



DIETARY FATS



What exactly is FAT?

Is it something we eat?



Is it something we try to avoid eating?

Is it something we wear?



Or is it a body shape?

Does EATING fat actually MAKE YOU fat?





The short answer is NO - simply eating fat DOES NOT make you fat.

Dietary fat is an important nutrient that all bodies need.



It helps us absorb vitamins from food.

It protects our organs and keeps us warm.



And it gives us energy.

These are all awesome functions, so what's all the fuss about?



Let's break down some fat facts to develop a better understanding.

You may have heard about
"GOOD FATS"
and
"BAD FATS."



This is simply put,
but it's pretty
accurate.



There are 4 main
types of fats.

2 are "good."

2 are "bad."



"Good" fats are
UNSATURATED:

- Monounsaturated
- Polyunsaturated

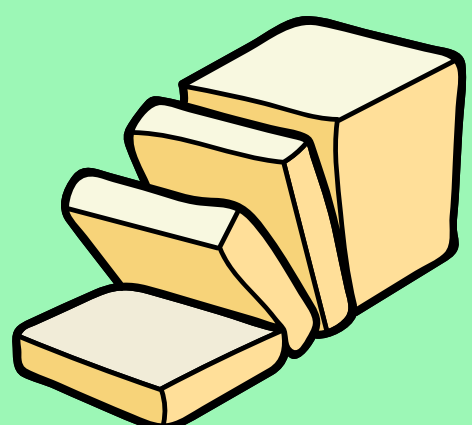
They are generally
LIQUID at room
temperature.



"Bad" fats:

- Saturated fat
- Trans fat

They are generally
SOLID at room
temperature.

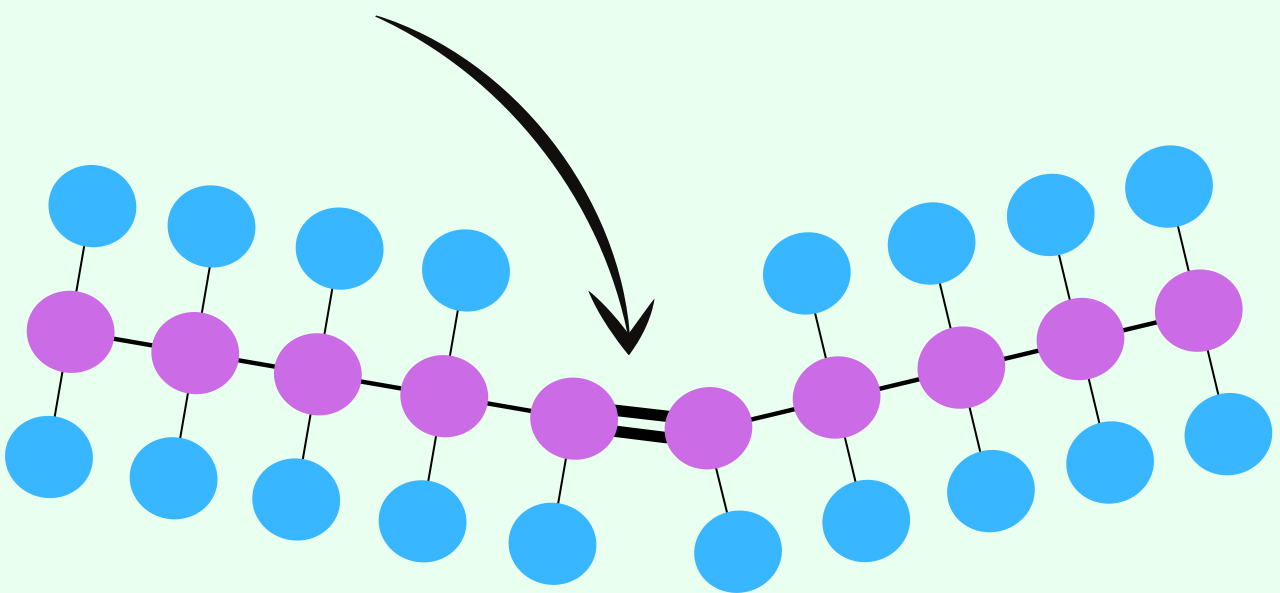


Monounsaturated Fat

Molecular Structure:

"Mono" means "one"

One double atom bond



Molecules can bend

(hence why they're liquid at room temp)

