Fats:

- crackers
- chips
- cookies
- cakes
- doughnuts
- French fries
- margarine
- shortening