

Balancing FATS!

Do we need fat?

We all need a small amount of fat in our diets. The key is to choose the right amount and the right kind of fat to keep our bodies healthy.

Fat does many important jobs for our bodies:

- Gives us energy
- Need for normal growth
- Protects our organs
- Keeps our bodies warm
- Helps our bodies to use certain vitamins
- Helps our bodies make hormones



Type of fat	Where found	Effect on body	How much do we need?
Saturated fats	Solid at room temperature. Found in animal products like meat, butter and whole milk. Also found in palm and coconut oil.	Raises cholesterol and increases risk of heart disease.	Eat less.
Trans fats	Found in foods with hydrogenated oils. Many margarines and snack foods have these. Check labels to choose foods without trans fats.	Raises cholesterol and increases risk of heart disease.	Avoid.
Unsaturated fats	Liquid at room temperature. Come from plants and fish. Examples include soybean, safflower, corn, olive, canola and peanut oil.	Helps lower cholesterol and can be good for the heart.	Use instead of other types of fats.

The 5/20 Rule

We don't have to add up every gram of fat. Check food labels for the Percent Daily Value of fat. Low is 5 percent or less, which means eating a little more of that food. High is 20 percent or more, which means eating less of that food.

Nutrition Facts

Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	

Easy ways to balance fats:

- Choose low-fat dairy products like skim, 1 percent or 2 percent milk.
- Choose lean cuts of meat. Lean cuts of beef include round, chuck and sirloin.
- Trim fat on the meat. Drain and rinse ground meat after cooking.
- Check labels before buying. Avoid the word "hydrogenated" in the ingredients list.
- Use liquid oils instead of butter and shortenings.
- Cut down on fried foods — peel the batter or skin from fried foods.
- Use beans instead of meat in a main dish once a week.
- Eat a variety of fruits, vegetables and whole grains.
- Choose enjoyable physical activities. Activity will burn calories and keep the heart healthy.

