

Health In Progress

Lesson 20

Types of Fat



QUESTION 20:

TRUE OR FALSE

Some types of fats are better for you than others.

ANSWER: True

1. The amount of fat that you eat is important in weight control. The types of fat that you eat play a **MAJOR** role in cardiovascular (heart and blood vessels) health. To keep your heart healthy, nutritional experts have developed the following current recommendations regarding intake of fat:

A. Monounsaturated fats are beneficial for your heart when eaten in moderate amounts.

Main dietary sources of monounsaturated fats include:

canola oil *avocados*
olive oil/olives *nuts*
peanut oil/peanuts

B. Polyunsaturated fats are beneficial for your heart when eaten in moderate amounts. Main dietary sources of polyunsaturated fats include:

sunflower oil *flaxseed oil/flax seeds* *cottonseed oil*
soybean oil/soybeans *corn oil* *seafood and nuts*
canola oil *safflower oil*

C. Saturated fats increase the risk of heart disease by increasing "bad" cholesterol levels.

Main dietary sources of saturated fats include:

meat/lard (choose lean meats with visible fat trimmed)
poultry (better with skin removed)
Butter, milk & cheese products (try skim, 0.5% or 1%, soy & low fat products)

D. Keep *trans*-fatty acid consumption as LOW AS POSSIBLE. Most of us obtain them from the following foods: *some margarines, vegetable shortening, any food made with hydrogenated vegetable oils. This includes many snack foods and baked goods, including crackers, cookies, bread, cakes, pies, pastries, doughnuts, frozen convenience foods, and fried foods cooked in restaurants, including French fries.*

REMEMBER! Read food labels and cut back on fried foods and baked goods.