



MHealthy Nutrition:
**FATS AND
YOUR BODY**

REASONS TO ENJOY BENEFICIAL FATS

1. Maintain radiant skin
2. Lower risk of heart disease
3. Absorb health-sustaining vitamins
4. Stabilize blood sugar levels

EAT MORE OF THESE FATS

Monounsaturated Fat

- Olive, canola, safflower, sesame and peanut oil
- Nuts and seeds
- Olives
- Avocados
- Nut and seed butters

Polyunsaturated Fat

- Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout
- Flaxseed
- Nuts and seeds
- Corn, soybean, flaxseed, walnut and sunflower oil

EAT LESS OF THESE FATS

Saturated Fat

- Fatty beef, lamb, pork
- Poultry with skin
- Butter, lard, shortening
- Whole milk dairy products, including cheese
- Desserts, chips, cookies, chocolate
- Fried foods
- Tropical oils such as coconut and palm

Trans Fat

Maybe found in these types of foods

- Processed foods
- Crackers, cookies, salty snacks
- Fried foods
- Baked goods, such as donuts, cake and pie
- Some stick spreads

TASTY WAYS TO ADD BENEFICIAL FATS TO YOUR MEALS AND SNACKS

Avocado/Hummus

- Add avocado to a tossed salad
- Use hummus or avocado as a sandwich spread
- Enjoy guacamole or hummus and veggies for a snack
- Add avocado to salsa and dip with tortilla chips

Oil

- Drizzle olive oil and balsamic vinegar on your salad
- Try dipping warm bread in a small amount of olive oil mixed with your favorite spices
- Sauté vegetables in a small amount of oil

Olives

- Add them to a fresh salad
- Throw some in pasta sauce
- For a dip, puree with garlic, a little olive oil and lemon juice
- Add to your favorite chicken marinade

Nuts/Seeds

- Add nuts or seeds to yogurt
- Have peanut or nut butter on an English muffin or whole wheat toast
- Add ground flaxseed to cereal such as oatmeal; or to yogurt or a smoothie
- Add walnuts or almonds to your salad
- Snack on nuts, like peanuts, pistachios or cashews

Seafood

- Grill salmon brushed with a little bit of olive oil and your favorite herbs
- Find a yummy salmon burger recipe to try
- Make a wrap with tuna and a little bit of olive oil-based mayo