



Try these tips to help increase the healthy (unsaturated) fats and limit unhealthy (saturated) fats in your diet!

- Snack on a handful of unsalted nuts or sunflower seeds in place of other snack foods like potato chips.
- Cook with vegetable oils like olive oil, instead of solid fats, like butter or margarine.
- Use mashed avocado as a sandwich spread instead of mayonnaise.
- Try different nut butters (such as cashew, peanut, or almond butter) in sandwiches.
- Boost your omega-3 intake: eat fatty fish (salmon, mackerel, herring, and trout) at least 2 times a week, or add ground flaxseed or walnuts to baked goods, cereals, smoothies and salads.



CHOOSING HEALTHY FATS

The Dietary Guidelines for Americans recommend intake of saturated fat should be limited to less than 10 percent of calories per day. It is also recommended to limit or avoid trans fats in your diet. Both saturated and trans fats are related to increased cholesterol and triglycerides in your blood which can negatively impact your heart health. Although saturated fat is found naturally in some types of food like lean red meat, poultry, eggs, nuts, seeds, grains and oils, it can often be added to foods, for example, butter on toast.

Try replacing saturated and trans fats in your diet with unsaturated fats by following some of the quick swaps for healthy fats below:

INSTEAD OF	CHOOSE...
75% lean ground beef (75% lean means it is 25% fat)	90% (or higher) lean ground beef or ground skinless chicken or turkey breast
Marbled, high-fat meats (such as prime cuts)	Leaner cuts: round, loin, sirloin, or chuck
Fried Chicken	Skinless baked or grilled chicken
Sandwiches with bologna, salami, pastrami, or corned beef	Sandwiches with turkey, chicken, ham, lean roast beef, peanut butter or other nut butters
Whole milk, 2% milk, regular cheese, full fat yogurts	Fat free or reduced fat dairy products
Cream-based salad dressings and sauces	Lower fat dressings and sauce; Reduced-fat salad dressings; vinegar and oil dressings; marinara sauce
Packaged cookies, cakes, and crackers	Homemade baked goods made with oils instead of butter or margarine
Butter, stick margarine, lard, shortening	Plant stanol spreads, yogurt-based spreads, or reduced-fat soft or liquid margarines