

SWITCH THE FAT



Replace saturated fats with unsaturated fats!

Where Are Unsaturated Fats?

There are two types of unsaturated fats -- polyunsaturated fats and monounsaturated fats.

You can find monounsaturated fats in foods like avocados, nuts, canola oil, sunflower oil, and olive oil.

You can find polyunsaturated fats in safflower oil, flaxseeds, fatty fish, and walnuts.

Quick Switch Ideas

To replace butter with canola or olive oil, start with sautés or stir fries — dishes that just use a little fat to help cooking.

From there, you can move on to soups, and more! You can even dip bread in olive oil rather than slathering it in butter.

Why Use Oil Instead?

Both butter and olive oil are calorie-dense, high-fat foods. But there is a significant difference in the types of fats they contain. Butter is rich in saturated fat, which can increase a person's risk of chronic disease. According to the Dietary Guidelines for Americans, "A strong body of evidence indicates that higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol. Higher total and LDL cholesterol levels are risk factors for cardiovascular disease."

Unsaturated fats, on the other hand, promote heart health and contain some nutrients, making them a great substitute for saturated fats. Choose olive oil or canola oil instead of butter!

