

# Nourishing Notes

## Facts on Fat

### What is Fat?

- An energy dense nutrient that provides twice as many calories (9 kilocalories/gram) than the other energy-providing nutrients like carbohydrate and protein (4 kilocalories/gram).
- Fat assists with the absorption of fat-soluble vitamins including: vitamins A, D, E, and K as well as carotenoids, like beta-carotene.
- Eating less fat and choosing the right types of fat can assist in reaching and keeping a healthy weight and reducing risk of heart disease, diabetes, stroke, and some types of cancer (e.g., breast, colon and prostate).

### Types of Fat:

- While all fats are high in calories, different types of fat have different effects on health. Read Nutrition Facts tables and Ingredient Lists with the goal of choosing foods that contain more polyunsaturated and monounsaturated fats and less saturated and trans fat.

Type of Fat	Description and Food Source	Health Effect ( <input checked="" type="checkbox"/> or <input type="checkbox"/> )
<b>Polyunsaturated Fat</b>	<ul style="list-style-type: none"> <li>♥ One of the main types of fats found in plant products.</li> <li>♥ Tends to be liquid at room temperature.</li> <li>♥ Better sources include vegetable oils such as corn, safflower, soybean and sunflower.</li> </ul>	<input checked="" type="checkbox"/> Known as the good fat because it can help lower LDL (bad) cholesterol.
<b>Omega-3 Fat (type of polyunsaturated fat)</b>	<ul style="list-style-type: none"> <li>♥ Found in fatty fish like salmon, sardines, trout and tuna, eggs, nuts and seeds such as flaxseed, and oils such as canola and soybean. Also found in modified versions of milk products.</li> </ul>	<input checked="" type="checkbox"/> May reduce the risk of heart disease by reducing LDL (bad) cholesterol and helping to regulate blood clotting.
<b>Monounsaturated Fat</b>	<ul style="list-style-type: none"> <li>♥ One of the main types of fats found in plant products.</li> <li>♥ Tends to be liquid at room temperature.</li> <li>♥ Better sources include avocados, olives, nuts, seeds, as well as canola, olive and peanut oils.</li> </ul>	<input checked="" type="checkbox"/> Known as good fat because it may help lower LDL (bad) cholesterol while maintaining HDL (good) cholesterol.
<b>Saturated Fat</b>	<ul style="list-style-type: none"> <li>♥ Occurs naturally in fatty foods</li> <li>♥ Usually solid at room temperature.</li> <li>♥ Main sources include meats, milk products and tropical oils including coconut oil, palm oil, and palm kernel oil.</li> </ul>	<input type="checkbox"/> Raises blood cholesterol levels, including LDL (bad) cholesterol.
<b>Trans Fat</b>	<ul style="list-style-type: none"> <li>♥ Created by 'hydrogenation', which turns liquid fats into semi-solid fats to make them more spreadable and have a longer shelf life.</li> <li>♥ Main sources include processed foods such as cakes, cookies, chips, crackers, deep-fried foods, some margarines, shortening, etc.</li> </ul>	<input type="checkbox"/> Raises LDL (bad) cholesterol and are even more harmful than saturated fat because they also lower HDL (good) cholesterol.
<b>Cholesterol</b>	<ul style="list-style-type: none"> <li>♥ Found in foods that contain animal fat; for example: liver, egg yolks, meat, milk products, shrimp.</li> </ul>	<input type="checkbox"/> Has little influence on blood cholesterol levels in most people, however, should limit intake due to occurrence in foods that contain other fats that raise LDL (bad) cholesterol.

## Where's the Fat?



### Fats You Can See...

are fats that are poured or spread onto foods or added in cooking. Examples include butter, coffee cream, cream cheese, cream sauces, gravy, margarine, oil, and salad dressings.

### Fats You Can't See...

occur naturally in certain foods or may be added during processing. These fats are not always visible. Foods that naturally have more saturated fat in them include beef, pork, chicken, and liver or other organ meats. Many foods have hidden saturated and trans fats added during processing such as cakes, cookies, crackers, croissants, deep-fried foods, donuts, pastries, deli-style meats, wieners, sausages and snack foods.

## Tips to Lower Fat Intake by Food Group

### Grain Products

- Avoid high-fat grain products like croissants.
- Have pasta with a tomato-based sauce instead of a cream sauce, like alfredo.
- Spread hummus, honey, or jellies on whole grain bread rather than butter or margarine.

### Vegetables and Fruit

- Try steamed vegetables for dinner and a fruit-based dessert.
- Try non-fat versions of yogurt, salad dressing, sour cream, cheese, mayonnaise, or other sauces on vegetables and in casseroles.
- Use herbs, lemon juice, and spices instead of high-fat condiments.
- Snack on raw vegetables or fruits instead of potato chips.

### Other Foods

- Use lemon, orange, or tomato juice, herbs, spices, fruits, or broth to eliminate or reduce the amount of butter, margarine, or oil when cooking.
- For sandwiches and salads, use spicy mustard, lemon juice, flavoured vinegar, salsa, or the non-fat versions instead of regular mayonnaise, salad dressing, or sour cream.
- Use non-hydrogenated margarines or oils instead of hydrogenated margarine, butter, or shortening.
- Use healthier oils when cooking or baking (e.g., canola, soybean, or olive oil).

### Milk Products

- Try moving from whole milk to reduced fat milk (2%), from reduced fat milk to low-fat milk (1%), and from low-fat to fat-free milk (skim).
- Use low-fat cheeses (20% M.F. or less).
- Look for non-fat or low-fat yogurt or sour cream instead of regular sour cream.
- Enjoy nonfat frozen yogurt, sherbet, or ice milk instead of ice cream.

### Meat and Alternatives

- Choose fish, lean poultry, or cuts of pork or beef with little marbling.
- Trim the outside fat from pork and beef, and remove the skin from poultry.
- Grill, roast, broil, bake, stir-fry, or stew meats instead of pan-frying or deep-frying.
- Select tuna and sardines packed in water.
- Make meatless meals and use legumes (e.g., black beans, lentils) often.

#### References:

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