

NOT ALL FATS ARE CREATED EQUAL!

We all need some fat in our diet.

Fat promotes satiety (or fullness) after eating and contributes good taste and texture to foods.

Fat supplies “essential fatty acids,” is important for nerve development and function, and is essential for the absorption of certain vitamins (A, D, E, and K).

But, not all fats have the same health effects.

Type of Fat	Description	Health Effects	Food Sources
SATURATED FAT	Solid at room temperature. <u>Chemical Structure:</u> All bonds are saturated with hydrogen atoms.	Increases total cholesterol and LDL (the “bad”) cholesterol. Increases the risk of some cancers.	<u>Mostly Animal:</u> butter, beef & pork fat, lard, chicken skin, whole fat milk & cheese. <u>A Few Plant:</u> coconut & palm oils
<i>Trans Fat</i>	Made during hydrogenation.	Increases total and LDL cholesterol. Decreases HDL (the “good”) cholesterol.	stick margarine, vegetable shortening, partially hydrogenated oil
UNSATURATED FAT	Liquid at room temperature.	Decreases total and LDL cholesterol.	<u>Mostly Plant Sources:</u>
<i>Monounsaturated Fat</i>	<u>Chemical Structure:</u> One point of unsaturation.	*** Most heart healthy.***	olive, canola, and peanut oils, nuts, avocados, and olives.
<i>Polyunsaturated Fat</i>	<u>Chemical Structure:</u> Two or more points of unsaturation.	May increase cancer risk.	safflower, corn, sunflower, and soybean oils, mayonnaise, salad dressings.
<i>Omega 6</i>			
<i>Omega 3</i>	Special type of polyunsaturated fat.	*** Most heart healthy.***	fatty fish, walnuts, flaxseeds, canola and soybean oils.

A healthy eating plan contains 20-35% of total calories from fat.

More important than the total amount of fat you are eating is the type of fat you are choosing.

Try to keep saturated and trans fat as low as possible.

Most of the time, choose foods that are rich in healthy monounsaturated and omega 3 fats.

Use the table below to find low fat and healthy fat alternatives.

If the alternatives just don't work for you, try using less of the real thing and/or choosing the food less often.

Remember, there is no such thing as "good" or "bad" foods; only good or bad diets.

Balance your choices so that your overall eating plan is low in saturated and trans fat.

	Reduce these...	Choose these instead...	
		<i>Low fat alternatives</i>	<i>Healthy fat alternatives</i>
Added Fats	Stick butter or margarine	Trans-free, soft tub margarine Butter or oil cooking sprays	Peanut butter Olive or canola oil
	Sour cream	Low or non fat versions Plain nonfat yogurt or cottage cheese	Guacamole
	Mayonnaise	Low or non fat versions Mustard or ketchup	Avocado Hummus
	Creamy salad dressings	Low or non fat versions Seasoned vinegars, lemon juice, or tomato salsa	Oil and vinegar salad dressing
High Fat Protein Rich Foods	Whole fat milk, yogurt, and cheese	Fat free or 1% fat milk, yogurt, and cheese	Soy milk products
	Hamburger meat	Ground turkey breast	Soy meat crumbles
	Fatty cuts of beef, pork, and lamb	Lean <u>round</u> and <u>loin</u> cuts of meat	Tofu or tempeh
	Poultry with the skin	Skinless chicken or turkey breast	Fatty fish (salmon, mackerel, etc.)
	Eggs	Low fat fish, water-packed tuna	
		Egg whites or egg substitutes	
High Fat Snacks and Desserts	Chips, crackers, and buttered popcorn	Baked chips, pretzels, low fat crackers, air-popped popcorn	Nuts and seeds Trail mix
	Ice cream	Non fat frozen yogurt or pudding Frozen fruit bars or sorbet	
	Cakes, donuts, and muffins	Low fat versions Angel food cake, bagels	
	Cookies	Animal crackers, graham crackers, ginger snaps, or fig newtons	
High Fat Cooking Methods	Fried Breaded / battered Sautéed Creamed	Baked or roasted Broiled or grilled Steamed Poached	