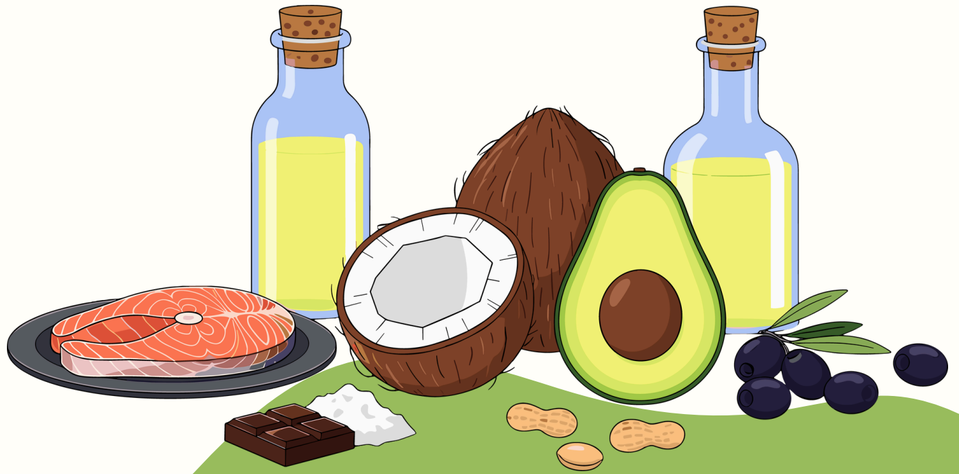
Fats

Flavor, Fullness, and Heart Health

Why Do We Need Fat?

- Needed to absorb vitamins A, D, E, and K
- Build cell membranes and support normal body functions
- Provide essential fatty acids
- Support hormone production
- Add flavor and texture to food
- Help meals feel satisfying



Fat, Fullness & Satisfaction

Fat slows digestion and helps meals stick with you

Example: Toast vs avocado toast vs avocado toast with egg

Choose more

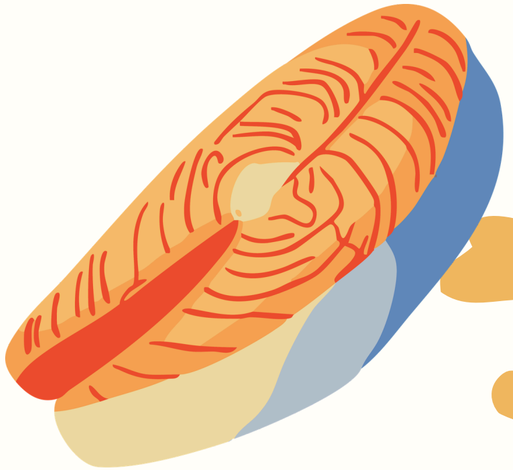
Healthy Fats	Food Sources	
Monounsaturated fats *Lower LDL*	• Olives and olive oil • Canola oil • Sunflower oil • Peanut oil	• Avocados • Nuts and seeds • Peanut butter
Polyunsaturated fats *Lower Triglycerides and raise HDL cholesterol*	• Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) • Ground flaxseed • Walnuts • Corn oil	• Soybean oil • Safflower and cottonseed oils • Soymilk • Tofu

Moderation

Limit

Less Healthy Fats	Food Sources	
Saturated fats *Increase total cholesterol levels including HDL and LDL*	• High-fat cuts of meat (beef, lamb, pork) • Chicken with the skin • Whole-fat dairy products • Butter • Ice cream	• Cheese • Lard • Palm and coconut oil (snack foods, non-dairy creamers, whipped toppings)
Unhealthy Fats	**Food Sources**	
Trans fats *Increase total cholesterol levels including LDL and lower HDL cholesterol*	• Artificial trans fats, most commonly known as partially hydrogenated oils, were previously found in many processed foods. Since 2020, food manufacturers are no longer allowed to use partially hydrogenated oils.	• Natural trans fats are present in very low levels in food products such as milk, butter, cheese, and meat that come from cows, sheep, goats, buffalo, and deer.

Omega 3



Very important type of polyunsaturated fat

- Best fat for heart health
- May lower risk of some cancers, alzheimer's, dementia, and more
- Fish is the best source

Should you supplement?

Maybe, studies have mixed results

Applied Practice:

Olive oil

- Monounsaturated fat
- High in antioxidants

Walnuts

- Polyusaturated fat, ALA omega 3
- Some fiber

Avocado mix of fats

- High in omega 9
    - Anti-inflammatory
- High in fiber