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# SATURATED FAT

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What impact does it have on health?

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## Replace and Reduce Saturated Fat:

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Both saturated and unsaturated fats offer the same number of calories. The difference is in their health impact. That's why the Dietary Guidelines for Americans recommend that people "Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids."

Some of those changes can be easy. For example, consider dipping your bread in olive oil rather than slathering it with butter. Simply reducing the amount of saturated fat you eat or drink can be good for your health. Try buying skim or 1% milk instead of whole milk. Do the same with cheese and yogurt. You can also lighten up the cuts of meat you buy.

## Saturated Fat and Disease:

Unfortunately, when it comes to fat, most people eat too much saturated fat and not enough healthful unsaturated fats. The Dietary Guidelines for Americans have revealed that "Even in the absence of overweight or obesity, consuming too much sodium, solid fats, saturated and trans fatty acids, cholesterol, added sugars, and alcohol increases the risk of some of the most common chronic diseases in the United States." MyPlate adds a bit more detail, asserting, "Saturated fats and trans fats tend to raise "bad" (LDL) cholesterol levels in the blood. This, in turn increases the risk for heart disease."

The good news is that reducing the saturated fat people eat can decrease their risk of these health dangers.

