

Fats and Your Health

- Fats give your body **energy** and help protect your organs. They also help your body use some nutrients from food. Your body needs some fat, but not too much.
- Choosing more **healthy fats** and less unhealthy fats can help your **heart** and overall health. Start small and make changes when it feels easy for you.

Type of Fat	Food Sources	Effects on Health
Monounsaturated & Polyunsaturated Fats	Found in plant foods such as: - nuts - seeds - oils	- Can help your heart - May help with blood sugar - Good to include in small amounts
Saturated Fats	Found in animal foods such as: - red meat - dairy products	- Too much may not be good for your heart - Try to have smaller amounts
Trans-Fats	Found in processed foods with partially hydrogenated oil	- Can raise your risk for health problems - Try to limit these foods

Read the Food Label

- Try to choose foods with 3 grams or less of saturated fat per serving
- Try to choose foods with 0 grams of trans fat

Tips to Eating Less Fat:

- Try cooking with **broth instead of oil or butter**
- Use a **nonstick spray** when baking or roasting
- Choose **chicken or turkey without the skin**
- Look for meats labeled “**lean**” or “**extra lean**”
- Choose **low-fat or fat-free dairy**
- Use small amounts of foods like **nuts, seeds, and oils**



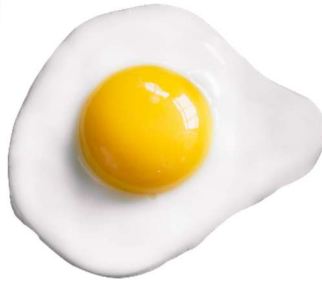
Nutrition Facts			
Serving Size 1/2 cup (about 82g)			
Servings Per Container 8			
Amount Per Serving			
Calories 200		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 9g		45%	
Trans Fat 0g			
Cholesterol 55mg		18%	
Sodium 40mg		2%	
Total Carbohydrate 17g		6%	
Dietary Fiber 1g		4%	
Sugars 14g			
Protein 3g			
Vitamin A 10%		Vitamin C 0%	
Calcium 10%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Healthy Fats

(mono and polyunsaturated fats)



Fatty Fish



Egg Yolks



Nut & Seed
Butters



Nuts



Seeds



Olive Oil, Canola Oil,
Avocado Oil, Sesame
Oil, Walnut Oil,
Flaxseed Oil, and
Sunflower Oil



Avocados

Unhealthy Fats

(saturated and trans fats)



Red Meat



Bacon



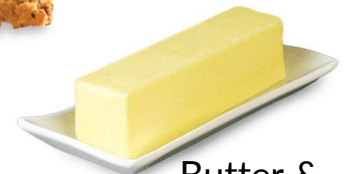
Sausage



Dark Meat
(thighs & drumsticks)



Fried Foods



Butter &
Margarine



All Cheese



Ice Cream



Pastries,
Chocolate &
Baked Goods

