





Optimal Fat Intake

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

Rating	Type of Fat	Examples	Benefit	Recommendations
	Monounsaturated	Olive, canola and peanut oils, avocados, peanuts and almonds	Lowers total and LDL (Bad) cholesterol, but not HDL (Good) cholesterol	Less than 22 grams/day
	Polyunsaturated – Omega-3	Fatty fish, flaxseed, soybean, walnuts, tofu, and soybeans	Lowers triglyceride levels and reduces the risks of heart disease and stroke	Less than 13 grams/day
	Polyunsaturated – Omega-6	Vegetable oils such as corn, safflower and sunflower oils, seeds and nuts	Does not raise or lower total cholesterol. Lowers LDL (Bad) cholesterol	
	Saturated & Trans Fats	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	No health benefits, but associated with increased cholesterol and LDL levels, as well as increased risk of heart disease and stroke	Less than 9 grams/day

Recommendations based on 2000 calorie diet with 20% fat intake.

SHINING LIGHT ON
CLEAR SOLUTIONS TO
HEALTHCARE COSTS

Foods That May Help Control Cholesterol

Omega-3 Fatty Acids

- 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



Flaxseed

- 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 muffin 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

Plant Sterols & Plant Stanols (Sometimes called phytosterols)

- Benefits:**
- Helps lower LDL (bad cholesterol)
 - Does not affect HDL (good cholesterol) or triglyceride levels

- Sources:**
- Fortified foods such as margarine, orange juice, granola bars, and oatmeal

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

- Tip:**
- Look for the words sterols, stanols and phytosterols on the labels

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

- Tip:**
- Eat one bowl of old-fashioned or steel cut oatmeal instead of instant oatmeal to increase your fiber intake

Soy

- 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 (Bad) cholesterol
 - Contain high levels of polyunsaturated fat, fiber, vitamins, minerals and low levels of saturated fat

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



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

- Tip:**
- Soy is a healthy replacement for meat and foods high in saturated and total fat

Supplements
Check with your physician
for recommended amounts/day.