# Optimal Fat Intake

Daily recommendation of fat intake: 3-5 Healthy Fat Servings/Day. **Total Fat Intake Less than 45 grams/Day**

<table>
<thead>
<tr>
<th>Rating</th>
<th>Type of Fat</th>
<th>Examples</th>
<th>Benefit</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌟🌟🌟🌟🌟</td>
<td>Monounsaturated</td>
<td>Olive, canola and peanut oils, avocados, peanuts and almonds</td>
<td>Lowers total and LDL (Bad) cholesterol, but not HDL (Good) cholesterol</td>
<td>Less than 22 grams/day</td>
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<tr>
<td>🌟🌟🌟🌟🌟</td>
<td>Polyunsaturated – Omega-3</td>
<td>Fatty fish, flaxseed, soybean, walnuts, tofu, and soybeans</td>
<td>Lowers triglyceride levels and reduces the risks of heart disease and stroke</td>
<td>Less than 13 grams/day</td>
</tr>
<tr>
<td>🌟🌟🌟</td>
<td>Polyunsaturated – Omega-6</td>
<td>Vegetable oils such as corn, safflower and sunflower oils, seeds and nuts</td>
<td>Does not raise or lower total cholesterol. Lowers LDL (Bad) cholesterol</td>
<td></td>
</tr>
<tr>
<td>🌟</td>
<td>Saturated &amp; Trans Fats</td>
<td>Animal fats, such as butter, meat and dairy, hydrogenated fats/oils, stick margarine, coconut, palm, palm kernel oil, bacon grease, shortening, lard and anything deep fried</td>
<td>No health benefits, but associated with increased cholesterol and LDL levels, as well as increased risk of heart disease and stroke</td>
<td>Less than 9 grams/day</td>
</tr>
</tbody>
</table>

Recommendations based on 2000 calorie diet with 20% fat intake.
Foods That May Help Control Cholesterol

**Omega-3 Fatty Acids**

> **Supplements**
> Check with your physician for recommended amounts/day.

**Flaxseed**

**Benefits:**
- May lower risk of heart disease and stroke
- May lower triglycerides

**Sources:**
- Fatty Fish - Salmon, mackerel, tuna, halibut, white fish, lake and rainbow trout (Consumers should check with local and state authorities about fish contamination)
- Ground flaxseed and flaxseed oil
- Walnuts and walnut oil
- Pecans and pecan oil
- Canola and soybean oils
- Fortified foods

**Healthy population recommendations:**
- Eat a variety of fatty fish 2 times/week

**Tips:**
- Add chopped walnuts or grilled salmon to salads
- Substitute fish in your favorite chicken recipe
- Sprinkle flaxseed on cereal, yogurt and salads
- Have a tuna fish sandwich for lunch

**Plant Sterols & Plant Stanols**

(Sometimes called Phytoestrols)

**Benefits:**
- Helps lower LDL (bad cholesterol) of those already exercising or taking medication for cholesterol
- Helps lower LDL (bad cholesterol) of those who don’t exercise or take medication

**Sources:**
- Fortified foods such as margarine, orange juice, bran, bread, and oatmeal
- Whole grain foods such as bran, oatmeal, and whole wheat

**Healthy population recommendations:**
- 2 grams/day for effective cholesterol lowering

**Foods That May Help Control Cholesterol**

**Soy**

> **Supplements**
> Check with your physician for recommended amounts/day.

**Benefits:**
- Great source of omega-3s
- May reduce chance of heart attack and stroke
- Slightly lowers blood pressure
- Great source of fiber

**Sources:**
- Purchased already ground. If purchased whole, a coffee grinder can be used to grind it. Must be stored in a sealed container
- Fortified foods – breads, cereals

**Healthy population recommendations:**
- 2 tablespoons/day

**Tips:**
- Add to homemade muffins or bread recipes
- Sprinkle ground flaxseeds onto hot or cold cereals
- Combine in a fruit smoothie or yogurt
- Adds a nutty flavor to cooked vegetables

**Soluble Fiber**

**Benefits:**
- Lowers LDL (Bad) cholesterol without lowering HDL (Good) cholesterol
- May reduce colon cancer risk
- May relieve constipation
- Stabilizes blood sugar levels

**Sources:**
- Oatmeal and oat bran
- Fruits like apples and pears
- Dried peas, beans and barley
- Vegetables like Brussels sprouts, winter squash and carrots

**Healthy population recommendations:**
- 5-10 grams of soluble fiber/day

**Tips:**
- Eat one bowl of old-fashioned or steel cut oatmeal daily
- Substitute unprocessed oat bran for processed oat bran

**Soybeans and Soy Products**

**Benefits:**
- Research shows that using soy in it's whole form such as tofu and edamame, instead of it's processed form such as vegetable burgers and vegetable nuggets, may slightly lower LDL cholesterol
- Contain high levels of polyunsaturated fat (regulate cholesterol and triglyceride levels, may slightly lower LDL cholesterol)
- Lowers the amount of fat and sodium in foods
- May reduce the risk of heart disease
- May lower blood pressure

**Sources:**
- Tofu
- Soybeans and soy products

**Healthy population recommendations:**
- 25 grams/day

**Tips:**
- A meat substitute or to replace meat in recipes
- Tofu is high in protein and low in saturated fat
- Fortified foods – breads, cereals

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**Sources:**
- Fortified foods such as margarine, orange juice, bran, bread, and oatmeal
- Whole grain foods such as bran, oatmeal, and whole wheat

**Healthy population recommendations:**
- 2 grams/day for effective cholesterol lowering

**Tips:**
- Look for the words Sterols, Stanols and Phytoestrols on the labels
- Substitute unprocessed oat bran for processed oat bran
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