

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.

