

Tips At Tech: Fats

- Choose fat free milk or soy milk instead of whole milk.
- Snack on almonds or walnuts instead of potato chips or candy bars.
- Ask for your food to be grilled or stir-fried without oil or in water.
- Ask for dressings and sauces on the side.
- Choose mustard instead of mayo when making a sandwich.
- Be careful when adding toppings to salads. Eggs, bacon bits, cheese, and nuts can add loads of calories to a salad.
- Choose broth or tomato based soups instead of creamy and/or cheesy soups.
- Cheese pizza, although high in fat, has less fat than cheese pizza with pepperoni and/or sausage.
- When choosing granola bars, make sure you select ones with less than 3 grams of fat per serving.

Fun Facts

- The more liquid a fat at room temperature, the less saturated fat it contains. (For example, oil is liquid versus butter and lard which are solid at room temperature.)
- Fats make up 60% of the brain and the nerves that run every system of the body.
- The body stores calories from fat more easily than calories from proteins or carbohydrates.
- If a product has less than .5 grams of *trans* fats, the label may state that it has ZERO grams.

References:

Know Your Fats. www.americanheart.org. Accessed 10/21/09

Fat: MedlinePlus. www.nlm.nih.gov/medlineplus. Accessed 10/21/09

Dietary Fats: Know Which Types To Choose. www.mayoclinic.com. Accessed 10/21/09

Fats

The Good, Bad, and Ugly



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Fats

Fat is essential to our body for normal functioning. It keeps us warm, helps cells grow, protects our organs, and is necessary for absorbing certain vitamins and minerals. However, moderation is key.

Unsaturated, saturated, and *trans* fats are the three types of fats found in food. Unsaturated is the healthiest and should replace saturated fats and *trans* fats as often as possible.

Fat provides 9 calories/gram, which is more than double the amount in carbohydrates and protein, but fat is very satiating and can keep you full. Just try to get most of the fat in your diet from unsaturated fats.



Health Effects of Fats

Too much saturated fat has been shown to cause heart disease by increasing cholesterol buildup in the arteries, whereas unsaturated fats are known to prevent heart disease by lowering “bad” cholesterol in the blood.

Omega-3’s are a type of fat found in fish, some nuts, and flax oil that have been found to be especially beneficial for the heart. These fats lower blood pressure, protect against irregular heart beats, and appear to lower the risk of coronary artery disease. Be sure to eat fish twice a week or take fish oil supplements to ensure you are getting enough omega-3 fats in your diet.

Good, Bad, and The Ugly

Unsaturated Fats

This group includes monounsaturated and polyunsaturated fats. Monounsaturated fats are those found in olive oil, avocados, nuts, and seeds. Polyunsaturated fats are found in vegetable oils (canola, sunflower, soy, etc.), nuts, and seeds. Omega-3’s are also considered polyunsaturated and are found in salmon, mackerel, walnuts, and flax seed oil.

Saturated Fats

Animal products are the main sources of saturated fats, but coconut and palm oils are also rich sources. Foods high in saturated fat include meat, some seafood, eggs, dairy, lard, butter, and coconut.

Trans Fats

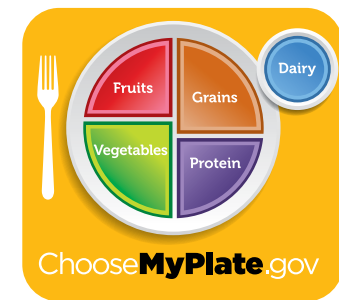
Trans fats are a relatively new type of fat and are almost completely man made. Food processors convert unsaturated fats to *trans* fats in order to keep their products shelf-stable for longer. These types of fats have the worst impact on health and can increase the risk of heart disease and obesity.

The main sources of *trans* fats include partially hydrogenated vegetable oil, commercial baked goods (muffins, cakes, cookies), fried foods (doughnuts and french fries), shortening, and margarine.

How Much Do You Need?

The American Heart Association’s Nutrition Committee recommends the following fat guidelines for healthy Americans over the age of two (based on a 2,000 calorie diet):

- Limit total fat intake to less than 25–35 percent of your total calories each day (~500-700 calories/day).
- Limit saturated fat intake to less than 7 percent of total daily calories (~140 calories/day).
- Limit *trans* fat intake to less than 1 percent of total daily calories (~20 calories).
- Fat should come from sources of monounsaturated and polyunsaturated fats such as nuts, seeds, fish, and vegetable oils.
- Foods high in omega-3s, such as salmon and mackerel, should be eaten twice a week.



The small, yellow section on the MyPyramid above represents the daily fat recommendation for healthy individuals.