

# All About Fats

## Avoid unhealthy fats

Not all fats are created equal. There are some fats that are better for whole body health. Shifting the balance of your fat intake to healthy fats in moderation and staying away from unhealthy fats will help you achieve whole body health. Unhealthy fats may harm your heart and will make meeting your health goals more difficult.

**Foods high in saturated fat include:** (target < 6% of your calories/day Example: < 13g for 2000 calories/day)

- Chicken skin and turkey skin
- Chocolate
- Coconut and coconut oil
- Fatback and salt pork
- Gravy made with meat drippings
- High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- Lard
- Palm oil and palm kernel oil
- Sauces made with butter or cream
- Ghee
- Foods fried in saturated fats

**Foods high in trans fat include:** (target 0g/day)

- Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes
- Shortening
- Stick margarine

**Foods high in cholesterol include\*:**

- Egg yolks
  - Shrimp and shellfish
- \*if you have high cholesterol, you may want to experiment with limiting these foods.**



**These fats should be limited or avoided:  
saturated fat and trans fat.**

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## **Include some healthy fats in limited amounts**

Healthy fats are good for your heart. But they are also high in calories (9 calories/gram). Shifting your diet to include healthy fats in moderation can have a very positive impact on your whole body health.

### **Foods high in monounsaturated fat include:**

- Avocado and avocado oil
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Olives and olive oil
- Peanut butter and peanut oil
- Sesame seeds

### **Foods high in polyunsaturated fat include:**

- Corn oil
- Cottonseed oil
- Oil-based salad dressings
- Pumpkin and sunflower seeds
- Safflower oil
- Soft (tub) margarine
- Soybean oil
- Sunflower oil
- Walnuts

### **Foods high in Omega-3 fatty acids include:**

- Albacore tuna
- Herring
- Rainbow trout
- Salmon
- Sardines
- Walnuts
- Ground flaxseed and flaxseed oil
- Chia seed
- Hemp and hemp seed



**Choose these fats more often: monounsaturated fat, polyunsaturated fat, and omega-3 fatty acids**

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## Cook the healthy way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says "Other Ideas." Check off each idea you try.

Instead of...	Cook the healthy way!	Other ideas
Frying or deep-frying in unhealthy fat	<ul style="list-style-type: none"> <li>• Grill, roast, sauté, bake or stir-fry in a small amount of healthy fat.</li> <li>• Simmer in water or stock.</li> <li>• Steam or microwave.</li> <li>• Use nonstick cookware.</li> <li>• Try an air fryer.</li> </ul>	
Coating pans with unhealthy fat	<ul style="list-style-type: none"> <li>• Coat pans with a squirt of healthy cooking spray.</li> </ul>	
Topping foods with fatty sauces	<ul style="list-style-type: none"> <li>• Try lemon juice, vinegar, salsa, herbs, spices, hot sauce, plain nonfat yogurt, tomato sauce, or low-fat salad dressing made with healthy oil. Look for items that are low in salt (sodium).</li> </ul>	
Making baked goods with butter and oil	Bake with: <ul style="list-style-type: none"> <li>• Ground-up vegetables or fruit with no added sugar.</li> <li>• Nonfat plain yogurt.</li> <li>• Vegetable or fruit juice with no added sugar.</li> </ul>	
Eating animal fat and skin	<ul style="list-style-type: none"> <li>• Take the skin off chicken before you cook it.</li> <li>• Trim the fat off meat before you cook it.</li> </ul>	