

Fats

1. What are the different types of fats?

Saturated Fats

These types of fats are found mostly in animal products such as beef, poultry, bacon, sausage, eggs, lard, butter and milk products. Eating too much animal products raise the bad cholesterol (LDL). High LDL level increases the risk of heart disease.

Unsaturated Fats

These types of fats are found in nuts, fish, and vegetable oils such as olive, corn, soybean, and safflower. Most of the fats you eat should be unsaturated. Try to consume more unsaturated fats rather than saturated fats to keep your heart healthy.

Artificial Trans-Fats

These types of fats are manmade and known as partially hydrogenated oils. They are harmful to health because they raise bad cholesterol (LDL). Also, they lower the good cholesterol (HDL), which increases the risk of heart disease. You should aim to eat no artificial trans-fats. Make sure to look for and avoid any products with the word “partially hydrogenated” listed on the ingredients label.

2. How much fat should I eat in a day?

- **Total fat:** Your allowance of fat depends on your age, sex, and physical activity level. However, if you are a healthy adult requiring about 2,000 calories a day, consume **less than 1/3 (45-78 grams)** of your total calories from fat per day.
- **Saturated fat:** Consume **no more than 22 grams** a day if you are a healthy adult requiring about 2,000 calories a day.

3. What are some tips to cut the unhealthy fats?

- Limit foods high in saturated fats found mostly in animal products such as meats, cheese and ice cream. Instead, try to eat foods rich in unsaturated fats such as fish, nuts, and avocados.
- When you eat out, ask for sauce on the side. Order steamed, grilled, or broiled dishes instead of fried or sautéed.
- Look for the % Daily Value (DV) on the food label. 5% DV or less total fat is a low-fat item but more than 20% DV is a high-fat item.
- If you have a long day ahead, pack fresh fruits, vegetable sticks with hummus, low-fat cheese, or plain snack size nuts so that you won't dive into those candy bars and chips!
- Avoid foods that contain artificial trans-fats such as crackers, cookies and foods made or fried in partially hydrogenated oil.



Learn the label lingo!

- **Fat-free:** Less than 0.5 grams per serving
- **Low-fat:** 3 grams or less per serving
- **Reduced fat:** 25% or less per serving
- **Light or Lite:** 50% less fat than original version
- **Lean:** Less than 10 grams total fat (less than 4.5 grams of saturated fat) per 3-ounce serving
- **Extra lean:** Less than 5 grams total fat (less than 2 grams of saturated fat) per 3-ounce serving

For more information:

Los Angeles County
Department of Public Health
<http://publichealth.lacounty.gov/>

Centers for Disease Control
and Prevention
<http://tinyurl.com/CDCdietaryfat>

United States Department of
Agriculture
<http://www.choosemyplate.gov/>