

FACTS ABOUT FAT

Saturated Fats

- ✓ No more than 10%
- ✓ Hard at room temperature
- ✓ Mostly come from animal sources
- ✓ Raise cholesterol

Trans Fatty Acids

- ✓ As few as possible
- ✓ Also known as hydrogenated fat
- ✓ Lower HDL ("good" cholesterol), raise LDL ("bad" cholesterol)

Saturated Fat: Whole milk, ice cream, cheese, butter, meat, poultry skin, bacon, palm, palm kernel and coconut oils

Partially Hydrogenated Fat/Trans-Fatty Acid: Margarine (especially hard, stick forms); shortening; many store-bought cookies, chips, cakes, crackers and pie crusts; French fries, doughnuts and other commercially deep-fried foods

Monounsaturated: olive, canola, rapeseed and peanut oils; avocados, almonds, peanuts, other nuts and seeds

Polyunsaturated: safflower, sunflower, corn and soybean oils, fish

Omega 3: salmon, tuna, mackerel, trout, herring, bluefish; flaxseed, canola and soybean oils; nuts, flaxseed and other seeds

Monounsaturated Fat

- ✓ Liquid at room temperature.
- ✓ Lower LDL ("bad" cholesterol)

Polyunsaturated Fat

- ✓ Liquid at room temperature.
- ✓ Do not raise LDL ("bad" cholesterol)

Omega-3 Fatty Acid

- ✓ Regular intake may help lower your blood cholesterol level.

10 Ways to Reduce Fat

1. Simmer or sauté vegetables in juice, fat-free broth or herbs mixed with a drop of olive oil or canola oil.
2. Brown ground beef and drain and season the meat. Use for meat sauce, tacos and casseroles.
3. Serve lean cuts of meat. Trim visible fat. Serve cooked poultry without the skin. Use low-fat marinades like juices fat-free broth to tenderize and moisten the meat.
4. To make low-fat gravy, combine flour with fat-free broth. Mix cornstarch and skim milk to prepare a "low-fat cream sauce" for pasta or vegetables.
5. Substitute low-fat sour cream, mayonnaise or yogurt for regular versions in dips, salad dressings, sauces salads and baked goods.
6. In baking, substitute fruit purees or applesauce for some of the oil or shortening used in recipes. In muffins and breads, replace some of the fat and liquid with plain, nonfat yogurt.
7. Reduce the amount of meat sauce in casseroles, salads, soups and stews. Instead, add beans, pasta or grains like rice.
8. Replace whole milk with low-fat (1%) or skim milk and other low-fat dairy products for soups, puddings and baked goods.
9. Prepare soups, sauces and stews ahead of time. Refrigerate or add ice cubes. Skim the hard fat layer that forms at the top before reheating.
10. Instead of frying: bake, broil, roast, grill, sauté, or microwave foods like meats and vegetables. Use nonstick pans or nonfat cooking sprays. Roast meat or poultry on a rack, so fat drips off

