

June 2019

Healthy Eating Tip of The Month

**The Role of Dietary
Fat in Cancer Risk**

Fats.

Making Healthy Choices

Why is dietary fat important to our bodies?

- Provides energy
- Supports cell growth
- Cushions organs
- Insulates the body
- Necessary for absorption of nutrients

Healthy Fats to Eat More Often: Unsaturated Fat

Monounsaturated Fat

- Oils (olive, peanut, canola)
- Avocados
- Almonds
- Peanut Butter

Polyunsaturated Fat

- Oils (vegetable, corn, soybean)
- Soft tub margarine
- Walnuts
- Sunflower seeds

Omega-3 Fatty Acids

- Fatty/oily fish (salmon, trout, tuna, sardines)
- Walnuts
- Chia seeds
- Ground Flaxseed
- Flaxseed oil

Unsaturated Fats: can help lower total and LDL (“bad”) cholesterol.
Often liquid at room temperature

Omega-3 Fatty Acids: unsaturated fatty acids that can help reduce plaque buildup in the arteries and decrease triglycerides in your blood

Cutting Down on Saturated Fat

What is saturated fat?

- Typically solid at room temperature
- Found in animal products (ie. Chicken, beef, eggs, milk)
- Raise LDL (“bad”) cholesterol levels and can contribute to the development of heart disease and atherosclerosis



Foods High In Saturated Fat

- Chicken with skin on
- Red meat (ribs, sausage, some processed meats)
- High fat dairy (cream, cream cheese, whole milk, ice cream)
- Palm oil, coconut oil

Hydrogenated Oil and Trans Fat

- Found primarily in processed food. Chemical structure of fat is altered to increase shelf life.
- Found primarily in fried food, packaged cookies, crackers, and pastries as well as stick margarine
- Can raise LDL cholesterol and lower “good” HDL cholesterol increasing risk for stroke, heart disease, and Type 2 diabetes

Tips for Limiting “Unhealthy” Fats

- Read nutrition labels! Saturated and trans fats will be listed under “total fat”.
- Check ingredients! “Hydrogenated oils” are considered trans fats.
- Use oils instead of margarine/butter for cooking.
- Trim the fat off of meats.
- Drain any visible fat when cooking meat.
- Pay attention to portion sizes! You can still enjoy foods higher in saturated fats by consuming smaller amounts less frequently.

How Does Dietary Fat Intake Affect Cancer Risk?

Does a higher total fat intake put me at a greater risk for developing cancer?

- There is currently no definitive evidence to support a strong correlation between total fat intake and cancer risk
- **No recommendation for severe reduction in overall daily fat intake.**



Obesity as a risk factor for cancer

- **Higher fat intakes associated with obesity**
- Obesity correlated with higher incidences of comorbidities including *heart disease* and *diabetes*, which promote inflammation
 - Inflammation can result in damage to cell DNA, increasing risk of cancer cell growth and development
- Fat tissue helps produce estrogen. Excessive body fat= more estrogen, which increases risk of certain cancers including:
 - Breast, endometrial, ovarian cancers

Did you know?

—> USDA Healthy Eating Guidelines for Americans recommend consuming 25-35% of total daily calories from fat

Recipes Low in Saturated Fat

Classic Vinaigrette Dressing

Ingredients:

- 1) 2 TBSP red wine vinegar
- 2) 2 tsp. Dijon Mustard
- 3) 1/2 tsp. iodized salt
- 4) Pepper (to taste)
- 5) 1/3 cup extra-virgin olive oil



Directions:

- 1) Whisk red wine vinegar, Dijon mustard, salt and pepper together in a small bowl.
- 2) Gradually whisk in olive oil

(Source: blessthissmessplease.com)

Avocado Greek Salad

Dressing Ingredients:

- 1) 1/4 cup extra virgin olive oil
- 2) 2 TBSP red wine vinegar
- 3) 1 tsp. minced garlic
- 4) 2 tsp. dried oregano
- 5) 1/4 tsp. salt

Salad Ingredients:

- 1) 1 large cucumber, diced
- 2) 4 tomatoes, cut into wedges
- 3) 1 green pepper, deseeded and diced
- 4) 1/2 red onion, thinly sliced
- 5) 2/3 cup feta cheese
- 6) 1/2 cup pitted Kalamata olives (optional)
- 7) 1 large avocado, diced

Directions:

- 1) Whisk together salad ingredients in a small jar/bowl
- 2) Mix all salad ingredients in a medium-sized bowl. Toss with dressing as desired.

(Source: lifestylezz.com)

Grilled Lemon-Herb Chicken

Ingredients:

- 1) 1.5 lbs. boneless, skinless chicken breast
- 2) 3 TBSP extra virgin olive oil
- 3) Zest and juice of two lemons
- 4) 1 tsp. dried oregano
- 5) 1 tsp. dried dill
- 6) 3 TBSP chopped, fresh parsley
- 7) Salt and pepper to taste

Directions:

- 1) In a medium bowl, whisk together olive oil, lemon zest, lemon juice, oregano, dill, and parsley. Pour marinade into re-sealable plastic bag with chicken and refrigerate for 30 minutes.
- 2) Grill chicken on high heat until charred on both sides, flipping as needed (10-12 minutes). Should reach internal temperature of 165 degrees F for 15 seconds.
- 3) Remove from grill and slice to serve.

(Source: purewow.com)



References

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