What is a Fat?

😊 Fats are a class of nutrients that include triglycerides (fats and oils), phospholipids (lecithin) and sterols (cholesterol).

😊 Dietary fat is essential to provide the most concentrated source of energy, fat-soluble vitamins (A, D, E, K) and essential fatty acids.

😊 Fats are a key component of cell membranes, sex & adrenal hormones and are essential for brain formation & function. They play roles in blood pressure, immune and inflammatory response to injury/infection and clot formation. They also aid in digestion and contribute to flavor, texture and appetite satiety.

## Types of Dietary Fats

✅ **SATURATED** found in animal meats, dairy products and tropical oils: Sat fats raise LDL ☹ and increase risk of heart disease. They also contain dietary cholesterol.

✅ **POLYUNSATURATED** found in plants like sunflowers, soybeans, corn and safflower: These lower LDL ☺ but may also lower HDL ☹.

✅ **MONOUNSATURATED** found in olive oil, canola, peanut and certain kinds of sunflower oils: Lower LDL ☺ and do not lower HDL ☺.

✅ **TRANS FATS** some occur naturally but most are a byproduct of hydrogenation. These fats raise LDL ☹, lower HDL ☺, and raise Triglycerides ☹ making them the most unhealthy choice for dietary fats.
Recommendations

The following government authorities all advocate the reduction of dietary fat to no more than 30-35% of total daily Calories.

Surgeon General  National Academy of Sciences  American Heart Association
American Cancer Society  Academy of Nutrition and Dietetics  National Institutes of Health
USDA  Dept of Health & Human Services  National Cholesterol Education Program

For most people, this equates to between 50 to 70 grams/day.

TIPS for Care and Feeding with Healthy Fats

❤ Replace saturated sources of fat with polyunsat and monounsat oils.
❤ Use liquid or tub margarine instead of butter or stick margarine.
❤ Saute with olive oil or broth. Use canola oil in baking.
❤ Use nuts and seeds in your salads instead of oil or cream dressings.
❤ Avoid foods with trans fats, especially packaged and processed foods.
❤ Limit doughnuts, cookies and fried foods.
❤ Replace bacon bits and cheese with nuts and seeds in salads.
❤ Use olive oil dressing instead of creams. Dip your salad into the dressing.
❤ Use avocado, hummus, peanut butter in place of mayo, butter, cream ch.
❤ Consume fish like salmon, tuna (grilled or baked) twice a week.
❤ Choose lean cuts of meat and eat small portions (3-4 oz).
❤ Remove visible fat and skin before preparing meats. Grill, broil or bake.
❤ Choose fat free (skim) or low fat (1%) dairy products.
❤ Try meatless dishes at least twice a week, or better yet, go vegan!
❤ Snack on small amounts of nuts and seeds instead of chips and cookies.