



FATS 101

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MEET THE FATS

FAT BURNING TIPS

- Incorporate a mix of low, medium and high intensity cardio exercise
 - Take a stroll*
 - 30 min brisk walk*
 - Running*
- Exercise consistently
 - Exercise every day for a few minutes*
 - Change daily routines*
 - Make exercise your focus*
- Lift weights
 - Preserves muscle mass*
 - Keeps metabolism going*
 - Burns extra calories*

High Trans Fat Foods

- KFC Chicken pot pie -14 grams
- Burger King Hash Browns – 13 grams
- McDonalds Large Fries—8 grams
- Burger King Fries King size—7 grams
- Dairy Queen Onion Rings—7 grams

Daily recommendation less than 1% of total daily calories. Less than 2 grams for a 2000 calorie diet

Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones.

Fats in foods are not created equal. Fats can be good fats, bad fats, and very bad fats. The four main different fats are: saturated fats, trans fats, monounsaturated fats and polyunsaturated fats.

The unsaturated fats, poly and mono, are thought to be **good** fats with beneficial effects on cholesterol levels. **Monounsaturated** fats help lower LDL (bad) cholesterol while boosting HDL (good) cholesterol. High levels of

this fat are found in canola and olive oil, almonds, peanut butter, and avocados.

Polyunsaturated fats also help lower total and bad cholesterol. Poly is a good source of omega-3 fatty acids, found mostly in cold water fish, nuts, oils and seeds, dark leafy greens, flaxseed oils and some vegetable oils.

Saturated fats are considered **bad** because they clog arteries and directly raise total and LDL (bad) cholesterol levels. Saturated fats are solid at room temperature and include: lard, cream, butter, cheese, beef, lamb, pork and poultry with the skin.

The **worst** fats are **trans fats**. Trans fats are also known as hydrogenated fats

that are created in industrial processing. These fats raise total and LDL (bad) cholesterol as well as lowering HDL (good) cholesterol. Trans fats are found in pastries, biscuits, muffins, cakes, pie crusts, doughnuts, cookies, fried foods, stick margarine and vegetable shortening.

Fat intake should be limited to 30 percent of your daily calories. There are 9 calories in every gram of fat, regardless of what type it is. At the end of the day, a good fat is still a fat in terms of calories. Any labels on cooking oils that describe the oil as “light” are referring to the taste or color, not the fat or calorie content. All oils are 100 percent fat and have 120 calories per tablespoon.

FAST FOOD EATING

The American Heart association recommends the following fat-sensible tips for fast-food choices:

- Pass on “value size” and “super size” meals that increases the amount of fat, added sugars, sodium and calories you consume.
- Order a side salad or fruit cup instead of deep fried sides.
- Choose a baked potato over fries; and, margarine instead of butter.
- Choose grilled chicken sandwiches and hold the mayo
- Avoid ordering sandwiches with double meat and avoid adding bacon
- Ask for wheat or whole grain bun.
- Steer clear of fried fish sandwiches. Try baked, broiled or grilled fish.
- Drink water, diet soda or skim or low fat milk.