

# Figuring Out Fats



## Important for Good Health

### Dietary fats help:

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

**Not all fats are equal!** Some fats benefit your health while others should be limited.

**2-3 tablespoons of healthy fats /day** is recommended for adults.

## Eat more of:

### Monounsaturated

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

### Polyunsaturated

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

## Eat less of:

### Saturated

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

### Manufactured Trans

- Increases bad cholesterol & decreases good cholesterol which increases risk of heart disease
- Artificial trans fats are now banned in Canada. *Fast foods & snack foods* may contain trans fats until 2020

\*Natural trans fats from *animal products* are different and have less negative effects

# Tips for Choosing Better Fats!

- Snack on foods like fruits, veggies, nuts & seeds more often than processed foods
- Choose 1% or 2% milk & yogurt
- Go for leaner cuts of meat or try adding more fish, beans & nuts to your meals
- Cook with liquid oils like olive and canola more often than with solid fats like butter
- Choose grilled, steamed, broiled or baked foods over deep fried foods



## Read the Label!

- Look at the % Daily Value (DV). Less than 5% DV is a little and more than 15% DV is a lot
- Choose products **higher** in monounsaturated and polyunsaturated fats and **lower** in saturated fats more often
- Look for products **without** manufactured trans fats
- Watch for added sugars and fillers in fat free products

*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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