

FATS



ABOUT FATS

- Fat is the body's major energy storage system.
- When the energy from the food you eat and drink can't be used by your body right away, the body may turn it into fat for later use.
- Your body uses fat from foods for energy, to protect organs and bones, and to make hormones and regulate blood pressure.
- Some fat is also necessary to maintain healthy skin, hair, and nails, so eating some fat is ok.

THE 3 MAJOR TYPES OF FATS IN YOUR DIET



Saturated fat:

- Generally come from animal sources such as fatty meats, milk and dairy products, lard, butter, and margarine. Can also come from plant sources like coconut and palm oils.
- Known as "bad fats" and associated with heart disease.
- Limit your intake of saturated fat to less than 10 percent of your daily calorie intake.



Polyunsaturated fat:

- Polyunsaturated fats include corn oil, safflower oil, and sunflower oil, walnuts, sesame seeds, and pumpkin seeds.
- Less than 10 percent of our daily calories should come from polyunsaturated fats.
- When you replace saturated fat with polyunsaturated fat, you can reduce your risk of heart disease.



Monounsaturated fat:

- Are the healthiest kind of fat for us. They help reduce the risk of heart disease and do not appear to contribute to cancer.
- Monounsaturated fats are found in olives and olive oil, almond oil, canola oil, avocados, nuts, peanut oil and salmon.
- Up to 20% of our daily calories should come from monounsaturated fats.