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!

snap@uoguelph.ca

Tips for Choosing Better Fats!