

# Busting the Myths about Fats

## Trans Fat

the bad guys

Hydrogenated fats in processed foods.

**myth:** you can't tell one fat from another

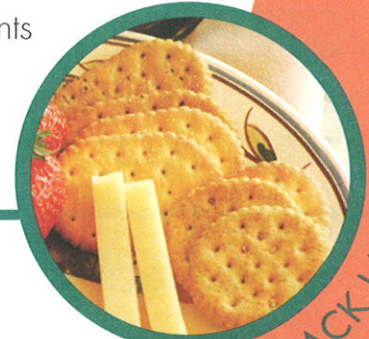
**BUSTED:** Since 2006, the Food & Drug Administration (FDA) requires food companies to list trans fat content separately on the Nutrition Facts label of all packaged foods.



AVOID DEEP FRIED FOODS

**myth:** trans fats are only found in fried foods

**BUSTED:** Some trans fats are found naturally in small amounts in meat and dairy products but are not a significant source. Many processed foods use "hydrogenated" vegetable oils that add trans fat, so check the Nutrition Facts label.



READ SNACK LABELS

**myth:** all fats are the same

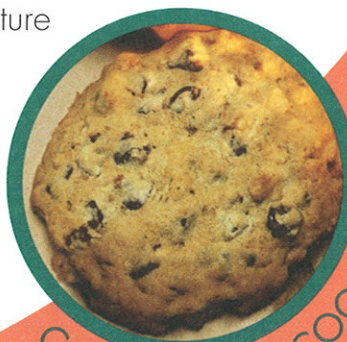
**BUSTED:** Trans fatty acids raise bad cholesterol levels and lower good cholesterol levels, and increase your risk of developing heart disease or having a stroke.



CUT BACK ON CRUSTS

**myth:** no trans fats, no taste

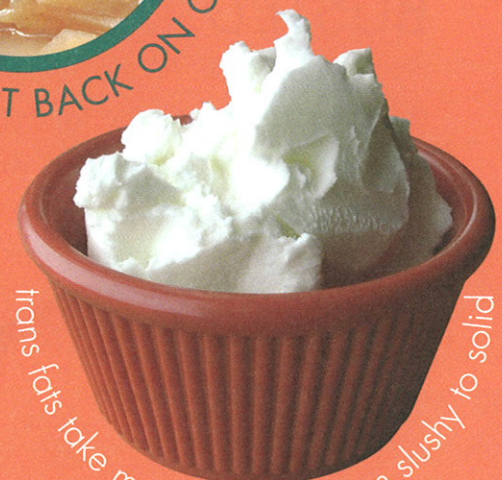
**BUSTED:** Manufacturers are finding new ways to improve the texture and taste of food without using trans fatty acids.



COUNT YOUR COOKIES



PACE YOURSELF ON PASTRIES



trans fats take many forms — from slushy to solid

Scientists began to hydrogenate liquid oils into trans fats in 1903 to provide longer shelf life in manufactured foods.

All foods that contain fat are not made up of just one type of fat—they are a combination of fatty acids. However, fats are usually classified based on which type of fat they contain the most of: monounsaturated, polyunsaturated, saturated or trans. Eating too much of any type of fat is not healthy.

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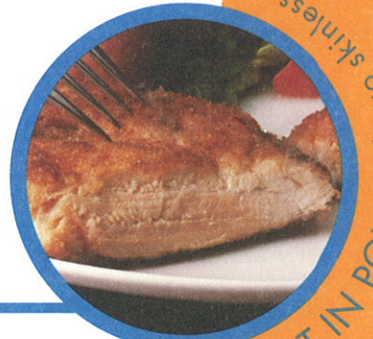
## Saturated Fat

the not-so-good  
guys

Fats generally found in animal-based foods.

**myth:** all saturated fats are bad for you

**BUSTED:** Stearic acid, the most abundant saturated fat in beef and chocolate, can be good for you. It does not raise bad cholesterol and gives good cholesterol a boost.



go skinless

LOSE FAT IN POULTRY

**myth:** all saturated fats are from animal products

**BUSTED:** Saturated fatty acids are mainly found in fatty meats and high-fat dairy products, but some plant foods are high in saturated fat such as coconut, palm and palm kernel oils.



GO EASY ON BUTTER

**myth:** if you eat fat, you get fat

**BUSTED:** Fat is a powerful source of energy, more than twice as concentrated as protein and carbohydrates. Consuming more calories than you need is what makes you gain weight — not the source of the calories.

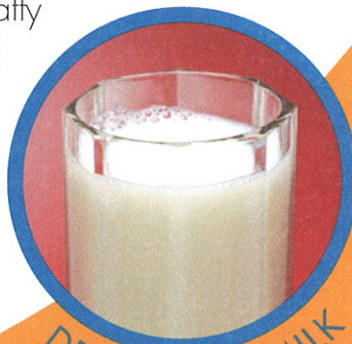


trim off visible fat

CHOOSE LEAN MEATS

**myth:** meat is high in saturated fat

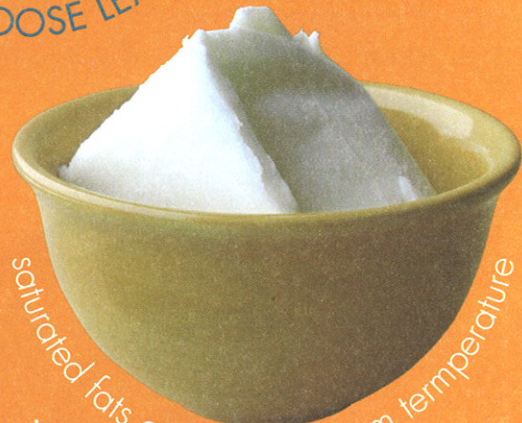
**BUSTED:** Foods contain differing amounts of each type of fat. Monounsaturated fatty acids make up half the fat content of lean red meat. Look for the words "round" or "loin" in the name to choose the leanest cuts.



DRINK SKIM MILK



SAMPLE LOW-FAT CHEESES



saturated fats are solid at room temperature

Saturated fats should be eaten in moderation — 10% of your total intake (1g per 100 calories).

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