



**Fats: The Good & The Not to be Eaten Too Often**

Dietary fats are important for healing after surgery and for your general health. It is essential that you eat the right fats daily.

Fat is an important source of energy for your body.

- Fat provides 9 calories per gram (30 grams = 1 ounce)
- Carbohydrates = 4 calories per gram (30 grams = 1 ounce)
- Proteins = 4 calories per gram (30 grams = 1 ounce)

Fat also:

- Allows your body to utilize fat-soluble vitamins
- Is needed for the production of hormones
- Provides you with the feeling of satiety or fullness
- Provides flavor and texture to foods
- Insulates your body, acting as a temperature regulator
- Protects your organs

**Types of Dietary Fats**

<u>Type of Fat</u>	<u>Possible Health Effects</u>	<u>Food Sources</u>
<b>Monounsaturated Fats</b>	<ul style="list-style-type: none"> <li>• May help lower total &amp; LDL cholesterol when used instead of saturated &amp; trans fats</li> </ul>	<ul style="list-style-type: none"> <li>• Olive, canola oils</li> <li>• Nuts</li> <li>• Olives</li> <li>• Avocadoes</li> </ul>
<b>Omega-3 Polyunsaturated Fats</b>	<ul style="list-style-type: none"> <li>• May decrease triglyceride &amp; total cholesterol</li> <li>• May decrease risk for heart disease</li> </ul>	<ul style="list-style-type: none"> <li>• Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout - AHA recommends 2-3 3.5 oz. servings/week</li> <li>• Flaxseed - oil or meal</li> <li>• Walnuts</li> <li>• Brazil nuts</li> </ul>
<b>Omega-6 Polyunsaturated Fats</b>	<ul style="list-style-type: none"> <li>• May help lower total &amp; LDL cholesterol when used instead of saturated &amp; trans fats</li> </ul>	<ul style="list-style-type: none"> <li>• Plant oils: corn, safflower, soybean, sunflower</li> </ul>

<p style="text-align: center;"><b>Saturated Fats</b></p>	<ul style="list-style-type: none"> <li>• Clogs arteries &amp; may raise total &amp; LDL cholesterol</li> <li>• May contribute to certain cancers</li> <li>• May contribute to other types of chronic diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Meats</li> <li>• Egg yolks (AHA recommends limiting yolks to 2-3 per week)</li> <li>• Lard, shortening</li> <li>• Whole milk dairy foods</li> <li>• 2% milk</li> <li>• Butter</li> <li>• Desserts, cookies, chips, chocolates</li> <li>• Fried foods</li> </ul>
<p style="text-align: center;"><b>Trans Fats</b></p>	<ul style="list-style-type: none"> <li>• May raise total &amp; LDL cholesterol</li> <li>• May contribute to certain cancers</li> <li>• May contribute to other types of chronic diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Processed foods</li> <li>• Crackers, cookies, salty snacks</li> <li>• Margarines</li> <li>• Fried foods</li> <li>• Bakery goods</li> </ul>