

Knowing Your Fats

What counts as fat? Are some fats better than other fats?

Heart health is so important for people with diabetes to reduce the risk of heart disease and stroke.

While fats are essential for normal body function, some fats are better for you than others. *Trans fats*, *saturated fats* and *cholesterol* are less healthy than *polyunsaturated* and *monounsaturated* fats.

How much *total* dietary fat do I need?

The *Dietary Guidelines for Americans 2015* recommends:

- Avoid trans-fat.
- Limit saturated fat to less than 10 percent of calories a day.
- Replace saturated fat with healthier monounsaturated and polyunsaturated fats.

Knowing how much fat you eat can help you control your weight, if you need to, and stay healthy.

Cholesterol (Limit these)

- Meat
- Cheese
- Egg yolks
- Whole Milk
- Bacon
- Pastries
- Ice Cream
- Butter & Animal fats
- Liver
- Shellfish & Shrimp
- Fast food
- Sausages & Processed Meats

Saturated Fats and Trans Fats (Limit these)

Saturated Fats

- Baked Goods
- Processed Foods
- Cheese
- Red Meat
- Egg yolks
- Whole Milk, 2% milk, Cream
- Half & Half, Sour Cream
- Ice Cream
- Butter
- Organ Meats
- Shellfish

Trans Fats

- Fried Foods
- Doughnuts
- Packaged Baked Goods
- Shortening
- Palm oil
- Hydrogenated oil
- Partially Hydrogenated oil
- Poultry with skin
- Margarine, Spreads
- Crackers, Cookies
- Frozen Pizza

Unsaturated Fat ~A Healthier Fat Option

Polyunsaturated

- Vegetable, Corn, Canola oils
- Flaxseed oil
- Avocados
- Sesame oil and seeds
- Chia Seeds
- Unsalted Peanuts, Peanut Butter
- Soybeans and oil
- Walnuts
- Salmon, Mackerel, Herring, Trout
- Sardines, Tuna

Monounsaturated

(Choose more often)

- Olive oil
- Peanut oil
- Safflower oil
- Sunflower oil
- Avocados
- Olives
- Almonds, Almond oil
- Cashews
- Pecans

Here are some tips to help you makeover the fat in your diet:

- To avoid trans fat, check food labels and look for the amount of trans fat listed. By law a serving of food containing less than 0.5 grams of trans fat can be labeled as 0 grams. Therefore, it's important to also check ingredient lists for the term "partially hydrogenated".
- Use oil instead of solid fats. For example, sauté with olive oil instead of butter, and use canola oil when baking. Or, try using pureed pumpkin, applesauce or yogurt **instead of** the oil called for in the recipe. Though it is usually a cup for cup substitution, start by adding a little less than what is called for and add more if the recipe seems dry.
- Prepare fish, such as salmon and mackerel, instead of meat at least twice a week to get healthy omega-3 fatty acids. Limit sizes to 4 to 6 ounces of cooked seafood a serving, and bake or broil seafood instead of frying.
- Choose lean meat and skinless poultry. Trim visible fat from meat and poultry, and remove skin from poultry.
- Snack smart. Many popular processed snack foods are high in fat, especially solid fats. Be sure to check food labels for saturated fat. Better yet, snack on whole fruits and vegetables.
- Make label reading easy. Some experts say you should try to choose foods with **five ingredients or less**, also known as “**five-limit rule**”