

DIETARY FATS AND YOUR HEALTH

What Is One of The Most Important Causes Of High Blood Cholesterol?

Fat is one of the most important causes of high blood cholesterol.

Are All Fats Bad For My Cholesterol?

No. Some types of fats are clearly good for blood cholesterol and others are clearly bad. Cholesterol in food does affect blood cholesterol levels but not as much as eating a diet high in “bad fats.”

Saturated and **Trans** fats are examples of “**bad fats**.”

Where Does Fat Come From?

Fats are found in both animal and plant foods. As a rule, more saturated or “bad fat” is found in animal foods, while more polyunsaturated and monounsaturated or ‘good fat’ is found in vegetable foods.

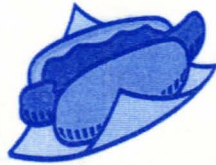
Why Are “Bad Fats” Bad, And “Good Fats” Good?

There are “good fats” and “bad fats.” The “bad fats” increase the risk for certain diseases while the “good fats” lower the risk. **It is important to substitute “good fats” for “bad fats!”**

Bad Fats

What Are Saturated Fats And Why Are They “Bad”?

High blood cholesterol levels greatly increase the risk for heart disease. When you have a lot of saturated fats in your diet, your liver responds by making more cholesterol. This raises your blood cholesterol level. **It is the most harmful fat you can eat!**



What Does Saturated Fat Look Like And Where Does It Come From?

Saturated fat is found mainly in animal foods and is solid at room temperature. Some examples of saturated fat are: meat, bacon, cheese, butter, whole (not skim) milk, and ice cream.

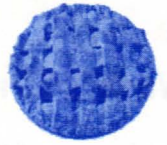


What Are Trans Fats?

Trans fatty acids are made by heating vegetable oils in the presence of hydrogen. This process is called *hydrogenation*. They are changed from a liquid to a solid form. Trans fats prolong the shelf life of packaged foods.

How Can I Tell If Packaged Foods Have Trans Fats In Them?

- Check the food label for the words trans fats. Not all foods have trans fats listed. The Food and Drug Administration is requiring that all trans fats be listed on the Nutrition Label by 2006.
- Check the ingredient list for the words *hydrogenated oils*. The higher up on the ingredient list, the more trans fat the food contains.



How Can I Avoid Or Lower The Amount Of Trans Fat I Eat?

- Choose liquid vegetable oils or a soft tub margarine that has little or no trans fat.
- Eat less packaged, baked and snack foods including fast foods. When buying snack and packaged items, choose the brand without trans fats or hydrogenated oils as an ingredient. (Ex.: There are brands of potato and tortilla chips, pancake mixes, etc. without hydrogenated oils).
- When foods without hydrogenated oils can't be avoided, choose products that list hydrogenated oils near the end of the ingredient list.

Remember: there is no safe level of trans fats in the diet!




Good Fats

What Are The "Good Fats?"

Polyunsaturated and *monounsaturated* fats are the "good fats." They come mainly from plants and are liquid at room temperature. They help lower blood cholesterol levels.



Summary of Fat Information

TYPES OF FAT	MAIN SOURCE	APPEARANCE AT ROOM TEMPERATURE
MONOUNSATURATED (Good fat) Lowers LDL (bad cholesterol) and raises HDL (good cholesterol)	Olives, olive oil, canola oil, peanut oil, cashews, almonds, peanuts and most other nuts, avocados, etc.	Liquid 
POLYUNSATURATED (Good Fat) Lowers LDL, raises HDL	Corn, soybean, safflower, sesame, sunflower and cottonseed oils, fish, sesame and sunflower seeds, walnuts, etc.	Liquid 
SATURATED (Bad Fat) Raises both LDL and HDL	Whole milk, butter, cheese, ice cream, red meat, chocolate, coconuts, coconut milk, coconut and palm oil, brazil and macadamia nuts, pistachios, poultry, etc.	Solid 
TRANS (Bad Fat) Raises LDL	Most margarines, vegetable shortening, partially hydrogenated vegetable oil, deep fried chips, most fast foods, most commercial baked goods, most dry packaged foods and instant mixes, etc.	Solid or semi-solid 