



Nutrition

fact sheet

HEALTHY FAT IS GOOD FOR YOUR BODY

Top 5 reasons to enjoy healthy fats

1. Maintain radiant skin
2. Manage weight
3. Lower risk of heart disease
4. Absorb health-sustaining vitamins
5. Stabilize blood sugar levels



Eat more of these fats

Monounsaturated Fat

- Olive, canola, safflower, sesame and peanut oil
- Nuts and seeds
- Olives
- Avocados
- Nut and seed butters

Polyunsaturated fat

- Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout
- Flaxseed
- Nuts and seeds
- Corn, soybean, flaxseed, walnut and sunflower oil

Eat less of these fats

Saturated Fat

- Fatty beef, lamb, pork
- Poultry with skin
- Egg yolks
- Butter, lard, shortening
- Whole milk dairy products, including cheese
- Desserts, chips, cookies, chocolate
- Fried foods

Trans Fat

- Processed foods
- Crackers, cookies, salty snacks
- Fried foods
- Baked goods, such as donuts, cake and pie
- Some stick spreads





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Tasty Ways to Add Healthy Fat to Your Meals and Snacks

Avocado/Hummus

- Add avocado to a tossed salad
- Instead of using mayonnaise on your sandwich, use hummus or avocado
- Enjoy guacamole or hummus and veggies for a snack
- Add avocado to salsa and dip with whole grain tortilla chips



Nuts/Seeds

- Add nuts or seeds to yogurt
- Have peanut or nut butter on an English muffin or whole wheat toast
- Add ground flaxseed to cereal such as oatmeal; or to yogurt or a smoothie
- Add walnuts or almonds to your salad
- Snack on a small handful of nuts, like peanuts, pistachios or cashews



Oil

- Drizzle olive oil and balsamic vinegar on your salad
- Instead of buttering your bread, try dipping warm bread in a small amount of olive oil mixed with your favorite spices
- Saute vegetables in a small amount of oil

For a balanced, nutritious eating plan, include 5-6 teaspoons of healthy fat every day.

One teaspoon equals

- 3 Tbsp. (1/6) avocado
- 2 Tbsp. hummus
- 1/3 oz. nuts (8 almonds, 6 cashews, 10 peanuts, 4 walnut halves, 16 pistachios)
- 1 1/2 tsp. nut butter
- 1 Tbsp. seeds
- 1 tsp. oil
- 8 large olives

Olives

- Add them to a fresh salad
- Throw some in pasta sauce
- For a dip, puree with garlic, a little olive oil and lemon juice
- Add to your favorite chicken marinade

Seafood

- Grill salmon brushed with a little bit of olive oil and your favorite herbs
- Find a yummy salmon burger recipe to try
- Make a wrap with tuna and a little bit of olive oil-based mayo