



# Dietary Fats

All fats are not alike. Some types of fats are essential for good health and other fats can raise blood cholesterol levels as well as triglyceride levels. Eating too much fat of any type can add excess calories and lead to weight gain. It's important to know which fats can help you avoid negative effects on your cardiovascular system.

The healthiest dietary fat sources are monounsaturated and omega-3 fats. Remember, just because they are healthy does not mean they are calorie-free! Moderation is still the key.

## Monounsaturated Fats: (liquid at room temperature)

- ✓ Help lower LDL (“bad”) cholesterol when used in place of saturated fat.
- ✓ Plant foods like olives, avocado, olive oil, canola oil
- ✓ Nuts: almonds, peanuts, cashews, pecans, etc.
- ✓ Nut butters and nut oils
- ✓ Hummus



Replace saturated fats and trans fats with Monounsaturated fats

## Polyunsaturated Fats: (liquid at room temperature)

### Omega 6 Fatty Acids:

Abundant in typical American diet. Limit these. Pro-inflammatory

- ✓ Vegetable oils high in Omega 6 fatty acids: Safflower, sunflower, corn, soybean, and sesame oils
- ✓ Other plant fats such as: Seeds (sunflower, sesame, etc.)

### Omega 3 Fatty Acids:

Choose DAILY. These fats have been shown to reduce your risk of heart disease. They help keep blood vessels flexible and reduce excess blood clotting. They increase HDL “good” cholesterol and help to lower triglycerides. Also act as an anti-inflammatory in the body.

- ✓ Fatty fish (salmon, sardines, trout, tuna)
- ✓ Flaxseed oil, milled flaxseed
- ✓ Canola oil, walnuts and walnut oil, tofu, dark greens, wheat germ, pumpkin seeds, omega-3-rich eggs (yolk), Edamame (green soybeans)



# Unhealthy Fats

Fats with negative health effects are saturated and trans fats. Saturated fats are found primarily in high-fat meats and dairy foods. Trans fatty acids – called trans fats – are present in foods that contain “partially hydrogenated” vegetable oils: fried foods, stick margarine, crackers, microwave popcorn, baked goods and other processed foods. Studies have shown that both saturated fats and trans fats can raise LDL (“bad”) cholesterol and may make the lining of blood vessels (the endothelium) less flexible.

## Saturated Fats: (solid at room temperature)

- ✓ **Animal Fats** such as:
- ✓ Fatty cuts of beef, pork and lamb.
- ✓ Poultry skin, chicken wings, dark meat chicken.
- ✓ High fat dairy products: cheese, butter, whole milk, 2%
- ✓ Tropical oils: coconut oil, palm oil, palm kernel oil, cocoa butter.

Always choose the lowest animal fat possible



## Trans Fats: (solid at room temperature) **AVOID these fats:**

- ✓ Chemically processed vegetable oils such as:
- ✓ **Partially-hydrogenated** soybean oil (or any other vegetable oil that has been partially-hydrogenated),
- ✓ Crisco, hydrogenated margarine, fried foods.
- ✓ Stick margarine and some tub margarines.
- ✓ Fried foods: doughnuts, French fries, other deep fried fast foods
- ✓ **10 Highest trans-fat foods:** Some cake mixes, cereals and energy bars, chips and crackers, dried soups, fast foods, frozen entrees, margarine, non-dairy creamer, packaged cookies, candy, doughnuts, pies and cakes.



## Dietary Cholesterol

Cholesterol is not a fat. It is a waxy substance found only in foods of animal Origin: meat, poultry, seafood, egg yolks, and dairy products. Humans do not need to consume any cholesterol because our cells can produce all the cholesterol our bodies need for use in cell membranes and hormones. High intakes of dietary cholesterol can raise LDL cholesterol and increase heart disease risk in other ways. However, the effect is generally not as strong as that of saturated fats and trans fats. Limit intake of dietary cholesterol

- ✓ Egg yolks or whole eggs: limit to 2-4 per week
- ✓ Organ meats: liver, brain, kidney, etc.
- ✓ Shrimp, squid and calamari: limit to one serving per week

## Examples of how to choose healthier fats:

### Instead of...

1. Cream cheese on a bagel
2. Sour cream on a burrito
3. Butter on toast
4. Vegetables sautéed in butter
5. Porterhouse steak
6. Alfredo sauce, white clam sauce
7. Cheese and crackers
8. Cheese on a salad
9. Fried foods
10. Cookies made with partially-hydrogenated soybean or cottonseed oil (Oreos, Mother's, Archway, store brands...)
11. Crackers made with partially-hydrogenated soybean or cottonseed oil (Wheat Thins, Triscuits, Ritz, Keebler...)
12. Microwave popcorn with hydrogenated oil

### Choose...

- Low-fat or non-fat cream cheese, hummus, lox, peanut butter
- Guacamole, low-fat or non-fat sour cream, plain low-fat yogurt
- Non-hydrogenated trans-fat free margarine, peanut butter or almond butter, plant sterol margarine
- Sauté in olive oil, vegetable broth, wine
- Filet mignon, salmon filet
- Marinara sauce, red clam sauce, pesto
- Low-fat cheese, Hummus, avocado slices, almond or peanut butter, whole-grain crackers without partially-hydrogenated oil
- Low-fat cheese, nuts, olives, avocado, edamame
- Baked, broiled, roasted, grilled, seared
- Barbara's Bakery, Health Valley, Lady J cookies, or Newman's Own brands
- Ak Mak, Kashi TLC, Wasa, Kavli brands
- Air-popped popcorn spritzed with PAM and sprinkled lightly with seasonings, chili flakes, or Parmesan cheese