



Nutrition Education

Understanding Dietary Fats

Fat provides texture; taste and can help us feel fuller faster and for longer as fat takes longer to digest than carbohydrates. Fat is also essential for absorption of many vitamins and minerals.

HEALTHY FATS **MONOUNSATURATED** **and POLYUNSATURATED** **FATS**

These healthy fats found in vegetables, nuts, seeds and fish can have a positive effect on lipid levels in the body. Good sources of **monounsaturated fats** are olive oil, peanut oil, canola oil, avocados, and most nuts, as well as high-oleic safflower and sunflower oils.



When you pour liquid cooking oil into a pan, there's a good chance you're using **polyunsaturated fat**. Corn oil, sunflower oil, and safflower oil are common examples. Polyunsaturated fats are *essential* fats.

That means they're required for normal body functions but your body can't make them so you must get them from food. Polyunsaturated fats are needed for blood clotting, muscle movement, and reducing inflammation.

FATS TO LIMIT AND AVOID **TRANS FATS**

The one type of fat that should be avoided is trans fats. They provide no health benefits and no level of these are safe to consume. Fortunately, due to these facts, they are being removed from many foods that they've been added to. Food manufactures used them primarily for increased shelf life.

Where you find trans fats:

crackers, cookies, baked goods, cereals, prepared frozen meals, and stick margarine

SATURATED FAT

This form of fat is one that is still recommended to limit to 10% of your daily calories but can be incorporated into a healthy diet.

Where you find saturated fats:

butter, coconut oil, animal fat, cheese, whole milk dairy, and commercially prepared foods.



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Source: <http://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good>