

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: Know the Differences

1) Saturated

2) Unsaturated

Polyunsaturated and Monounsaturated

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; www.niddk.nih.gov/health-information; ndb.nal.usda.gov; www.fda.gov; health.gov/dietaryguideline; www.womensheart.org; www.mayoclinic.org

For more information, call **Katreena Hite, Integrated Care Specialist**, at (906) 225-7344