

FATS

What are fats?

Fats are primarily found in meats and produce, but can also be found in carbohydrates. On nutrition labels, Saturated and Trans fats are listed under Total Fats. Trans Fats and Saturated fats are considered “bad/unhealthy” fats; therefore, we should try to avoid eating foods high in these fats.

Eating high amounts of Trans and Saturated fats can increase your risk for high cholesterol, obesity, heart disease, and stroke.

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 32	
Amount Per Serving	
Calories 180 Calories from Fat 160	
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Total Fat = Saturated fats, Trans fats, and Unsaturated fats

18g of Total Fat per serving:

- Saturated – 1.5g
- Trans Fat – 0g
- Other fats (unsaturated) – 16.5g

Overall, this product has more healthy fats (unsaturated) than bad ones.

Benefits of eating fat?

- Healthy skin
- Heart health
- Lower cholesterol
- Helps absorb important vitamins like vitamins A and D

Tips to avoid Foods with unhealthy fats when looking at nutrition labels:

- When looking at a nutrition label, try to eat foods with no Saturated Fat and no Trans Fat.
- Look at the ingredients to make sure the words “hydrogenated oil” or “partially hydrogenated oil” are not listed.
- If there is Saturated Fat, try to eat foods that have 1g or less per serving.

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Examples of good and bad fats in everyday foods



Avoid as much as possible: "Bad" Fats (Saturated/Trans fats) are found in:

- Lard
- Chicken skin
- **Meats****
- Coconut oil
- Butter/stick margarines
- Processed foods



****Healthy meat choices:**

- Skinless meat
- Remove fat
- Lean beef
- Low sodium canned meat



Eat in moderation: "Good" Fats (Unsaturated fats) are found in:

- Nuts
- Avocados
- Olive, soy, peanut oils
- Sunflower
- Fatty fish (example: salmon & trout) – omega 3's

Limit It, Lose It, and Love It Images retrieved from the American Heart Association ¹

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As always, please speak with your primary care provider to ensure you are meeting your dietary needs.

✚ For more information about Fats and other nutrition facts, please visit the sources below:

- American Heart Association
<https://healthyforgood.heart.org/eat-smart/infographics/the-facts-on-fats>
- The University of California, San Francisco provides online diabetes education
<https://dte.ucsf.edu/living-with-diabetes/diet-and-nutrition/>