

TYPES OF FAT

Types of Fat	<i>Polysaturated Fat</i>	<i>Monounsaturated Fat</i>	<i>Saturated Fat</i>	<i>Trans Fat (Partially Hydrogenated Oils)</i>
Origin	Usually from plant sources	Usually from plant sources	Usually from animal sources	Small amount found naturally in animal products; most found in processed foods
Food sources	Omega-6 fatty acids: Safflower Oil Sunflower Oil Cottonseed Oil Sesame Seed Oil Soybean Oil Corn Oil Omega-3 fatty acids: Fatty fish (albacore tuna, sardines, salmon) Nuts (Walnuts) Soybeans Flaxseed Oil Canola Oil	Olive Oil Peanut Oil Canola Oil Peanuts Pecans Almonds Avocados	Animal Sources: Dairy products (butter, whole milk, ice cream, cheese) Beef (Tallow) Pork (Lard) Poultry skin Plant Sources: Coconut Oil Palm Oil Cocoa Butter Chocolate	Snack foods (cookies, crackers, chips) Stick Margarine Fried Foods (French fries, dough-nuts)
Appearance at room temperature	Usually liquid	Usually liquid	Usually solid	Usually solid
Effect on blood cholesterol	Lowers total blood cholesterol level	Lowers LDL blood cholesterol	Raises total blood cholesterol, even more than dietary cholesterol alone	Raises total blood cholesterol and LDL cholesterol, may decrease HDL cholesterol

To help lower your LDL cholesterol, your eating plan should meet these daily goals:

Total fat: 25-35% of your total calories (mostly from unsaturated sources)

Saturated fat: less than 7% of your total calories (14g on a 2,000 calorie diet)

Polyunsaturated fat: 10% of your total calories

Monounsaturated fat: 10-15% of your total calories

Trans fat: 1% of your total calories (2g on a 2,000 calorie diet)

LDL CHOLESTEROL

LDL, or "bad" cholesterol, is the major cholesterol carrier in the blood. High LDL levels are associated with increased risk for coronary heart disease. Total LDL levels in your blood should be less than 130 mg/dl. Optimal levels are below 100 mg/dl.

Tips for Improving your LDL Cholesterol:

1. Lose weight if you need to.

- Aim for a BMI between 18.5 and 25

2. Exercise.

- Your goal for physical activity should be *at least* 30 minutes of exercise a day 5 days a week. Running, walking, swimming, cycling, and another endurance exercises are especially good for your heart.

3. Limit fat, especially saturated fats, in your diet. Saturated fat is found mostly in foods from animals and some plants.

- Foods from animals that contain saturated fats include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk.
- Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

4. Aim for 10-25 grams of soluble fiber daily.

- Good sources of soluble fiber include oats/oat bran, barley, flax seed, dried beans and peas, fruits (figs, grapefruit, oranges, prunes, pears), vegetables (broccoli, Brussels sprouts, carrots).

5. Incorporate monounsaturated fats into your diet.

- Good sources of monounsaturated fats include olive oil, peanut oil, canola oil, peanuts, pecans, almonds, and avocados.

6. Incorporate sterols and stanols into your diet.

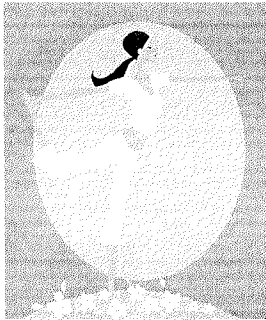
- These are found naturally in fruits, vegetables, nuts, seeds, cereals, dried beans and peas, vegetable oils, rice bran, and wheat germ. Many products such as some margarines have stanols and sterols added to them.



HDL CHOLESTEROL

HDL is called “good” cholesterol because high HDL levels are associated with a decreased risk of developing coronary artery disease. Desirable levels in the blood are 40 mg/dl or higher.

Tips for Improving your HDL Cholesterol



1. Lose weight if you need to.

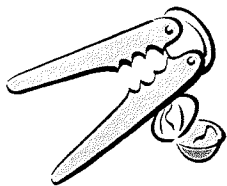
- Aim for a BMI between 18.5 and 25

2. Exercise.

- Your goal for physical activity should be *at least* 30 minutes of exercise a day 5 days a week. Running, walking, swimming, cycling, and another endurance exercises are especially good for your heart.

3. Stop smoking.

- There is evidence that cigarette smoking is a major cause of coronary heart disease, which leads to heart attack. People who use tobacco also have a higher risk of developing several chronic disorders including atherosclerosis (fatty buildups in arteries) which is a chief contributor to the high number of deaths from smoking.



4. Increase intake of Omega-3 fatty acids

- Good sources of omega-3 fatty acids include salmon, herring, mackerel, anchovies, sardines, walnuts, soybeans, tofu, flaxseed oil, and canola oil

5. Limit fat, especially saturated fat, in your diet.

- Foods from animals include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk.
- Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

