

Fat, Sugar, Salt

Tips to make sure you are not getting too much of the "extras" that can have a negative impact on your eating plan and health.

Beneficial Fats



Other fats with health benefits include polyunsaturated fats like corn and soybean oil and monounsaturated fats such as extra virgin olive oil, peanut and canola oil. Avocado has become popular because of its neutral taste, creamy texture and health benefits.

Limit These Fats



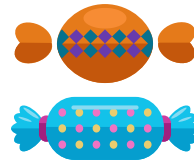
Saturated fat, which is solid at room temperature, should be limited to 10% or less of total calories. Saturated fat comes from animal products such as beef, bacon, butter, full fat cheese and other full fat dairy products, poultry skin and tropical oils such as coconut and palm oil.

Sugar Facts



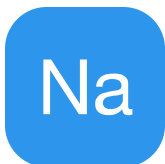
Excess consumption of sugar may lead to obesity, dental carries and heart disease. Clearly, less is best. The US Dietary Guidelines suggest no more than 10% of calories coming from sugar.

Sugar Tips



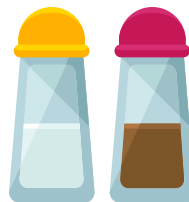
Pay attention to serving sizes as well as the amount of sugar you consume. Choose seasonal fruit for dessert such as berries, pears and citrus fruit. Enjoy decaffeinated coffee or tea after a meal instead of a rich dessert.

Salt Facts



Research has established a link between diets high in sodium with hypertension, AKA "the silent killer". While we need some sodium in our diets to maintain normal fluid balance in our cells and maintain normal nerve and muscle function, most of us consume too much!

Salt Tips



The US Dietary Guidelines suggest no more than 2300 mg of sodium per day. Sodium is present primarily in processed foods and adds up throughout the day from breakfast meat, canned foods, frozen meals, salty snacks and fast food.