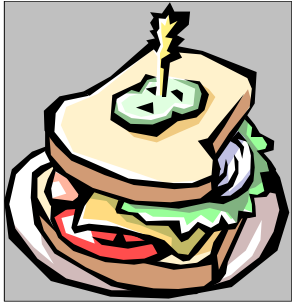


TYPES OF FAT

Fat has been perceived as being a “bad” component of food, but our bodies require some fat to be healthy.



- Provides energy.
- Protects and insulates body.
- Provides essential fatty acids for cell membranes and tissues.
- Carries fat soluble vitamins.
- Gives flavor to food.
- Satiates. (You won't be hungry again shortly after eating some fat.)

How much fat do I need?



We need some fat; however, too much fat is unhealthy. High fat intake is linked to heart disease, high blood pressure, elevated blood cholesterol, cancer, diabetes and obesity. A low fat diet is recommended with a maximum of thirty percent of your daily calorie intake coming from fat. There are no proven benefits to eating a completely fat free diet. Use the following example to figure the number of grams of fat appropriate daily:

EXAMPLE

For a diet of 1800 calories
 $1800 \text{ calories} \times .30 = 540 \text{ calories}$
 $540 \text{ calories} / 9 = 60 \text{ grams of fat daily}$

*Fat provides 9 calories per gram.

At NC State, a Registered Dietitian is available to guide you with your nutrition needs. Call Lisa Eberhart, RD, LDN: 513-5310 or LisaRDLDN@aol.com

The type of fat you consume is also important to your overall health.

Saturated Fats

Saturated fats are the “Bad Guys” of fat. They are found mostly in animal fats; such as meats and whole fat dairy products (butter, whole milk and whole milk cheeses), and in the tropical oils (coconut and palm kernel). These fats cause and increase in the “bad” cholesterol (LDL cholesterol) that can cause heart disease. Less than ten percent of your daily calories should come from saturated fats. Hydrogenated fats provide trans fatty acids which act like saturated fats. Hydrogenation is a method used to solidify liquid fats.

Unsaturated Fats

These types have been shown to lower LDL cholesterol. They are usually liquid at room temperature.

Monounsaturated-Found in olive, canola, peanut and sesame oils

Polyunsaturated-Found in corn, soybean, safflower, sunflower and cottonseed oils. The fat found in fish is mostly polyunsaturated.

Hydrogenated fats are “hardened” unsaturated fats. They will act like saturated fats in the body and should be used sparingly.

Cholesterol

Cholesterol is found in all animal derived food sources; it is not found in plant derived foods. Cholesterol is needed by our body; however, we are able to make what we need. Saturated fats increase blood cholesterol more than dietary cholesterol intake.

***What foods should I
choose most often to follow
a low fat diet?***

- ◆ **Breads & Grain Group**
Bread, bagels, English muffins, rolls
Low fat crackers
Hot and cold cereals
Rice, pastas and dried peas and beans
- ◆ **Fruit & Vegetable Groups**
Any fresh, frozen, canned or dried
fruits and vegetables prepared without
added fat.
Fruit and vegetable juices
- ◆ **Meat & Protein Group**
Lean cuts of beef, pork and lamb
Skinless chicken and turkey
Eggs (limit yolks to 4 per week)
Fish and shellfish
- ◆ **Dairy Group**
Skim and 1% milk
Buttermilk
Low fat and nonfat yogurt
Fat free and lowfat cheeses (less than
5 grams/oz)
- ◆ **Fats and oils**
Choose the monounsaturated and poly-
unsaturated oils.
Avoid using hydrogenated fats.

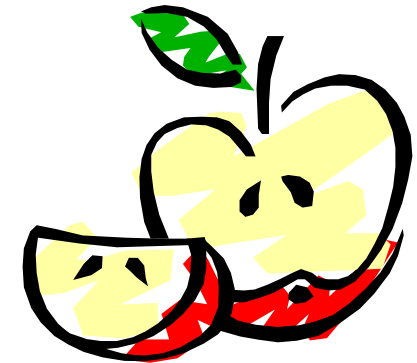
Other higher fat foods can be eaten occasionally
in moderation. Avoid adding fats to food
and eating fried foods.

North Carolina State University Dining

**North Carolina
State University
Dining**

Nutrition Counts

FAT



Nutrition Facts for you!