

Our Bodies Need Fat.

Fat serves many different and essential roles in the body including supplying us with energy and essential fatty acids that aid in the absorption of the fat soluble vitamins A, D, E, K, and carotenoids.

Fats are building blocks for membranes in our bodies and have key roles in many of our biological functions. Body fat plays a role in regulating body temperature and provides cushioning for the organs and joints.



Are all fats bad???

No! Unsaturated fats will help raise HDL (good) cholesterol and decrease LDL (bad) cholesterol when consumed as part of a heart healthy diet. Polyunsaturated and monounsaturated fats can be found in foods such as canola, peanut and olive oil; nuts, avocado, peanut butter, and trans fat-free margarines.

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DINING SERVICES

FATS 2008



Are you getting too much?



Are you getting enough?



Fats, which provide 9 calories of energy per gram, are the most concentrated of the energy providing nutrients. This means that although, our bodies need them, we only need them in small amounts.

3 Types of Fat

Unsaturated Fats

There are two types of unsaturated fats: monounsaturated fats and polyunsaturated fats. Unsaturated fats are found in the fats of both plants and animals. Food sources include olive, peanut, sunflower, cottonseed and safflower oils and some fish like albacore tuna and salmon. Unsaturated fats can help decrease high blood cholesterol levels when it is part of a healthful diet.

Saturated Fats

Are the fats that are solid at room temperature. Animal fats from eggs, whole-fat dairy products, butter, and meats are high in saturated fats. Saturated fats are considered harmful to the heart and blood vessels because they increase the level of cholesterol in the body. Based on a 2,000 Calorie Intake, the maximum saturated Fat intake is 20 grams.



Trans Fats come from hydrogenated shortening used in commercially baked goods, processed snacks and deep-fried foods. Hydrogenated vegetable fats are commonly used by food processors because they allow for a longer shelf life.

What's the deal with Trans Fats!?



Trans fats have been making headlines in the United States for the past couple months. Some cities, beginning with New York, are banning trans fats from restaurants. This means restaurants must find other means of preparing certain foods. The restriction on trans fat requires that all food served in restaurants contain no more than 0.5 grams of trans fats per serving.

WHY???

Recent studies show that trans fatty acids increase LDL ("bad") cholesterol level and decrease HDL ("good") cholesterol. High trans fat intake causes the arteries to become clogged and increases the risk of coronary heart disease.

Guidelines For Your Fat Intake

*Keep your fat intake between 20 to 30 percent of the total calories you consume.

*Make it a goal to consume less than 10 percent of your total calories from saturated fats, eat less than 300 mg per day of cholesterol.

*Try to cut down eating foods that are high in saturated and *trans* fats. Most of your fat should come from unsaturated fat, such as the fat you get from eating fish, nuts, and vegetable oils.

*When choosing and cooking meat products, poultry, dry beans, milk, and milk products (like cheeses and yogurt) opt for products that are lean, low-fat, or fat free.

