

Healthy Fats

Nutrition Education
August 2022



Did You Know?

Many foods contain fats, and it is important to choose healthier types of fat.

Saturated fats can be harmful to your health, especially your heart. Limit how much saturated fat you eat.

Our body requires some fats to stay healthy.

Healthy Fats

Oils are fats that are liquid at room temperature. They provide important nutrients and vitamin E. Oils are high in unsaturated fats -- the healthier type of fat. Some examples of foods with healthy oils are olives, some fish, avocado, seeds, and nuts. Oils that can be used for cooking include canola, corn, olive, safflower, soybean, and sunflower oils.

Saturated Fat

Eating foods high in these fats raises the level of cholesterol in your blood. High levels of low-density lipoproteins (LDL) cholesterol in your blood increases your risk of heart disease and stroke. Here are some tips to cut back on saturated fat:

- Eat less processed desserts
- Eat less packaged baked goods such as pastries, & croissants
- Limit cheese to a 1 ounce serving per day
- Limit foods such as pizza & hamburgers
- Avoid foods like sausages, hot dogs, bacon, & ribs
- Do not eat fried foods such as French fries or fried chicken
- Drink or use fat-free milk instead of whole milk
- Use olive oil when cooking, in place of butter, lard, or palm oil

Trans Fat

The American Heart Association recommends that trans fat should be avoided as much as possible. These foods may be harmful to your health. Margarine, microwave popcorn, fatty meats, and whipped cream can have trans fat. Read the Nutrition Facts label of foods you buy. Foods with trans fat have "partially hydrogenated oils" as ingredients.

Crack the Code

Crack the code to reveal more words.

1	2	3	4
R	A	I	N

5	1	6	7	7	8	1	6

9	6	10

11	6	12	5	6	1	2	11	8	1	6

7	13	6	6	11

14	8	12	3	9	3	11	15

16	13	3	17	17	2	1	9

18	19	20

10	3	4	9

7	4	19	10	18	2	13	13

16	2	1	19	12	6	11	6	1

11	19	1	4	2	9	19

18	1	19	7	11

12	6	11	6	19	1	19	13	19	20	15

7	12	19	20

1	2	3	4	16	19	10

14	6	2	11

2	11	12	19	7	5	14	6	1	6

21	13	19	8	9	7

21	2	13	12

21	13	6	2	1
C	L	E	A	R

7	22	8	2	13	13

11	14	8	4	9	6	1	7	11	19	1	12

14	2	3	13

Answers

1=R 2=A 3=I 4=N 5=P 6=E 7=S 8=U 9=D 10=W 11=T 12=M 13=L 14=H 15=Y 16=B 17=Z
 18=F 19=O 20=G 21=C 22=Q