



Nutrition: Fat in Foods

What is a key healthy eating strategy for fat in foods?

Eat small amounts of high grade fuel fats for better health.

Fat in foods is energy dense compared to protein and carbohydrate	Functions of fat in food and in the body
<ul style="list-style-type: none"> • 1 gram fat = 9 calories • 1 gram protein = 4 calories • 1 gram carbohydrate = 4 calories 	<ul style="list-style-type: none"> • Provides taste and flavor to foods • Allows our body to transport fat-soluble vitamins • Insulates our body • Helps with manufacturing of hormones • Protects vital organs • Provides satiety

What are the types of fats in foods?

Type of Fat	Effect on Cholesterol	Food Sources
<p style="text-align: center;">Monounsaturated Fat</p>	<ul style="list-style-type: none"> • May help lower total and LDL cholesterol when used in place of saturated fat and trans fat 	<ul style="list-style-type: none"> • Olive, canola and peanut oil • Nuts • Olives • Avocados
<p style="text-align: center;">Omega-3 Polyunsaturated Fat</p>	<ul style="list-style-type: none"> • May decrease triglycerides and total cholesterol • May decrease risk for heart disease 	<ul style="list-style-type: none"> • Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout • Flaxseed • Walnuts • Brazil nuts
<p style="text-align: center;">Omega-6 Polyunsaturated fat</p>	<ul style="list-style-type: none"> • May help lower total and LDL cholesterol when used in place of saturated fat and trans fat 	<ul style="list-style-type: none"> • Plant oils: corn, safflower, soybean, sunflower
<p style="text-align: center;">Saturated Fat</p>	<ul style="list-style-type: none"> • Clogs arteries and 	<ul style="list-style-type: none"> • Meats

	may raise total and LDL cholesterol	<ul style="list-style-type: none"> • Egg yolks • Lard, shortening • Whole milk dairy products • Desserts, chips, cookies, chocolate • Fried foods
Trans Fat	<ul style="list-style-type: none"> • May raise total and LDL cholesterol • May decrease HDL cholesterol 	<ul style="list-style-type: none"> • Processed foods • Crackers, cookies, salty snacks • Fried foods • Baked goods

Remember: While less fat often equals fewer calories, it does not always mean the food will have healthful nutrients. An example is fat free cookies.

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