

FAT FACTS



IMPORTANT FACTS TO KNOW ABOUT FATS

- Fat is a necessary part of a healthy, balanced diet
- Fat adds flavor and helps us feel satisfied
- Our bodies require fat to absorb important vitamins like A, D, E, and K
- Fats provide 9 calories per gram, whereas protein and carbs provide 4 calories per gram
- There are many different types of fat including: monounsaturated, polyunsaturated, saturated and trans fat

FOCUS ON HEALTHY FATS

Healthy fats, like omega-3 and monounsaturated fats, help improve cholesterol levels and promote heart health.

Examples of Omega-3s:

- Salmon, tuna, sardines, walnuts, flaxseed, chia seeds, omega-3-rich eggs



Examples of Monounsaturated Fats:

- Nuts, olives, olive oil, canola oil, avocados, peanut butter



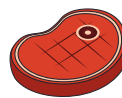
LIMIT THESE FATS

"Partially Hydrogenated Oil" (also known as Trans Fat)

- A type of fat shown to have detrimental effects on heart health

Examples of foods that may contain trans fats:

- Fried foods, cakes, cookies, pizza, donuts, foods with significant butter or margarine



**Check the ingredients list! Nutrition facts may list 0 g trans fat if a serving contains less than 0.5 g of trans fat.

Aim to include more of these fats in your diet...

and LESS of these!