

Fats

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Meet Fats

Fats are one of three macronutrients. They provide 9 calories per gram and help keep your skin and hair healthy, as well as insulating your organs. Fats also help regulate body temperature and healthy cell function.

Did you know? We don't actually have a sweet tooth, we have a fat tooth! Our bodies are hard wired to love fat.

Types of Fats

Saturated Fat

- Saturated fats are usually found in animal products like meat, butter, and cheese.
- They are often solid at room temperature.
- Saturated fats raise your total blood cholesterol and your LDL (bad) cholesterol. They endanger your heart and your overall health.

Trans Fat

- You can find trans fats in processed baked goods, fried foods, and some margarines.
- Like saturated fats, trans fats are often solid at room temperature.
- Trans fats raise your LDL (bad) cholesterol and lower your HDL (good) cholesterol. They also increase your risk of type II diabetes, heart disease, and stroke.

Unsaturated Fats

- Unsaturated fats are good for you when consumed in moderation.
 - Monounsaturated fats
 - Found in olive oil and canola oil
 - Monounsaturated fats improve cholesterol levels, insulin regulation, and blood sugar control.
 - Polyunsaturated fats
 - Found in fish, soybean oil, sunflower oil, and safflower oil
 - Polyunsaturated fats decrease your risk of heart disease and diabetes.

Omega-3, Omega-6, and Fish

People need to consume omega-3 and omega-6 fatty acids in a proper ratio. The recommended ratio is 4 omega-6 fatty acids to every 1 omega-3 fatty acid. Most people are eating 10 omega-6s to every single omega-3.

- You can find omega-3 fatty acids in fish, flax, and canola oil.