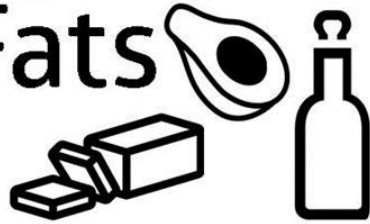


Figuring Out Fats



Part of a healthy diet

Dietary fats help:

- Absorb vitamins A, D, E & K
- Support normal growth & development
- Maintain healthy skin & hair

Not all fats are equal! Some can benefit your health, but others should be limited.

Healthy vs. Unhealthy

Monounsaturated

- Improves cholesterol, lowers risk of heart disease
- Found in *olive oil, nuts, seeds & avocados*

Polyunsaturated

- **Omega-3 fats** may decrease the risk of heart disease & some cancers
- **Omega-6 fats** improve immune system & blood clotting
- Found in *oils, nuts, seeds & fatty fish*

Saturated

- Increases bad cholesterol
- Found in *fatty meats, full-fat dairy products, butter & coconut oils*

Trans

- Increases bad cholesterol & decreases good cholesterol which contributes to plaque formation in the arteries
- Found in *fast foods & snack foods* made with *hydrogenated oils*

Tips for choosing healthier fats!

- Snack on vegetables & fruits instead of processed foods
- Choose skim, 1% or 2% milk & part-skim cheeses more often
- Go for leaner cuts of meat or replace with fish, beans & nuts
- Choose grilled, steamed, broiled or baked foods over deep fried foods



- **Limit** saturated fat by choosing leaner cuts of meat, lower fat dairy products & enjoy nuts, seeds & transparent oils (such as canola) which are higher in healthy fats.
- Try to **avoid** trans fat as much as possible! Choose fresh unprocessed foods instead of processed & fast food. Watch out for foods made with hydrogenated or partially hydrogenated oils.

Enjoy higher fat foods in moderation & smaller quantities.

20 - 35% of your daily caloric intake should come from fat.

Try to mainly choose healthy fats!

Comments? Questions? Contact SNAP!

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