

# FATS

- Research shows the inflammatory process, along with excess cholesterol, is involved in the formation of arterial plaques. Omega-3 is a type of unsaturated fatty acid that helps to suppress this inflammation. It is found mainly in fatty cold water fish such as salmon, sardines and mackerel. Tuna and shell fish contain Omega-3 but are very lean fish and do not contain large quantities of Omega-3.
- If you do not eat fatty fish at least 2 times a week, ask your doctor if you should consider an Omega-3 supplement.
- Trans-fatty acids are made through the process of hydrogenation, which solidifies liquid oils. These fats tend to raise blood cholesterol levels like saturated fats do. Packaged pastries, cookies and crackers are usually high in trans-fatty acids. The ingredients list will contain the words “partially hydrogenated”.
- Remember fats are calorically dense; when you do eat fat, choose wisely.

<b>HEALTHY</b>	<b>OK</b>	<b>UNHEALTHY</b>
<b>Use these for the bulk of your fat choices</b>	<b>Eat Sparingly</b>	<b>Limit &amp; Reduce</b>
Olive Oil Safflower Oil Peanut Oil Canola Oil Vegetable Oil Avocados Olives Nuts/Natural Nut Butters	Butter Cream Cheese Sour Cream Hard Cheeses Salad Dressings Mayonnaise	Margarine Shortening (Crisco) Coconut Oil Processed Cheese (Velveeta) Hydrogenated Peanut Butter Bacon Fatty Meats Hydrogenated Oils

<b>CHOOSE MORE OFTEN</b>	<b>EAT SPARINGLY OR NOT AT ALL</b>
Lean beef or pork, skinless poultry, baked or grilled fish, especially cold-water fish such as salmon or sardines, beans and lentils	Processed meats such as bologna, salami, hot dogs, Vienna sausage, potted meat and other lunch meats, bacon, pork sausage
Tomato or vegetable-based sauces	Cream sauces and high-fat gravies
Grilled, baked, broiled, steamed or roasted meats and vegetables	Battered and deep-fried foods

- One serving = 45 calories and 5 grams of fat.
- Remember to trim off the fat you can see before cooking meat and poultry; drain all fat after browning.