

CareHere!

Dietary Fats



What You Should Know

Healthier fats make healthier cells. The trick is to choose the right fats in the right amounts to help your body instead of harming it.

Fat increases absorption of certain vitamins, improves flavor, and keeps you feeling satisfied between meals. Choose a variety of healthy fats as part of a diet rich in vegetables, fruits, whole grains, and beans. Opt for **whole food** sources (listed in bold) of fats more often than processed sources.

IDENTIFY fats from the **YELLOW/RED** categories that you currently consume.

Then, identify fats from the **GREEN** category you can use instead.

Serving Sizes:

- 1 tablespoon of fat or oil (size of a poker chip in the pan for oils or 3 dice stacked for solid fats)
- 3 ounces meat, fish or eggs (palm of hand)
- 2 tablespoons seeds
- ¼ cup whole nuts or coconut (palm of hand)
- ½ of an avocado

*Determined by the type of fat, processing methods and medical research
Bold = whole food sources of fat. Choose whole foods more often.

*Proven Benefits -

EAT MULTIPLE TIMES

a day for heart health:

Almonds, Avocados, Cashews, Chia seeds, Coconut, Fish and Shellfish, Flax seeds, Hemp seeds, Macadamia nuts, Olives, Peanuts, Sesame seeds, Sunflower seeds, Walnuts,
Avocado Oil, Flax Oil & Olive Oil

*Eat in **MODERATION**

and choose foods and oils from the green category more often:

Dairy Products (unprocessed/ no sugar), Eggs, Pork, Poultry, Red meat, Butter, Canola oil, Coconut oil, Corn oil, Grapeseed oil, Lard, Peanut oil, Safflower oil, Sesame oil, Soy oil, Sunflower oil & Vegetable oil

***PROVEN HARMFUL**

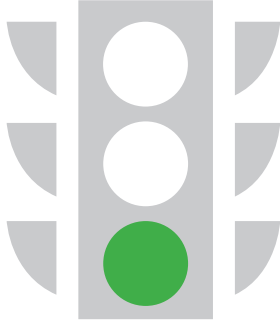
Choose foods from the Green or Yellow categories instead of Hydrogenated or *Trans* fats:

Margarine, Shortening & Deep Fat Fried Foods

Instead of starting with **STOP**, let's start with **GO!**

MONO-UNSATURATED FATS (Eat more!)*

Found in **olives, avocados**, olive oil and avocado oil. Substitute these fats for any saturated or *trans* fats in your diet to decrease your risk of heart disease, diabetes, and certain cancers.



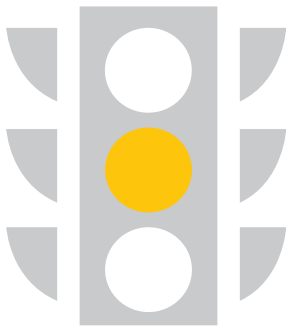
POLY-UNSATURATED FATS

1. Omega-3 Fats (Eat more!)*

- The omega-3 fats in **cold water fish (wild salmon, anchovies, albacore tuna)** are anti-inflammatory, which protects both the heart and brain. See seafoodwatch.org for safe seafood recommendations.
- Plant sources include **seeds (flax, chia, hemp, pumpkin) and walnuts**. Store nuts and seeds in the fridge or freezer to keep them from going bad.

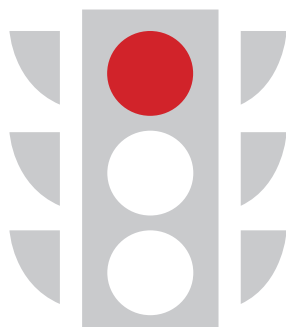
2. Omega-6 Fats

- Found in most **tree nuts (almonds, cashews, pecans), peanuts, sesame, and sunflower seeds**. (Eat more!)*
- These whole food sources provide added benefits which reduce the risk for obesity and heart disease.
- Omega-6 fats found in processed vegetable and seed oils: sunflower oil, safflower oil, corn oil, soy oil, vegetable oil, peanut oil, sesame oil, grapeseed oil. (Eat moderately!)*
- The American diet is too high in omega-6 fats compared to omega-3 fats because of the oils used in packaged and fried foods.



SATURATED FATS (Eat moderately!)*

- Found in animal products like **red meat, poultry, pork, whole milk**, cheese, butter, and lard. Choose **grass-fed beef or game animals like bison or deer**.
- Choose less-processed dairy products that don't contain added sugars.

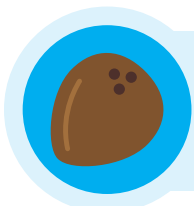


TRANS FATS (Avoid!)*

- Man-made fats found mainly in fried or processed foods, such as packaged or frozen baked goods and mixes.
- *Trans* fats significantly increase the risk for heart disease.
- Look for "hydrogenated" or "partially hydrogenated" oils on the label. If they're on the ingredient list, *trans* fat is too, even if the nutrition facts list 0 grams *trans* fat.
- Processed vegetable oils sometimes become *trans* fats when used for deep frying.

*Determined by the type of fat, processing methods and medical research

Bold = whole food sources of fat. Choose whole foods more often.



Coconut is high in saturated fat, but is a special kind called medium chain triglycerides (MCTs) that are burned by the body instead of stored. Coconut oil can be a better choice for heart health than animal fats, but may still raise cholesterol levels in certain individuals. Eating whole coconut does not have the same risks.

References: Hooper, Cochrane, 2015; Mozaffarian, N Engl J Med, 2011; Afshin, Am J Clin Nutr, 2014; Sala-Vila, Curr Cardiol, 2015; Dietary Guidelines Advisory Committee, <http://health.gov>, 2015; American Heart Association; AND Review, J Acad Nutr Diet 2014; Del Gobbo, Am J Clin Nutr, 2015; Endo, J Cardiol, 2016; Eyres, Nutr Rev, 2016