

## Is Fat Your Enemy?

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Most food is good for us. But some people say that all fats are bad. It is NOT true. Trans fats are not needed by our bodies at all. In fact, these are the harmful fats. But our body does need fats to function. Saturated fats and cholesterol are not “BAD” fats. If you eat too much, they may cause disease. Eating less of those fats is KEY for staying healthy. American Heart Association recommends no more than 5-6% of your total daily calories or 13 g (4 teaspoons) of saturated fat a day. Choosing Unsaturated fats is key. Fat keeps us full longer than other types of food. So, eat a small amount of saturated fats and cholesterol and focus on unsaturated fats in your daily diet.

### Examples of food with different fats:

#### Food with saturated fats and cholesterol (Eat little, 4 teaspoons per day):



- Red meat: beef, pork, sausages, deli meats, bacon, brats, meatballs, etc.
- Dairy products: cheese, whole milk, butter, whole plain yogurt, whole sour cream, etc.
- Eggs
- Tropical oils: coconut and palm oil
- Lard
- Poultry with skin or deep fried: chicken wings, drumsticks, quarters

#### Food with unsaturated fats:



- Fish
- Nuts and nut butters and oils: peanut butter, walnut oil, etc.
- Seeds and seed oils: chia seeds, flaxseed oil, pumpkin seed oil, etc.
- Olives and olive oil
- Avocado and avocado oil
- Other vegetable oils: canola oil, sunflower oil, etc.