

Lifestyle Intervention Program

Fat



Clogged Arteries

[Clogged arteries](#)

Fat: Healthy or Harmful?

- An essential nutrient that maintains healthy skin and carries the fat soluble vitamins A, D, E and K
- Insulates and protects organs
- Provides energy



- Excess stored as body fat
- Collects in blood vessels and arteries
- Extra work for heart, muscles, and joints
- Can damage your cells

Fat intake

- The Institute of Medicine and the American Heart Association recommend a total fat intake of 25-35 percent of calories.
 - That's about 55-77 g of fat eating 2,000 calories/day.
 - 41-58 g if consuming 1,500 daily calories.

*Remember, the fat source is important.

Label terminology

- **Label claim:** Fat-free or sugar-free; **Definition** (per serving size): Less than 0.5 grams of fat or sugar
- **Label claim:** Low-fat; **Definition** (per serving size): 3 grams or less of fat
- **Label claim:** Reduced-fat or reduced-sugar; **Definition** (per serving size): At least 25% less fat or sugar
- **Label claim:** Cholesterol-free; **Definition** (per serving size): Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat

Label terminology cont...

- **Label claim:** Reduced-cholesterol; **Definition** (per serving size): At least 25% less cholesterol and 2 grams or less of saturated fat
- **Label claim:** Calorie-free; **Definition** (per serving size): Less than 5 calories
- **Label claim:** Low-calorie; **Definition** (per serving size): 40 calories or less
- **Label claim:** Light or lite; **Definition** (per serving size): One-third fewer calories or 50% less fat; if more than half the calories come from fat, fat content must be reduced by 50% or more.

Saturated Fat

“The American Heart Association recommends limiting saturated fats – which are found in butter, cheese, red meat and other animal-based foods, and tropical oils. Decades of sound science has proven it can raise your “bad” cholesterol and put you at higher risk for heart disease.”

Saturated fat

Foods high in saturated fat include:

- Beef, pork, lamb, veal, and skin of poultry
- Hot dogs, bologna, salami
- High fat dairy products, such as, cream, ice cream, whole milk, 2% milk, cheese, 4% cottage cheese
- Butter, lard, bacon fat
- Tropical oils, such as palm, palm kernel, coconut oil
- Baked goods, such as cookies, pastries, croissants

Coconut oil

- Coconut oil is marketed as a "healthy" oil, but it is 82% saturated fat, and in 2017 the American Heart Association said there was no evidence it has any specific health benefits. "It might be better than saturated fat from animal sources, but should not be a daily source of your fat," "Use it sparingly, if at all."

Trans fat

Sources of trans fat include:

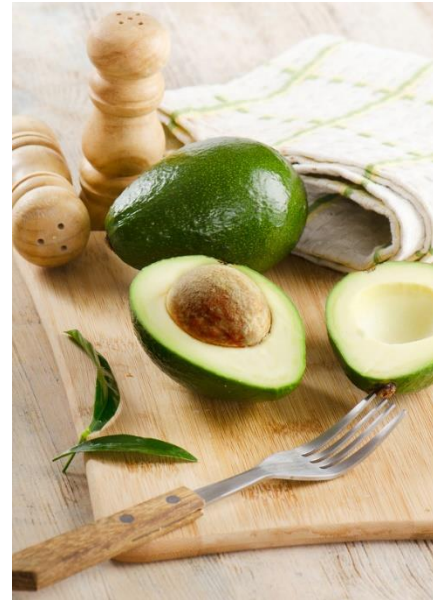
- Solid margarine
- Shortening
- Powdered coffee cream, liquid flavored coffee cream
- Convenience foods, such as certain brands of pre-packaged baked goods

American Heart Association recommends replacing Trans Fat in your diet with mono and poly-unsaturated fats.



Mono-unsaturated fat

- Olive oil
- Nuts, such as almonds, cashews, pecans and macadamias
- Canola oil
- Avocados
- Nut butters
- Olives
- Peanut oil



Poly-unsaturated Fat

- sunflower, corn, soybean and cottonseed oils
- Walnuts and other nuts
- Flaxseed
- Sesame, sunflower and pumpkin seeds
- Omega-3 fatty acids found in fatty fish

Adding Flax Seed

How

- Grind it up.
- Top salads for a nutty flavor.
- Bake into muffins and nut breads.
- Sprinkle flaxseed onto hot or cold cereal.
- Sprinkle on cooked vegetables.
- Add to smoothies.
- Cook into soups, stews and casseroles.

Why

- ✓ Lowers total cholesterol and LDL
- ✓ May lower blood triglycerides and blood pressure
- ✓ May reduce the “stickiness” of platelets
- ✓ May prevent certain cancers
- ✓ Fiber!

