



WELLNESS EDUCATION

Choosing Healthy Fats

Fats are an important part of your daily diet. They add flavor and texture to meals and snacks and help you to feel satisfied after your meal. Fat is needed to aid in the transport of Vitamin A, Vitamin D, Vitamin E and Vitamin K throughout your body; it is needed for maintaining healthy skin, and plays a role in promoting proper eyesight.

Fat is often accused of being the nutrient that causes weight gain and it's easy to understand why when fat is 9 calories per gm. vs. 4 calories per gram from carbohydrate and protein. You can still gain weight from too much protein or carbohydrate even if you eat less fat. To be healthy, you want to choose the right fats.

Which fats are the healthiest?

Monounsaturated fats

- Olive oil
- Canola oil
- Peanut oil
- Nuts and seeds
- Peanut butter
- Almond butter
- Avocado

Polyunsaturated fat

- Soybean or vegetable oil
- Corn oil
- Safflower oil
- Soft tub margarines
- Walnuts
- Flax seeds
- Sunflower seeds

Omega-3 fatty acids

- Fatty fish such as salmon, sardines, tuna, herring,
- Walnuts
- Ground flax seed
- Flaxseed oil
- Chia seeds

Which fats are the least healthy?

Saturated fats

- High-fat red meat
- Poultry skin
- High-fat pork products such as sausage and bacon
- High-fat dairy such as whole milk, cream cheese, butter, ice cream, sour cream
- Coconut oil
- Palm oil

Trans fat

Foods that contain hydrogenated or partially hydrogenated oil in the list of ingredients check labels for this ingredient. The FDA has banned trans-fat effective 2018. Avoid these as much as possible.

Dietary cholesterol

Dietary cholesterol is found in animal products such as meat, dairy and eggs. Saturated and trans-fat have a bigger impact on blood cholesterol than dietary cholesterol, so choose foods with less saturated fats such as lean meat, low/nonfat dairy.

Reduce saturated fat

- Choose lean cuts of beef and pork choosing loin and round cuts.
- Avoid poultry skin.
- Choose tub margarine or peanut butter for toast instead of real butter.
- Choose 1% or non-fat milk.
- Choose low- or non-fat yogurt.
- Choose light versions of cream cheese and sour cream; try nonfat yogurt as replacement for sour cream.
- Limit intake of cheese to a 2-3 ounces per week. Remember choose the most flavorful, best tasting cheese, and eat less.

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Increase mono- and polyunsaturated fat

- Use small amounts of monounsaturated fat in cooking and salad dressings (1-2 teaspoons per person).
- Include fish twice a week when possible.
- Enjoy a small handful of nuts or seeds as a snack a few times a week.
- Add ground flax or chia seeds to cereal or yogurt.

Simple swaps

- Top your salad with nuts instead of cheese or bacon bits.
- Use peanut butter instead of cream cheese on toast or bagels.
- Replace mayonnaise with avocado or bean spread on a sandwich – added benefits: includes more vitamins/minerals and fiber.
- Choose nuts or nut butter on celery, apples; instead of chips or processed crackers with cheese.

Hundreds of Combinations Vinaigrette

Ingredients

- 1/2 - 2/3 cup favorite oil (olive, hazelnut, canola, avocado, walnut, etc.)
- 1/2 - 2/3 cup your favorite vinegar or lemon juice, (white, balsamic, infused balsamic, raspberry, red wine, cider, etc.)
- 2 tablespoons your favorite fresh herb, (parsley, tarragon, basil, thyme, Herbs de Provence, etc.)

Preparation

1. Whisk all ingredients together.
2. Options/additions:
 - 1 teaspoon prepared mustard or dijon mustard
 - 1-2 teaspoons honey
 - 1 tablespoon grated parmesan
 - 1 clove minced garlic
 - dried oregano
 - 1 teaspoon celery seed or minced onion
 - fresh ground black pepper

