



FAT

Believe it or not, you need some fat in your diet. Fats keep your hair healthy, protect your skin and other organs, and help your body absorb vitamins A, D, E, and K.

HEALTHY FATS

UNHEALTHY FATS

Polyunsaturated and monounsaturated fats

Saturated fats and trans fats

Derived from a plant source or found naturally in food

May come from an animal, tropical plant, or be man-made

May help lower cholesterol and blood pressure

Raise blood cholesterol and increase the risk of cardiovascular disease

Olive oil, canola oil, peanut oil, safflower oil, avocados, nuts, and seeds

Beef, lamb, pork, butter, whole milk, cheese, coconut oil, cookies, crackers, and chips

REDUCE YOUR FAT INTAKE



Reduce, Eliminate, and Substitute

Make one change at a time.

- **Reduce** - Cut down on fat in recipes by 1/3 to 1/2.
 - > Try reducing the fat in a cookie or brownie recipe by half to reduce fat and calories.
- **Substitution** - Use a healthier ingredient when possible to reduce the fat in your favorite recipes.
 - > Substitute applesauce for fat in baked goods, or replace sour cream with nonfat plain yogurt for dips.
- **Eliminate** - Don't use an ingredient if it isn't necessary.
 - > Don't add mayonnaise or butter to sandwiches.

Dining Out

- > Look up nutrition information online before you go out.
- > Leave off the mayo and special sauces.
- > Do not supersize.
- > Order a side salad instead of fries.
- > Order dressings on the side.
- > Do not add cheese.
- > Choose items that are baked or grilled.
- > Order foods that do not have creamy sauces or gravies.
- > Choose fruit for dessert.

Sources:

1. Mayo Clinic. "Dietary Fats: Know Which Types to Choose." 15 February 2011. 25 January 2013. <<http://www.mayoclinic.com/health/fat/NU00262>>
2. United States Department of Agriculture. "My Plate." 30 September 2011. 25 January 2013. <www.choosemyplate.gov>