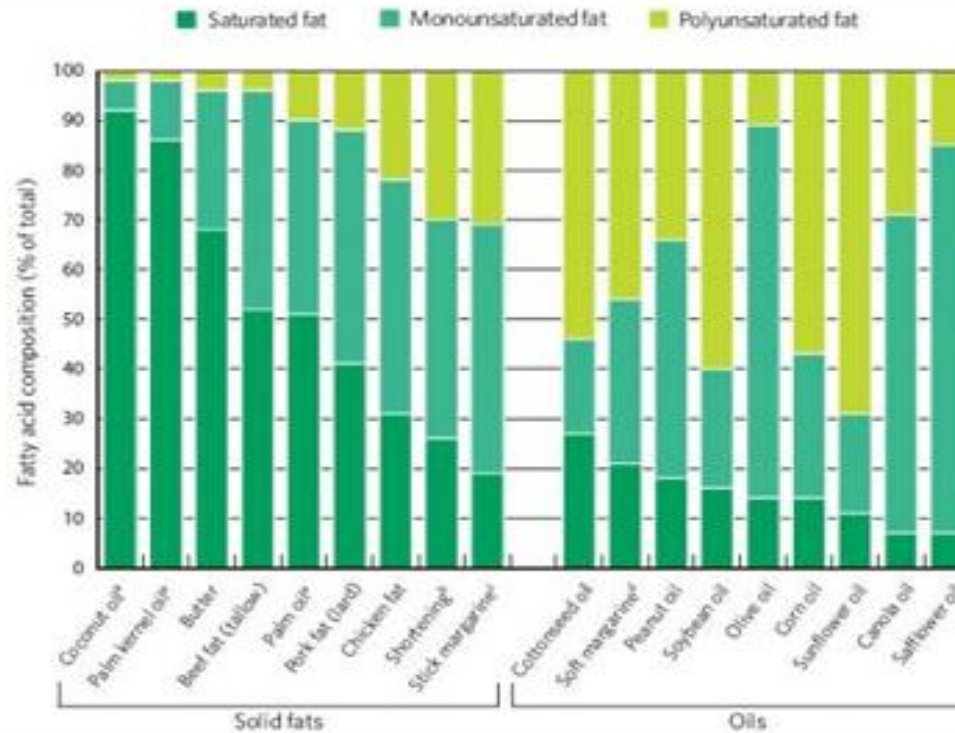


Nuts

- Monounsaturated fats (when consumed instead of simple carbs or compared to saturated fats)
 - Improves lining of the arteries
 - Blood thinning properties
 - Delayed stomach emptying
- 1 -2 Ounces daily
 - 1 ounce is about a handful
- Walnuts, Almonds, Cashews, and more!



FIGURE 3-3. Fatty Acid Profiles of Common Fats and Oils



a. Coconut oil, palm kernel oil, and palm oil are called oils because they come from plants. However, they are semi-solid at room temperature due to their high content of short-chain saturated fatty acids. They are considered solid fats for nutritional purposes.

b. Partially hydrogenated vegetable oil shortening, which contains trans fats.

c. Most stick margarines contain partially hydrogenated vegetable oil, a source of trans fats.

d. The primary ingredient in soft margarine with no trans fats is liquid vegetable oil.

Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 22, 2009. Available at <http://www.ars.usda.gov/ba/bhnrc/ndl>. Accessed July 19, 2010.

Finding the Fat on Labels

- Serving Size
- Monounsaturated Fat (MUFA)
- Polyunsaturated Fat (PUFA)
- Saturated Fat
- Trans Fat

Nutrition Facts		
Serving Size about 3 Tbsp (29g) Unpopped		
Servings Per Package about 45		
Amount per Serving	3 Tbsp Unpopped	1 Cup Popped
Calories	140	40
Calories from Fat	70	20
% Daily Value**		
Total Fat 8g*	12%	3%
Saturated Fat 2g	10%	5%
<i>Trans Fat</i> 2.5g		
Cholesterol 0g	0%	0%
Sodium 360mg	15%	3%
Total Carbohydrate 15g	5%	2%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	12%	4%

Not a significant source of Vitamin A, Vitamin C and Calcium.

*Amount unpopped. As popped 1 cup provides 2g fat (0.5g saturated fat, 0.5g trans fat), 80 mg sodium, 5g total carbohydrate (1g of dietary fiber), less than 1g of protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Cholesterol

Cholesterol is made by the liver. Therefore, only animal-based foods contain cholesterol. If your cholesterol levels are normal, limit your intake to up to 300 mg per day. If you have been diagnosed with high cholesterol, limit your intake to less than 200 mg per day.

Essential Fatty Acids

- Considered essential fatty acids because they cannot be synthesized by humans.
 - ALA (Omega-3) is converted to EPA and DHA
 - EPA and DHA are the forms that are readily available for absorption in the body.
 - found in fatty fish, flaxseeds, flaxseed oil, canola oil, chia seed, soybeans, walnuts, wheat germ. Also found in smaller quantities in beans, green leafy vegetables, broccoli, strawberries.
 - LA (Omega-6) is found in sunflower, sesame, and safflower oils, nuts, seeds, meat, and eggs.

Approximate Fat grams per serving

- ½ Avocado – 12g
- 1 Tbsp Avocado Oil – 14g
- ¼ Cup Walnuts – 19g
- ¼ Cup Almonds – 16g
- 5 medium Black Olives – 2g
- 5 medium Green Olives – 2.6g
- 1 Tbsp Extra Virgin Olive Oil – 13.5g
- 1 Tbsp Flaxseed – 3g
- 1 Tbsp Chia – 3g
- 1 Tbsp Peanut Butter – 8g
- 4 oz Salmon – 5-8g

Plant based meal ideas with healthy fat

- Bean Falafel with Hummus
- Tofu Power Bowl
- Chana Masala
- Honey Tempeh
- Pumpkin and Black Bean Burrito
- Lentil Meatballs
- Brown Rice and Broccoli Avocado Salad



-Kristi B.

Recap: Action steps you can take now!

- Add a Tablespoon of flaxseed to your breakfast daily
- Add a Tablespoon of Chia seed daily
- Substitute snacks of chips, pastries, or other processed items with an ounce of nuts
- Create your own salad dressing using olive oil and balsamic vinegar as the base