

Get the Facts on FAT



Types of fats

Saturated fats

- Usually solid at room temperature
- Found in meat, butter, whole milk, palm and coconut oil

Trans fats

- Foods containing partially hydrogenated vegetable oils usually contain *trans* fats.
- *Trans* fats are found in many cakes, cookies, crackers, icings, margarines and microwave popcorns.

Polyunsaturated fats

- Tend to be liquid at room temperature
- Found in soybean, safflower and corn oil

Monounsaturated fats

- Typically liquid at room temperature
- Found in olive, canola and peanut oil



Why do we need fat?

Dietary fat is essential.

- Provides energy
- Supports cell growth
- Helps protect organs
- Helps keep body warm
- Helps body absorb some nutrients and produce important hormones



Fat facts

- All fats are equally high in calories and have 9 calories/gram (carbohydrates and proteins have 4 calories/gram).
- Consuming large amounts of fat can lead to excessive calorie consumption.
- Solid fats contain more saturated fats and/or *trans* fats than oils.
- Oils contain more monounsaturated and polyunsaturated fats.



Fats and blood cholesterol levels

- Saturated fats and *trans* fats raise "bad" cholesterol (LDL) levels in your blood and increase risk of heart disease.
- Monounsaturated and polyunsaturated fats can lower "bad" cholesterol levels and may be beneficial when consumed in moderation.



Read the labels

- Labels must list amount of saturated fat and *trans* fat per serving.
- Foods labeled "0 *trans* fats" or cooked with "*trans* fat-free" oils may contain saturated fat.
- Foods that say "*trans* fat-free" may be low in nutrients.
- Fat-free doesn't always mean healthy.
- Read the entire label and nutrition facts panel to help you make wise choices.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat
% Daily Value	
Total Fat 12g	
Saturated Fat 3g	
Trans Fat 3g	
Cholesterol 30mg	
Sodium 470mg	
Potassium 700mg	
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	
Vitamin A	
Vitamin C	4%
Calcium	2%
Iron	20%

Fats can be part of a healthy diet

- Balance the amount of calories you eat with the amount of calories you burn.
- Eat more vegetables, fruits, and whole-grain or high-fiber foods.
- Use fat-free and low-fat dairy products.
- Enjoy lean meats, poultry and fish.



Fat tips

- Limit the total amount of fat you consume to balance your caloric intake.
- Replace saturated fats and *trans* fats with monounsaturated and polyunsaturated fats.
- Cut back on foods containing cholesterol, saturated fats and *trans* fats to lower your risk of heart disease.



This display was developed by **Pattie Jones, SE Region Nutrition Program Assistant**. Funded in part by USDA SNAP. Running out of money for food? Contact your local Food Stamp office, or go to www.dss.mo.gov/fstamp. For more information, call MU Extension's **Show-Me Nutrition Line** at 1-888-515-0016.

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