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

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

**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

**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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