

Fat Facts

Use this list to choose fats for your favorite recipes!

Here are some of the good things about fat:

- Fat makes you feel full, and prevents over-eating.
- Healthy fats like Omega-3s can boost your immune system.
- Healthy fats like monounsaturated fats can lower your cholesterol and may reduce the risk of heart disease.
- Fat help you absorb necessary vitamins, like A, D, E, and K.

Olive Oil



- **This oil is heart-healthy. It has monounsaturated fats, which can lower your cholesterol. This is a good every day oil.**
- **Olive oil has a strong flavor. Use it to make salad dressings, or to sauté over low heat.**

Canola Oil



- **This oil is also heart-healthy, with the monounsaturated fats which can lower your cholesterol. It is a good everyday oil.**
- **It is less expensive and milder than olive oil. Use for dressings, sautéing, frying, baking, and grilling.**

Peanut Oil



- **This oil is relatively heart healthy, with some monounsaturated fats and lower saturated fat.**
- **Peanut oil has a strong flavor and is good for sautéing greens or frying potatoes.**

Vegetable Oil



Blends

Butter



- These are usually a blend of corn, soybean, and safflower. This blend is high in polyunsaturated fats, which can lead to inflammation when over-eaten. Use this oil in moderation.
- Vegetable oil can be used for frying, baking, grilling, or sautéing.

- Butter is high in saturated fat, which is not good for your heart. Saturated fat can raise your cholesterol. Use small amounts of butter.
- Flavor foods with butter instead of cooking with it. Add small amounts of butter to toast, mashed potatoes, etc.

Margarine



- Most margarine has trans fat, which is very bad for heart and can raise your cholesterol. Look for a margarine that has 0 grams trans fat. It will still be high in saturated fat, so use small amounts.
- Flavor foods with margarine, as you would use butter.





Shortening



- Most shortening has trans fat, which is not heart-healthy. Look for shortening that has 0 grams trans fat. It will be high in saturated fat, so only use in special recipes.
- Use shortening in baking recipes, like biscuits, pie crusts, and cookies.

Fat is not bad for you!

- Your body needs all of the fats listed below to stay healthy (except trans fat). Small amounts of less healthy fats (except trans fats) are necessary for your immune system, vitamin absorption, and cell growth.
- Eat about 65-85 grams of fat a day. Limit saturated fat to about 20 grams.
- Over-eating any type of fat can lead to weight gain.

<u>Type of fat</u>	<u>Heart-Healthy?</u>	<u>How often?</u>	<u>Examples of good sources</u>
Saturated Fat	No	In moderation	butter, cheese, coconut, fatty meat, poultry skin 
Monounsaturated Fat	Yes	Daily	avocado, olive oil, almonds, walnuts, canola oil 
Polyunsaturated Fat (Omega-6)	No	In moderation	soybean oil, sunflower oil, corn oil, processed snack foods 
Polyunsaturated Fat (Omega-3)	Yes	Try to eat at least twice a week	salmon, tuna, mackerel, sardines, bluefish 
Trans Fat (banned in Boston restaurants!)	No	Avoid	margarine, shortening, baked goods (read the label!) 