

FATS

Remember to watch your portion sizes. MODERATION is key!

NOT ALL FATS ARE CREATED EQUALLY! ... SO WHAT IS THE DIFFERENCE?

GOOD FAT (UNSATURATED)

Monounsaturated—Lowers LDL (bad) cholesterol and raises HDL (good) cholesterol

- Canola, olive and peanut oil
- Nuts, peanut butter

Polyunsaturated—Lowers both LDL and HDL cholesterol

- Safflower, sunflower, corn and flaxseed oil
- Seafood
- Omega-3—this is a type of polyunsaturated fat
 - fatty fish like mackerel, lake trout, herring, sardines, albacore tuna, and salmon
 - Flaxseed, walnuts



BAD FAT

Saturated—Increases both LDL and total cholesterol

- Meat, poultry (skin and dark meat), whole fat dairy products, butter
- Coconut, palm, and kernel oil

Trans—Lowers HDL cholesterol and raises LDL cholesterol

- Processed snack foods and baked goods (i.e. chips, cookies, crackers)
- Beware of “partially hydrogenated oil” in ingredient lists
- Shortening (i.e. Crisco)

Fats play an important role in nutrition...

- Provide a concentrated source of energy
- Used to store energy
 - Insulates body tissue
 - Transports fat soluble vitamins



Recommendation: 20-35% (38-66 grams) of total daily calories from fat—focusing on **monounsaturated** and **polyunsaturated fats**, with saturated and trans fat intake at less than 10%

	REPLACE	WITH
BREAKFAST	<ul style="list-style-type: none"> • Breakfast meats (bacon, sausage patties and links) • Muffins, pastries • Biscuits • Butter • Pancakes, waffles, French toast <p><i>Beware of fast food and convenience breakfast sandwiches and meal deals...they are often quick and cheap, but tend to be very high in total and saturated fat. Try making it yourself instead!</i></p>	<ul style="list-style-type: none"> • Egg Whites on a light English muffin, low-fat or fat-free cheese, Canadian bacon • Oatmeal • Cereal (i.e. Special K, Kashi) • Use smart balance in place of butter for toast • Protein bar (Zone, Luna and Genisoy offer several varieties) • Light yogurt, granola and berries • Don't forget about the cream in your coffee! Use low-fat cream or low-fat or skim milk
LUNCH/DINNER	<ul style="list-style-type: none"> • Hamburger • French fries • Crispy and breaded chicken sandwiches • Sandwiches with any kind of creamy sauce (i.e. ranch) • High fat lunchmeat (i.e. salami, bologna, roast beef) and cheese (any type that is not reduced or non-fat) • Pasta and potato salads • Frozen dinners • Prepackaged boxed meals 	<ul style="list-style-type: none"> • Salad with grilled chicken • Low sodium soup • PB&J on whole wheat bread • Turkey or chicken breast sandwich with low-fat cheese, tomato, lettuce and mustard • Baked or sweet potato with low-fat sour cream or smart balance • Use whole wheat pasta and a light mayo • Light frozen dinners (i.e. Lean Cuisine, Healthy Choice, South Beach), also Boca, Morning Star and Gardenburger products
SNACKS DESSERTS Keep in mind—snacks should be around 150 calories or less. Try to choose nutrient dense foods with a balance of fat, protein and carbohydrate calories for optimal nutrition	<ul style="list-style-type: none"> • Chips • Ice cream, cookies, candy • Potato skins, mozzarella sticks • Nachos (made with regular tortillas and full fat cheese) <div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 20px auto;"> <p style="text-align: center;">DID YOU KNOW?</p> <p style="text-align: center;">The McDonald's Ranch <u>Snack Wrap</u> has 300 calories and 16 grams of fat! 4.5 are saturated and 1 is trans!</p> </div>	<ul style="list-style-type: none"> • Light string cheese • Carrots and celery or an apple with peanut butter • A handful of nuts • Pretzels • Frozen yogurt, light yogurt • Baked tortilla chips with fat free cheese and beans • A piece of fresh fruit • Half of a PB&J sandwich • Angel food cake with berries and light cool whip • Jell-o • Chocolate graham crackers with light cool whip • Sugar free, fat free pudding