



The Dietary Guidelines for Americans recommend intake of saturated fat should be limited to less than 10 percent of calories per day by:

- Choosing unsaturated fats instead of the unhealthy types.
- Limiting saturated fats and avoiding sources of trans fats.

## FAT

Fat is 1 of the 3 macronutrients of food, along with carbohydrate and protein. There are many different types of fat that you can get through your diet, some healthier than others. It has many important functions in our bodies like building cells and tissue, protection for our organs, body temp regulation, and absorption of fat soluble vitamins and minerals. Fat is more calorically dense than protein and carbohydrates, providing 9 calories per gram. It is important to be aware of the different types of fat in our diets because of the direct correlation fat choices can have on our health.

### TYPES OF FAT IN OUR DIET

**Unsaturated fats** are healthy fats and do not increase cholesterol or triglyceride levels in the blood. There are two types; monounsaturated and polyunsaturated fats. Unsaturated fats can actually lower bad cholesterol (LDL) levels, specifically omega-3 fats, which are a type of polyunsaturated fat.



- **Sources of monounsaturated fats:** avocados, olives, nuts, and nut butters, seeds like pumpkin or sesame, as well as some oils; olive oil, canola oil, peanut oil, sunflower oil, and sesame oil.
- **Sources of polyunsaturated fats:** Oils like; soybean, corn, safflower, flaxseed and sunflower; fatty fish, and some nuts and seeds; walnuts, flaxseed, sunflower seeds.
- **Saturated fats and trans fats are unhealthy fats.** These fats tend to increase cholesterol and triglyceride levels putting you at greater risk of heart attack or stroke according to the American Heart Association.
- **Sources of saturated fats:** high-fat animal foods, such as fatty or greasy cuts of meat, poultry skin, whole milk, cream, regular cheese, butter, and lard.
- **Sources of trans fats:** store-bought cookies, cakes, chips, crackers, vegetable shortenings and stick margarine. Check the ingredients list on the food label for hydrogenated or partially hydrogenated oil, which are types of trans fats.

