

SHOPPING GUIDE

The tables below can help you remember which fats are good for you and which to avoid. Tear this off and bring it to the grocery store to help you shop wisely.



CHOLESTEROL-RAISING FATS

| | |
|-----------------------|--|
| Saturated Fats | Coconut oil |
| | Palm oil |
| | Palm kernel oil |
| | Beef fat |
| | Lard |
| Trans Fats | Stick margarine |
| | Foods made with hydrogenated or partially-hydrogenated oil |



HEART-HEALTHY FATS

| | |
|---|---|
| Monounsaturated Fats | Olive oil |
| | Canola oil |
| | Peanut oil |
| Polyunsaturated Fats | Safflower oil |
| | Sunflower oil |
| | Corn oil |
| | Sesame oil |
| | Soft (tub) margarine |
| Omega-3 Fats | Flaxseed oil |
| | Some fish, including: tuna, salmon, mackerel, sardines and herring |
| Fats with Stanol and Sterol Esters | Some vegetable spreads contain these healthful substances; check labels |

Tear here along perforation.



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healthy lifestyle diet choices

Reducing Dietary Fat

Wellness information from
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WHY YOU SHOULD REDUCE DIETARY FAT

Eating too much fat is bad for your health. High-fat diets, especially those that include large amounts of animal or solid fats, raise cholesterol and increase your risk for heart disease.

Fat is also high in calories and can contribute to weight gain and obesity.

TYPES OF DIETARY FAT

There are two primary types of fat: saturated and unsaturated. A third type, trans fat, is formed when vegetable oils are “hydrogenated” (turned into a solid fat) during the manufacturing process of some packaged foods.

Saturated Fat

Saturated fats are solid or semi-solid at room temperature. They come mostly from animal sources and dairy products but also can be found in some oils, such as palm, palm kernel, hydrogenated vegetable and coconut oils. Saturated fats raise blood cholesterol more than any other ingredient in our diets.

To reduce the amount of saturated fat you eat, decrease your consumption of fatty cuts of beef, lamb and pork. Also restrict your intake of sausages, hot dogs, bacon, hamburgers, luncheon meats, whole milk, cream, cheese and rich desserts. Saturated fat also can be found in some nondairy cream substitutes, commercially baked goods and snack foods. Read food labels carefully to avoid them.

Unsaturated Fat

These “good” fats tend to be liquid at room temperature. They come from plant rather than animal sources and help keep cholesterol down when used in place of saturated fats. There are two kinds of unsaturated fat, monounsaturated and polyunsaturated.

Monounsaturated Fat – These fats can be found in almond, avocado, canola, olive, peanut and sesame oils. They lower LDL cholesterol without simultaneously lowering the HDL (“good”) cholesterol. HDL is good because it sweeps excess cholesterol from your arteries.

Polyunsaturated Fat – You can find these fats in liquid vegetable oils, such as corn, cottonseed, safflower, sesame seed, soybean and sunflower. They tend to lower total cholesterol levels, including the healthy HDL.

Trans Fat

These fats are formed when vegetable oils are “hydrogenated,” or turned into a solid fat in order to prolong a food’s shelf life. They are commonly found in shortening, hard stick margarine, deep frying oils and most processed or convenience foods. Trans fats are doubly detrimental to your health because they raise total and LDL cholesterol while decreasing healthy HDL.

In recent years efforts have been made to reduce the amount of trans fats in processed foods, but it’s still important to check food labels to ensure you consume as little as possible. Limit the amount of commercial baked goods you eat, such as cookies, pastry, crackers, potato chips and other snack foods, which also tend to be high in calories. Avoid fast foods and deep-fried foods at restaurants, and look for trans fat-free margarines and nut butters when you shop.



ADDITIONAL HEART-HEALTHY TIPS

To further protect your heart, be sure to check food labels for healthful sodium levels and total fat content. Aim to keep daily sodium intake below 2,300 milligrams (about one teaspoon), and consume no more than 25 – 30 percent of your daily calories from fat.

Watching portion sizes also will help you keep your weight down. To create a healthful diet that includes all food groups in the healthiest proportions, refer to Choose My Plate, which is available online at choosemyplate.gov.