



# Fast Track Your Nutrition

## The Skinny on Fat

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### **We all need to get some dietary fat because it performs important roles in the body's functions.**

- a source of energy
- an insulation for the body
- transport of fat soluble vitamins like A,D,E, K
- protection for internal organs

### **But it doesn't take very much fat each day to perform these functions.**

There are 2 major kinds of Dietary Fat:

#### **Saturated Fat**

- raise blood cholesterol levels
- usually solid at room temperature
- mainly from animal sources: meat, poultry, egg yolks, whole milk, cream, ice cream, butter, and cheese
- other sources: lard, shortening, hard margerines, chocolate, "tropical oils" like palm and coconut, and processed meat

#### **Unsaturated Fat (two types)**

- usually liquid at room temperature
- mainly from vegetable sources

**Monounsaturated:** canola, olive, and peanut oils; avocado, peanuts, cashews

**Polyunsaturated:** corn, cottonseed, safflower, soybean, sunflower oils; fish, almonds, pecans, some salad dressings

#### **There's a third kind of fat called "Trans" fat.**

Most trans fat are created when liquid fats are processed into semi-solid fats. Ever wondered why a twinkie never goes bad. Trans fat is the answer.

Trans fats are in some margerines, and used in processed foods, like cookies, crackers, muffins, cakes, potato chips, and Hostess Twinkies.

Trans fat is as bad a choice for you as saturated fat, so check the labels on your food choices. Recently there has been a move on to get rid of trans fats in processed foods.

Be sure you get less than 2 grams of trans fats per day in your diet. Any food that has "partially

hydrogenated vegetable oils" in it is one that you should avoid because of the high trans fat content.

#### **How much fat is okay?**

You need some fat every day, but not too much or too little. 25-30% of your daily diet should consist of fat. Of that amount 10% or less should come from saturated fat.

A gram of fat has 9 calories. If your diet has 2000 calories a day, then less than 600 calories should be from fat. At 9 calories per gram, that's 67 grams of fat per day.

#### **Fatty foods:**

One easy way to tell if a food is high in fat is if the plate that it was on is greasy. Or if you eat it with your fingers, and your hands are greasy, then it's high in fat.

#### **Choose the following less often:**

**Fried food** – French fries, onion rings, fish and chips, deep fried cheese, deep fried potatoes, vegetables.

**Processed meats:** bacon, bologna, donair meat, hotdogs, pepperoni, salami, sausages

**Snack foods:** chips, nachos, popcorn with butter or margarine, theatre popcorn with "golden topping", crackers, party mix, cheesies

**Baked products:** muffins from coffee shops, cakes and cookies with high fat frostings, tea biscuits, croissants, pies

**High fat dairy products:** 2% and homogenized milk, regular fat cheese and yogurt, ice cream, cereal cream, blend, coffee cream, whipping cream, sour cream

#### **Chocolate**

**Sauces:** cheese sauce, white sauces on pasta

#### **Salad dressing, mayonnaise, oils**

**Spreads:** butter, margarine, cheese whiz, peanut butter, cream cheese