

Fat Is A Nutrient For Health!

Fat is needed to carry the fat-soluble vitamins (A, D, E, and K) in food and into your blood stream. It also supplies energy, cushions body organs and insulates our body from cold.

In baked goods, fat makes foods tender, moist and light. Fat provides flavor and texture, and makes food satisfying.

How Much Fat Do We Need?

Consume no more than 30% of total calories from fat. If you eat:

- 1600 calories/day, that's no more than 53 grams of fat
- 2000 calories/day, that's no more than 65 grams of fat
- 2500 calories/day, that's no more than 80 grams of fat

How Much Fat Do We Eat??

Most Americans consume 34% or more of their calories from fat!

Why Is This A Concern?

- ◆ High fat diets are linked to higher blood cholesterol and triglyceride levels, which are risk factors for heart disease.
- ◆ Eating a high fat diet also increases risk of obesity and some types of cancer.
- ◆ *Could YOU benefit by cutting back?*

Advice For Today:

Eat less of all fats and oils. When you do use fats and oils—choose those with less saturated fat.

- ✓ CHOOSE more unsaturated fats:
 - Margarine (especially soft, light, trans fat free margarine)
 - Oils: corn, canola, olive, safflower, soybean, sunflower
- ⊗ AVOID more saturated fats:
 - Butter
 - Lard

Also ⊗ AVOID trans fats:

- Stick margarine
- Solid shortening



What Are You Willing To Do To Get The “Skinny” On Fat?

- ◆ Choose foods from the base of the Food Guide Pyramid (grains, vegetables and fruits are generally low in fat.)
- ◆ Make lower fat choices from the meat and milk groups.
- ◆ Trim the fat in your eating style
 - Limit how often a food is eaten
 - Limit portion size
 - Substitute a lower fat version
 - Substitute with another food



Be “Fat” Smart

Cholesterol

Waxy, fat-like substance found in foods of animal origin and in every body cell.

Blood, or serum, cholesterol circulates in the bloodstream. Your body produces cholesterol; when it makes too much, your risk of heart disease goes up.

Dietary cholesterol comes only from foods of animal origin, never from plants.

Dietary cholesterol doesn't automatically become blood cholesterol. Total fat intake and saturated fat intake affect blood cholesterol levels more than cholesterol you eat.

Triglycerides

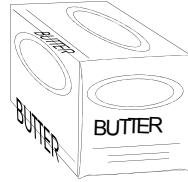
Scientific name for the common form of fat, found in both the body and in foods. Is produced when you eat excess calories from any source. Most body fat is stored as triglycerides.

What Are “Fatty Acids”?

They are the basic units of fat molecules-- chains of carbon, hydrogen and oxygen. Fatty acids (or “fats”) can be *saturated* or *unsaturated*.

Saturated fats

- Are firm at room temperature.
- Come mainly from meat, poultry, butter, whole milk, coconut, palm and palm kernel oils.
- Tend to raise blood cholesterol levels.



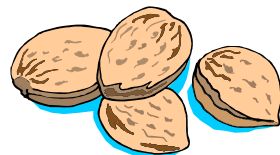
Polyunsaturated fats

- Liquid or soft at room temperature.
- Corn, safflower, soybean and sunflower oils are high in polyunsaturated fatty acids.
- Fat in seafood is mainly polyunsaturated.
- Can help lower blood cholesterol when eaten *instead* of saturated fats.



Monounsaturated fats

- Liquid at room temperature.
- Canola, nut and olive oils are high in monounsaturated fats.
- May help lower blood cholesterol levels *even more* than polyunsaturated fats do.



Hydrogenated fats

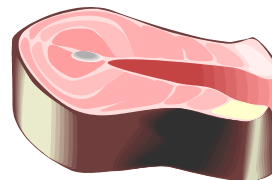
- Hydrogenation makes unsaturated fats more saturated.
- Oils become semi-solid and more stable at room temperature.
- Extends shelf life of crackers, snacks.
- Creamier peanut butter-oil doesn't rise to top.

Trans fats

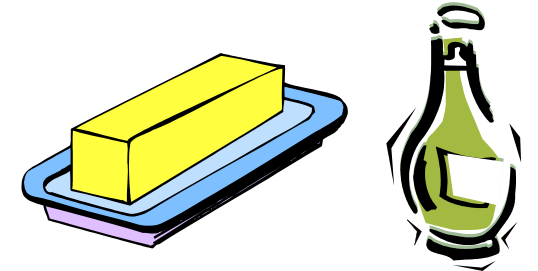
- Formed during process of hydrogenation.
- Also found naturally in some foods.
- Raise cholesterol levels like saturated fats.
- Tend to lower the HDL levels (the “good” cholesterol).
- FDA is considering labeling requirements for trans fats.

Omega-3 fats

- Highly polyunsaturated.
- Found mostly in seafood: higher-fat, cold-water varieties like tuna, mackerel, salmon, sardines and lake trout.
- Omega-3s may help lower risk for blocked blood vessels and heart attacks.



Here's The “Skinny” On Fats And Oils:



Not all Fats & Oils Are Created Equal!

Do we need any fat in our diet?
What kinds of fats are there?
How can we eat less Fat?

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