NUTRITION NEWS

THE FACTS ON FATS
SATURATED FATS EDITION

Fat is an important nutrient that gives your body energy, helps your brain work, and supports growth and development. Some types of fat are healthier choices than others.

What is Saturated Fat?

Saturated fat is a type of fat found in foods such as butter, cheese, whole milk, fatty meats, and some fried or packaged foods. Eating too much saturated fat over time may not be good for heart health, so it's important to balance these foods with healthier fat choices.

Common Sources of Saturated Fat: butter, whole milk and full-fat dairy products, cheese, ice cream, bacon and sausage, fried foods, some packaged snacks and baked goods, coconut oil.

Healthier Fat Sources (Unsaturated Fat): fish (such as salmon, tuna, and trout), avocados, nuts and seeds, oils (such as olive, canola, sunflower and soybean).

Dietary Guidelines for Americans
Should not exceed **10%** of total daily calories.

American Heart Association
Aim for less than **6%** of total daily calories from saturated fats.

Tips for a Balanced Diet

- **Choose** grilled or baked foods more often, instead of fried foods
- **Read nutrition labels**—a daily value of **5% or less** is low in sat fat
- **Try lower-fat** or reduced-fat dairy products
- **Add more** fruits, vegetables, and whole grains to meals
- **Practice moderation**—balance is important

The Bottom Line

Saturated fat can be part of a healthy diet when included in moderation but choosing unsaturated fats most often can help support long-term health.