Facts About Fat

Fats tend to get a bad rap and are high in calories (1 tsp oil = ~50 calories). Fats have many benefits, including providing energy and essential fatty acids and helping the body absorb fat soluble vitamins. But not all fats are created equal.

	Unsaturated (poly-/mono-unsaturated)	Saturated	Trans Fats (aka Hydrogenated Oils)
How to Spot It	Liquid at room temp	Solid at room temp	Solid at room temp
Food Sources	Plant Oils (olive, canola, etc.) Nuts & seeds Fish Avocado	Animal fat (beef, pork, chicken) Butter & lard Cheese & dairy Tropical plant oils (cottonseed, palm kernel)	Margarine Shortening Processed foods (pastries & baked goods, fried foods, snack foods)
Health Effects	Lower risk of heart disease Increases good (HDL) cholesterol Reduces bad (LDL cholesterol Lowers blood pressure	Increased risk of heart disease Increases bad (LDL) cholesterol	Increases risk of heart disease Reduces good (HDL) cholesterol Increases bad (LDL) cholesterol
Take Home Message	Choose heart healthy unsaturated fats	Limit to < 10% of dietary fat Replace with unsaturated fats when possible	Avoid

Make small changes to reduce fat in your diet:

Upgrade your sandwich! Ditch the mayonnaise and full-fat cheese:

- Add slices of avocado
- Use hummus or other bean spread
- Opt for a vinaigrette or a pesto
- Bind chicken or egg salads with avocado or fat free Greek yogurt

Trade in ground meats for hearty mushrooms or beans in:

- Burgers and meatloaf
- Lasagna and meat sauces
- Tacos and burritos
- Soups and stews

In salads, limit cheese, croutons, and creamy dressings. Instead, top your salad with:

- Nuts and seeds
- Fresh or dried fruit
- Home made vinaigrettes

The standard American diet contains a lot more omega-6 fatty acids than omega-3 fatty acids. This leads to inflammation. Consume rich sources of omega-3 fats and unsaturated fats. The more omega-3 you include in your diet, the better.

Omega-3 and unsaturated fats: More of These

- Flaxseed oil
- Flaxseeds
- Shrimp
- Olive oil
- Avocados / oil
- Sesame Seeds / oil
- Canola oil
- Lean grass fed beef
- Butter (in moderation)
- Fatty cold water fish, including:
  - Salmon
  - Herring
  - Anchovy
  - Tuna

Omega-6: Less of These

- Sunflower oil
- Corn oil
- Soybean oil
- Safflower oil (& Margarine)
- Vegetable oil
- Margarine
- Tilapia

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Making Substitutions

Replace butter or shortening in your baked goods with mashed bananas, unsweetened apple sauce, raisin puree, or legumes. Best candidates for using these substitutions include:

- Muffins
- Cakes and brownies
- Chewy cookies
- Pancakes and waffles

Starchy fruits, vegetables, dairy, and legumes are great for reducing or replacing fats. They act really well in the place of solid fats. Some natural fat replacements include:

- Black beans (great for brownies)
- Dates (good for baked goods)
- Prune Paste (good for baked goods)
- Bananas (great for ice cream and baked goods)
- Pureed berries (pectin acts as thickener)
- Applesauce (great for baked goods)
- Avocado (good for uncooked thickened product like mousse)
- Yogurt (good for dressings, baked goods, etc.)
- Root Vegetables (sweet potatoes, carrots, squash, etc)

Oils can be used to replace solid, saturated fats. However, these fats may require some of the liquid in the recipe to be reduced. These may not work in all applications, so think through your recipe carefully before changing the fat source.

Try:

- Olive oil
- Vegetable oils
- Grapeseed oil
- Flaxseed oil
- Sunflower oil (high in linoleic acid - omega 6)
- Safflower oil (high in linoleic acid)

Instead of:

- Butter
- Shortening
- Lard
- Coconut oil (a solid saturated fat)

*Always check the smoke point of your oil if you're replacing or substituting an oil for cooking.

There are multiple ways one can reduce fat in a recipe that can lower the need for fat overall:

- Use lean cuts of meat without skin
- Trim fat from meat
- Use complementary plant based proteins
- Choose low fat dairy
- Use flavor concentrated oils

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