

A balanced diet can help keep bodies strong and healthy.



Fats: The Facts

Fat plays a vital role in the body.

It transports vitamins, insulates organs and tissues, and stores energy. We need to eat some fat to stay healthy.

Diets high in fat, particularly saturated fat, can increase risk of:

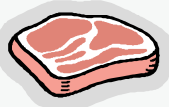
- ◆ Heart Disease
- ◆ Obesity
- ◆ Certain Cancers
- ◆ Gallbladder Disease

There are three main types of fat:

◆ Saturated Fat:

From animal sources

- ◆ Milk
- ◆ Meat
- ◆ Poultry
- ◆ Butter



◆ Monounsaturated Fat:

From vegetable sources

- ◆ Canola oil
- ◆ Olive oil
- ◆ Peanut oil
- ◆ Nuts



◆ Polyunsaturated Fat:

From vegetable and fish sources

- ◆ Corn oil
- ◆ Canola oil
- ◆ Salmon/ Fish
- ◆ Vegetable Oils



Tips to reduce fat in your diet:

1. Roast, bake, or broil meat, poultry, or fish so that fat drains away.
2. Steam, broil, boil or microwave vegetables.
3. Cook with small amounts of oil instead of solid fats.
4. Choose lean cuts of meat and trim any visible fat before cooking.
5. Remove skin from poultry.
6. Season with herbs and spices rather than sauce, butter, or margarine.
7. Try using skim or 1% milk instead of whole milk.
8. Use low-fat and reduced-fat salad dressings.
9. Make healthy, reduced fat choices when eating out.
10. Use a nonstick pan for cooking and vegetable spray when frying.
11. Read labels: reduced calorie doesn't always mean low fat.
12. Select low-fat or nonfat alternatives for cooking and eating.

Make an effort to consume no more than 30% of total daily calories from fat:

- 7-10% from saturated fat (15-22 grams*)
- About 10-15% from monounsaturated fat (22-33 grams*)
- About 10% from polyunsaturated fat (22 grams*)

*Values are based on a 2000 calorie diet

