

# Good Nutrition Matters

Your Food and YOU

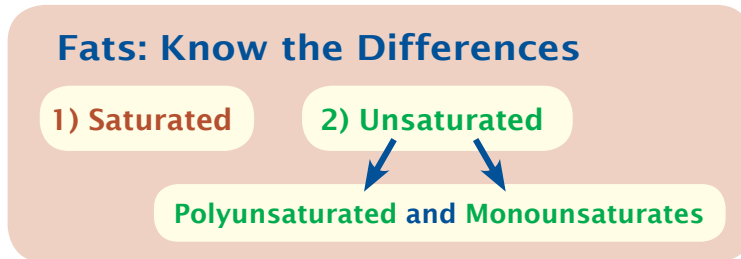
## Fat Facts and How They Affect Cholesterol



# Good Nutrition Matters — Part 3

- **EATING HEALTHY** means knowing what **nutrients** you get from each food group. In Part 3 you will learn **important details about fats and how they affect your health.**

## Fat Facts and How They Affect Cholesterol



**Fats are necessary for health and help to absorb vitamins.** All fats are a combination of 3 types: **saturated**, **polyunsaturated**, and **monounsaturated fats**.

- **Saturated** fats are **solid** while **unsaturated** fats are **liquid** at room temperature.
- **Saturated** fats may have some health benefits, but should be eaten in moderation as they **raise “bad” LDL cholesterol**. Also, avoid **hydrogenated oils (or “trans” fats)**.
- **Polyunsaturated** fats can **lower LDL cholesterol** and they can also **lower “good” HDL cholesterol**. Some **polyunsaturates** contain **Omega-3 fatty acids**, a special fat that protects the immune system. **Omega-3 fatty acids** may **lower heart disease**.
- **Monounsaturated** fats are the **healthiest** fats as they protect **“good” HDL cholesterol** and can **lower “bad” LDL cholesterol**.

**It is best to eat less than 20mg/day of saturated fats.**  
**All fats are high in calories, so eat in moderation.**



## It's Your Choice.

**Eat heart-healthy foods like salmon, shrimp, walnuts, spinach, and olive oil.**

# Good Nutrition Matters — Part 4

- **EATING HEALTHY** means knowing what **nutrients** you get from each food group. In Part 4 you will learn **what to eat and how fats affect cholesterol levels.**

## Fat Facts and How They Affect Cholesterol

### Cholesterol: Know Your Three Numbers

1) **Total Cholesterol:** know your number

There are also two kinds of cholesterol to track:

2) **LDL (bad) cholesterol:** want **low** ↓ numbers

3) **HDL (good) cholesterol:** want **high** ↑ numbers

- When eating **saturated** fats, choose **lean cuts of beef, chicken, and pork** and avoid animal fats. Also avoid **coconut and palm oils** as these are high in **saturated** fats. **Trans fats can be found in cookies, crackers, and snack (processed) foods.**
- **Omega-3 fatty acids** are found in **tuna, salmon, walnuts, sesame and sunflower seeds, corn and sunflower oil** and may provide health benefits like **lowering risk of heart disease.**
- **Monounsaturated** fats are found in plant oils like **olive, canola, and peanut.** These oils are the most heart-healthy.

**Cholesterol** is essential for health and your body produces what it needs.

**The cholesterol you eat will increase cholesterol levels.**

**It is best to eat less than 300 mg/day of cholesterol.**

The more you learn about wellness, the **healthier and happier** you will be. **Exercise** can also help lower cholesterol.

**EATING HEALTHY** helps prevent or manage such diseases as **obesity, type 2 diabetes, high blood pressure, heart disease, strokes, certain cancers, and bone loss.**

Sources: [www.choosemyplate.gov](http://www.choosemyplate.gov); [www.niddk.nih.gov/health-information](http://www.niddk.nih.gov/health-information); [ndb.nal.usda.gov](http://ndb.nal.usda.gov); [www.fda.gov](http://www.fda.gov); [health.gov/dietaryguideline](http://health.gov/dietaryguideline); [www.womensheart.org](http://www.womensheart.org); [www.mayoclinic.org](http://www.mayoclinic.org)

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