

NUTRITION quick tips

Good Fat – Bad Fat

Did You Know?

- Not all fats are bad for your health. There are two kinds of fats: ‘Good fats’ or unsaturated fats are found in vegetable oils (like olive or canola), fish, avocados, nuts & seeds.
- ‘Bad fats’ or saturated fats are found in butter, cream, whole or 2% milk, meat and coconut & palm oils. A little is O.K. for most, but too much can lead to health issues.
- Most of us get too much ‘bad’ fat in our diet and not enough good fat. Eating more good fat (in moderation) and less bad can help reduce your risk for heart disease and other health problems.

Healthy Fat Quick Tips

- ***Eat more fish***
Experts recommend eating two servings a week of ‘fatty fish’ like salmon or trout.
- ***Switch to healthy oils***
Cook with olive oil or canola oil – two of the healthiest oils.
- ***Snack on unsalted or lightly salted nuts***
Keep serving sizes small – they’re good for you but still have lots of calories.
- ***Cut down on saturated (‘bad’) fats***
Choose lean meats, eat less meat overall and switch to low fat dairy products. Avoid any packaged foods with trans fats.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Our dietitians receive hundreds of questions each year about a wide range of nutrition topics. Their timely and trustworthy insights and ideas can help you and your family lead healthier lives.



healthy **LIFE**
for

healthy chef QUICK TIPS

Good Fat – Bad Fat

Our chefs bring health and flavor together by combining wholesome ingredients, the right touch of herbs and spices and simple cooking techniques. Try some of their quick tips in your kitchen.

Nix the Butter

Use canola or olive oil instead of butter for sautéing and simmering. Works great for omelettes, vegetables, rices and many other dishes. If you miss the taste of butter, try just a little touch of butter with 2-3 teaspoons of oil.

Look to the Sea

Cook more fish. Try grilling, baking, poaching or sautéing. Also try including seafood in dishes like pasta, casseroles, soups and stews. Remember to avoid butter or cream sauces on your fish – instead add flavor with spices, salsas, chutneys or flavored healthy oils.

Be Dairy Smart

Cook with lower fat dairy products. Use non-fat or 1% milk not 2% or whole. Try using lower fat cheeses like part-skim mozzarella. Also try using sharper, more flavorful cheeses like asiago, parmesan, gorgonzola or sharp cheddar, but just use a little – a little goes a long way.

Go nuts

Add slivered, sliced, chopped or whole nuts to salads, cereals, home-made breads, broiled fish, snack mixes, pasta or noodle dishes. Try walnuts, almonds, hazelnuts, peanuts, pecans or pistachios. Remember, a serving is a small handful (about 1 to 1½ ounces.)

Go Lean

Replace 'prime' cuts of meat with 'choice'. Choice cuts like top round, eye round or bottom round taste great but they're leaner and less expensive than prime. Try to keep servings to no more than around 4-6 ounces a day, two to three times a week.

Go Green

Try adding avocados to your recipe collection. They're high in fat, but it's 'good fat' (monounsaturated). They taste great on sandwiches; in dips, spreads and in many recipes. Remember, they're high in calories so a slice (about 1/6th of a medium avocado) is a full serving.