

# BE FUSSY ABOUT



## KNOW THE FATS TO CHOOSE & THE FATS TO LOSE

### FACT

Fat in foods serves up health benefits you can't live without. Your body needs fat to:

- Make and repair body cell membranes.
- Get fat-soluble vitamins A, D, E and K and linoleic acid. This essential fatty acid is needed for normal growth.
- Help maintain healthy skin, eye sight, and promote brain development in babies.
- Delay the onset of hunger, which can keep you from eating the next snack or meal too soon.

### FACT

Fats contain different types of fatty acids. Some are better for your health than others.

**Monounsaturated and polyunsaturated fatty acids** are the healthiest ones. They have been shown to lower the risk for heart and artery diseases. These are in:

- Olive, canola, flaxseed, peanut, sesame, sunflower, soybean, and safflower oils
- Fatty fish, such as salmon and tuna
- Nuts, such as almonds, pistachios, and walnuts; nut butters such as almond and peanut butter

**Saturated fatty acids** are mostly in foods from animals and some plants. They may contribute to clogged arteries. These are in:

- Beef, veal, lamb, pork
- Butter, solid shortening, and lard
- Dairy products made from whole and 2% milk
- Cheese, cream, ice cream
- Coconut, coconut oil, palm oil, palm kernel oil, and cocoa butter

**Trans fatty acids**, also called *trans* fats, are found mostly in processed foods. During food processing, fats undergo a chemical process called hydrogenation to make the product more stable. *Trans* fats are the least healthy fats because they raise cholesterol, increasing the risk of heart disease.

These are in:

- Vegetable shortenings and partially hydrogenated margarines
- Some packaged foods, such as crackers, cookies, and snack foods
- Foods made with or fried in hydrogenated or partially hydrogenated oils



### Action Step

Choose foods that have zero grams of trans fat per serving and that do not list hydrogenated or partially hydrogenated oils in the ingredients.

