HEALTHY FAT IS GOOD FOR YOUR BODY

Top 5 reasons to enjoy healthy fats
1. Maintain radiant skin
2. Manage weight
3. Lower risk of heart disease
4. Absorb health-sustaining vitamins
5. 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
• Egg yolks
• Butter, lard, shortening
• Whole milk dairy products, including cheese
• Desserts, chips, cookies, chocolate
• Fried foods

Trans Fat
• Processed foods
• Crackers, cookies, salty snacks
• Fried foods
• Baked goods, such as donuts, cake and pie
• Some stick spreads
Tasty Ways to Add Healthy Fat to Your Meals and Snacks

Avocado/Hummus
- Add avocado to a tossed salad
- Instead of using mayonnaise on your sandwich, use hummus or avocado
- Enjoy guacamole or hummus and veggies for a snack
- Add avocado to salsa and dip with whole grain tortilla chips

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 a small handful of nuts, like peanuts, pistachios or cashews

Oil
- Drizzle olive oil and balsamic vinegar on your salad
- Instead of buttering your bread, try dipping warm bread in a small amount of olive oil mixed with your favorite spices
- Saute vegetables in a small amount of oil

For a balanced, nutritious eating plan, include 5-6 teaspoons of healthy fat every day.

One teaspoon equals
- 3 Tbsp. (1/6) avocado
- 2 Tbsp. hummus
- 1/3 oz. nuts (8 almonds, 6 cashews, 10 peanuts, 4 walnut halves, 16 pistachios)
- 1 ½ tsp. nut butter
- 1 Tbsp. seeds
- 1 tsp. oil
- 8 large olives

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

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