

FACTS ON FAT

Roles of Fat

Fat is necessary and plays many roles in the body

- ◇ Helps absorb vitamins
- ◇ Helps build hormones
- ◇ Cushions and protects body organs
- ◇ Helps maintain body temperature
- ◇ Improves the taste and smell of many foods



GOOD FATS vs. BAD FATS

Although fats play an important role in the body, having too much and the wrong type can lead to excess body weight and affect cholesterol levels. These problems can contribute to health issues such as cancer and heart disease. While all fats affect cholesterol level and overall health, the type of fat consumed will determine if good cholesterol (HDL) or bad cholesterol (LDL) levels are raised or lowered. Liquid fats (unsaturated) are better for the body than solid/semi solid fats (saturated and trans), which do more harm than good.

TYPE OF FAT	SOURCES	STATE AT ROOM TEMP	EFFECT ON CHOLESTEROL
Monounsaturated	Olives and olive oil, peanut oil; almonds, cashews, peanuts, and most other nuts; peanut butter; avocados	Liquid	↑ HDL ↓ LDL
Polyunsaturated	Corn, cottonseed, safflower, and soybean oils; fish	Liquid	↑ HDL ↓ LDL
Saturated	Whole milk, butter, cheese, and ice cream; red meat; chocolate; coconut, coconut milk, and coconut oil	Solid	↑ HDL ↑ LDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried fast foods; most commercial baked goods	Solid or semi-solid	↓ HDL ↑ LDL

Source: The Harvard Medical School Guide To Healthy Eating, "Eat, Drink, and Be Healthy" Walter C. Willett, page 71. ISBN #978-0-7432-6642-0

TRY THIS INSTEAD...

Instead of sautéing with butter...

Turn to healthful oils such as olive or canola, which are low in saturated fats and contain healthful unsaturated fats.



Instead of cooking pork loin or fattier cuts of pork...

Prepare pork tenderloin, which is as lean as skinless white chicken meat. A 3-ounce serving contains only 4 grams fat, 1.4 grams saturated (compared to nearly 12 grams fat, 4.5 grams saturated in pork loin). The leaner the cut, the smaller amount of saturated fat.

Instead of cooking fatty hamburger meat...

Swap in extra-lean ground meat or lean ground turkey. A 3-ounce serving of high fat hamburger meat contains about 23 grams of fat, 9 grams saturated; lean ground beef (91% lean) carries only 8 grams of fat, 3 grams saturated. Another alternate is to drain and rinse cooked ground meat under warm running water to remove excess fat.

Instead of eating chicken and turkey with the skin on...

Remove the skin. Five grams of fat can instantly be shaved off.

Instead of using flour tortillas made with partially hydrogenated oils...

Try whole-grain tortillas made with oil. Whole grain tortillas contain no trans fats and contain healthful fats and fiber.



Instead of using whole milk in sauces or baked goods...

Add skim milk in its place. Eight ounces of whole milk has about 8 grams of fat, 5 grams saturated. Skim milk contains less than 0.5 grams of total fat and no saturated fat.

Instead of using cream in cream based soups...

Try puréeing cauliflower or other vegetables. You could use potato flakes or a flour/low fat milk slurry to thicken the soup.

Instead of adding sour cream to recipes...

Use nonfat plain yogurt. By doing so, you cut out fat.

Instead of spreading sandwiches with regular peanut butter...

Try natural peanut butter. Although the calories will be similar, natural peanut butter has less saturated fat and contains no partially hydrogenated oils.



Instead of baking cookies, cakes, and quick breads with solid butter or shortening...

Experiment with healthful oils. Solid shortening is made from oil that is partially hydrogenated, so it will contain trans fat. You can also substitute 1/2 the oil in a recipe for applesauce, pureed bananas, or yogurt.

Source: Utah State University Extension - extension.usu.edu

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