

Heart Smart

FATS IN THE DIET














SATURATED VS. UNSATURATED



GOALS:

- ♥ Reduce fat **quantity** by selecting lower fat foods and reducing saturated & trans fat intake.
- ♥ Improve fat **quality** by increasing monounsaturated & omega-3 fats.
- ♥ Keep **cholesterol** intake under 200 mg/ day.

The following is a list of sources of commonly consumed fats and their effect on blood cholesterol:

TYPE OF FAT	FOOD SOURCES	EFFECTS ON BLOOD CHOLESTEROL
SATURATED FATS  	animal fats – fatty beef, pork, lamb, veal lard, beef fat, milk fat, bacon fat, butter, cheese, cream cheese, milk & yogurt (<i>whole & 2%</i>) ice cream, cream, half-and-half, sour cream coconut, palm, palm kernel oil	↑ total cholesterol ↑ LDL cholesterol ↑ HDL cholesterol
TRANS FATS  	stick margarine, hydrogenated oils, nondairy creamers, solid shortening, cookies, pastries, doughnuts, crackers	↑ total cholesterol ↑ LDL cholesterol ↓ HDL cholesterol 
CHOLESTEROL  	egg yolks, liver, organ meats, squid, abalone (<i>no saturated fat present</i>) <i>(limit egg yolks to 3 per week- one yolk has 200 mg cholesterol)</i> <i>(meats, fish, poultry & shellfish 20-30 mg/oz.; shrimp 40-50 mg/oz)</i>	↑ total cholesterol when associated with saturated fat or when included in the diet in amounts > 200 mg/ day
MONOUNSATURATED  	olive oil, olives, canola oil, peanut oil, peanuts, peanut butter, poultry, avocados almonds, cashews, pistachios, pecans, macadamia nuts, filberts	↓ total cholesterol ↓ LDL cholesterol ↑ HDL cholesterol ↓ triglycerides
POLYUNSATURATED Omega-6 fatty acids:  	safflower oil, corn oil, soybean oil, sunflower oil, walnuts, pine nuts, seeds soft or tub margarine, mayonnaise	↓ total cholesterol ↓ LDL cholesterol
Omega-3 fatty acids:  	salmon, herring, anchovies, sardines, mackerel, fatty fish, all other fish (less) shellfish – shrimp, crab, lobster mussels, clams, oysters, scallops nuts, flaxseed, canola oil, soybean oil	↓ triglycerides ↓ risk of heart disease by ↓ clot formation ↓ vasoconstriction ↓ inflammation