

THE FAMILY OF FATS



Most Americans eat 35 - 40% of their calories from fat. This would be the equivalent of eating a stick of margarine every day. A diet high in fat, especially the **SATURATED FATS** will raise blood cholesterol. **MONOUNSATURATED, POLYUNSATURATED AND SATURATED** fats are called the family of fats.

Polyunsaturated These oils are **P**retty good: corn, safflower, soybean, and cottonseed oils.

Monounsaturated Use **M**ore of these oils: canola, peanut, and olive oils, and avocado.

Saturated **S**hy away from these fats because they can increase *bad cholesterol*.

ANIMAL sources are: **ALL** animal foods (beef, pork, poultry, fish, shellfish, and egg yolks), products with beef, pork, chicken or turkey fat and milk or milk products (except those made with skim milk).

PLANT sources that are high in saturated fat include coconut and the tropical oils: palm, palm kernel and coconut oils.

Trans fatty acids, also known as ***trans fats***, are made through the process of hydrogenation that solidifies liquid oils to solid at room temperature. Trans fats act like saturated fat, and are found in vegetable shortenings, some margarine, coffee creamers, crackers, cookies, cereals and other snack foods. *Food companies are starting to add trans fats information on Food Labels.*

- Oils are from plant sources and have no cholesterol.
- Fats are from animal sources and are a source of cholesterol.
- Oils and fats have 14 grams of fat and 126 calories in every Tablespoon.