

**Questions:**

1. Do you order fried food at restaurants or at fast food places?
2. What type of cheese do you eat?
3. What type of milk do you drink?
4. Does your family cook with butter or oil?

**CHOOSING HEALTHY FOODS: FATS**

The word “fat” means many different things to different people. However, the word *fat* has a precise meaning as one of the fundamental categories of nutrients required by our bodies for healthy functioning. Contrary to popular belief, fats are not inherently bad nor to be avoided. In fact, some fats are not only good for your body, but are even necessary for good health. However, some types of fats *are* bad for you, so it is important to understand the difference.

**There are four basic varieties of fats:**

Type of fat		Where it is found	Other facts
Good Fats	Monounsaturated	Plant oils, such as peanut, canola, and olive oil	Liquid at room temperature
	Polyunsaturated	Certain fish such as salmon and tuna, as well as in soybean oils	This group of fats includes the omega-3 and the omega-6 fatty acids, also known as essential fatty acids. Your body cannot manufacture them and they must be consumed through eating.
Bad Fats	Saturated	Butter, meat and dairy products	Typically solid at room temperature, you don't need to consume <i>any</i> saturated fat.
	Trans	Margarines, shortening, many packaged cookies and pastries, fried fast foods (especially French fries), potato chips	Look for <i>hydrogenated</i> or <i>partially hydrogenated</i> in the ingredient list. These fats are man-made and are cheaper ingredients that help increase shelf life of a product.



**How to reduce the amounts of saturated and trans fat you eat:**

- Choose more olive oil, canola oil, and other vegetable oils (e.g. soybean oil, corn oil, nuts, nut butters, clear salad dressings).
- Choose low-fat milk, yogurt, and cheese.
- Order pizza and sandwiches with less full-fat cheese/meat and more vegetables.
- Limit beef to 1-2 servings per week.
- Try lean turkey bacon and sausage made from chicken or turkey.
- Buy leaner cuts of meat (i.e. “round” and extra lean [95%] ground beef).
- Substitute for butter with margarines made without trans fat (e.g. I Can’t Believe It’s Not Butter, Promise, Smart Balance) and canola or olive oil for cooking.
- Pick foods that have not been fried when eating out at restaurants.
- Look at labels and choose brands that have 0 grams of trans fat.
- Most baked goods and boxed brownie/cake mixes have trans fat, so try baking from a recipe at home or choose an all-natural brand from the store that is trans fat free.
- Avoid Crisco and margarine made from trans fat. Use spreads like Promise, I Can’t Believe It’s Not Butter, or Smart Balance, and use canola or olive oil for cooking

**Read the food label:** Food companies are required to tell you the total fat, saturated fat and trans fat. Subtract the saturated and trans fat from the total fat and you will know the amount of unsaturated fat or healthy fat.

total fat – saturated fat – trans fat = unsaturated fat (healthy fat)

Healthy fats lead to greater feelings of fullness.

**See Food List for healthy options and portions of fat.**

**See Peanut butter food label.**

**My new goals...**

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4

<b>Nutrition Facts</b>			
Serving Size 2 Tablespoons (32g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 200</b>		Calories from Fat 140	
		% Daily Value*	
<b>Total Fat</b> 16g			<b>25%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat --g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 120mg			<b>5%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 2g			
<b>Protein</b> 7g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

