

Topic 6: Healthy Fats vs Unhealthy Fats

Dietary fat, which is fat that comes from food, is an important part of a balanced and nutritious diet. Dietary fats give your body energy to function, helps your body absorb nutrients like Vitamin D, and healthy fat choices can help protect your heart!

When thinking about healthy vs. unhealthy fats, we categorize them into 2 groups: unsaturated and saturated.

Unsaturated Fats	Saturated Fats
Avocados, nuts, seeds Olive, canola, avocado, grapeseed oils Fatty fish like salmon, sardines, tuna Typically, liquid fats at room temp	High fat meats (bacon, rib eye, chicken wings, ground pork) High fat dairy (butter, heavy cream, cheese, sour cream) Egg yolks Lard, bacon grease, chicken skin/fat, duck fat, tallow Tropical Oils: coconut and palm oil Many deep-fried food Baked goods and pastries Fast food Typically, solid fats at room temp

Why Unsaturated Fats are good for us!	Why Saturated Fats are unhealthy for us!
Decrease inflammation Lowers LDL (bad cholesterol) levels Helps raise HDL (good cholesterol) levels Protects our hearts Lowers risk for Alzheimer's disease Protects our brains Decreases joint pain	Increases LDL (bad cholesterol) levels Forms plaque in your heart arteries (clogs) Increases risk for heart disease and stroke Increases weight gain due to higher calorie foods Increases risk for diabetes

An important unsaturated fat to include in our diets every day is Omega 3 fats. Omega 3 fats are found in seafood, like salmon, sardines and oysters, as well as in Omega 3 fish oil supplements. You can also get some vegetarian Omega 3 fat sources by including flaxseeds and walnuts. By eating more of these foods, you can decrease your risk for heart disease as well as decrease your risk of an early death.

The typical American diet includes too much saturated fats: cheese, pizza, ice cream, burgers, mayonnaise, sausages, cookies, and fried foods. In addition to cutting back on saturated fats, replace those bad fats with healthy unsaturated fat choices instead.

Topic 6: Healthy Fats vs Unhealthy Fats – Patient Form

Part 1: Test Your Knowledge

1. Which breakfast option is a heart healthy choice?
 - a. 2 eggs, turkey bacon and buttered wheat toast
 - b. fresh strawberries with whipped cream and waffles
 - c. steel cut oats with fresh blueberries, flaxseed and chopped walnuts
 - d. sausage and cheese kolache with 100% orange juice

2. What are the benefits of eating more unsaturated fats?

a. decrease risk for heart attacks	b. decrease risk for diabetes
c. decrease risk for dementia	d. all of the above

3. What would the best heart healthy topping on a salad?
 - a. Ranch dressing, bacon bits, shredded cheese
 - b. Italian dressing, croutons, dried cranberries
 - c. Vinegar and 1 tsp olive oil, diced avocado and raw sunflower seeds
 - d. Fat Free Caesar dressing and hardboiled eggs

Part 2: Diet Log – Pick 3 days and log your food and drink intake

Meals, Snacks and Drinks	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Drinks			

Part 3: Exercise

Did you exercise this week? YES NO

If not, why: _____

If yes, what did you do and how often: _____

Part 4: Weekly Weigh-in

What is your weight today? _____

Today's Date: _____

Print Your Name: _____

Date of Birth: _____

Dietitian Signature: _____ (Lin Lin Shao RD LD)