 Hydrogen atom

 Carbon atom

Food Sources: plants



Nuts

almonds, cashews,
pistachios, peanuts,
hazelnuts, pecans,
macadamia nuts

Oils

olive, canola, corn,
sesame, peanut,
grape seed



Avocados



Sesame
seeds



Olives

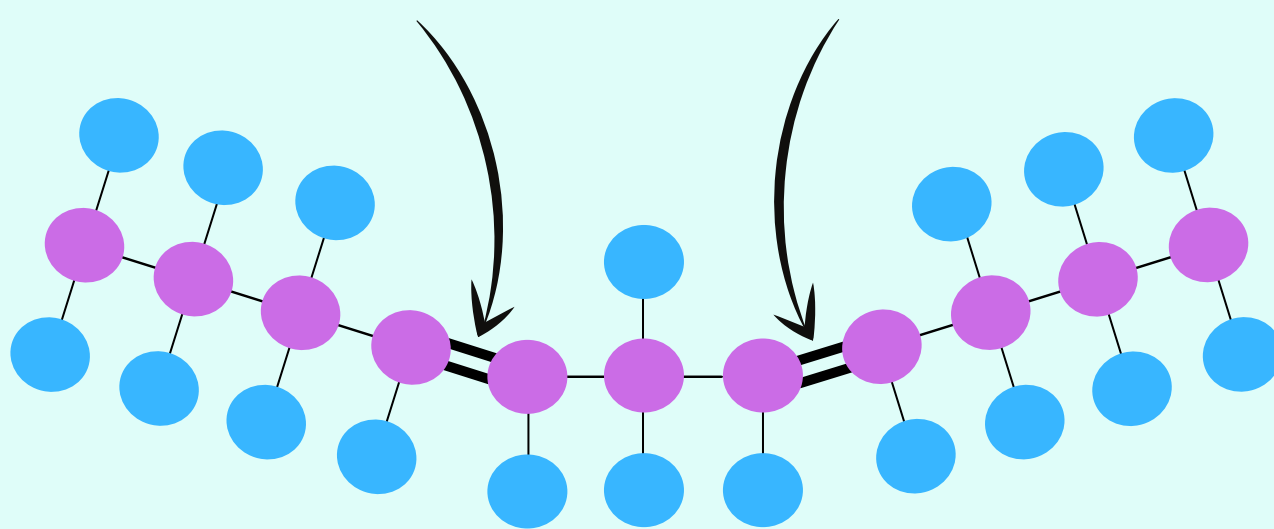


Polyunsaturated Fat

Molecular Structure:

"Poly" means "multiple"

Multiple double atom bonds



Molecules can bend even more

(hence why they're liquid at room temp)

 Hydrogen atom

 Carbon atom

Food Sources: plants & fish

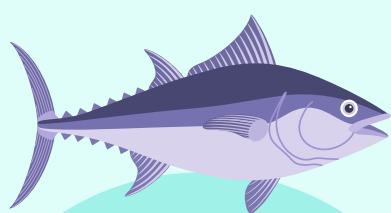
Chickpeas/
hummus



Oils

sunflower, corn,
safflower,
soybean

Ground
flaxseed



Fatty fish

herring, trout,
tuna, mackerel,
salmon



Nuts

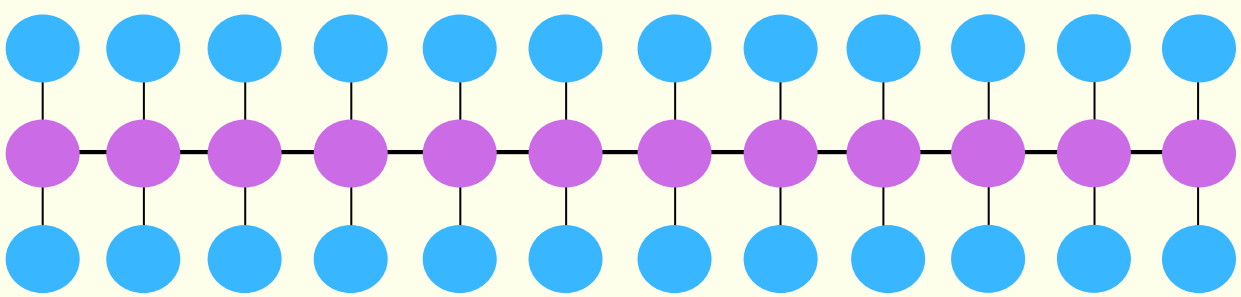
brazil nuts, pine
nuts, hazelnuts,
walnuts

Saturated Fat

Molecular Structure:

Molecules are dense & tightly packed

No double atom bonds



Molecules cannot bend

(hence why they're solid at room temp)

 Hydrogen atom

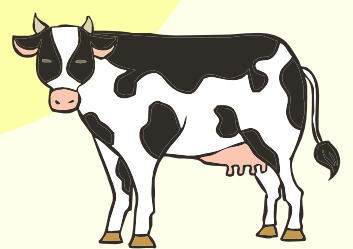
 Carbon atom

Food Sources: animals & some oils

Oils
coconut,
palm



Animal flesh
beef, lamb, pork,
poultry (especially
skin)



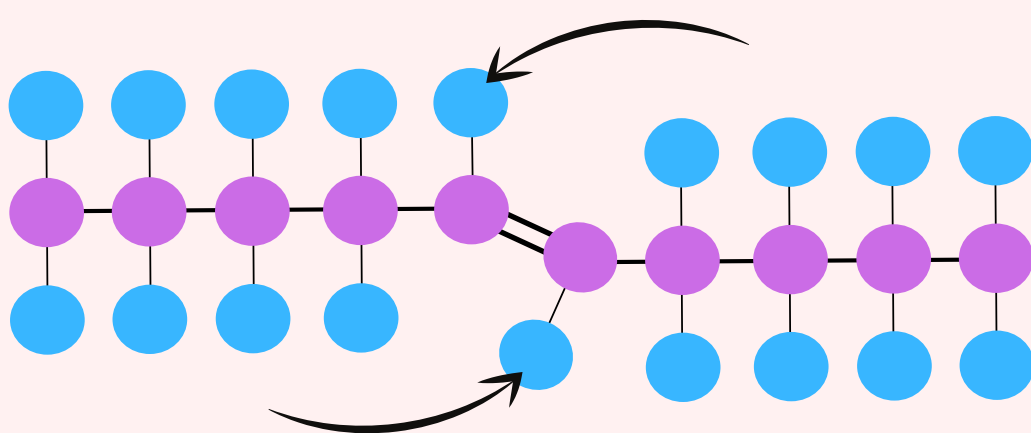
Dairy
lard, cream, ghee,
butter, cheese,
ice cream



Trans Fat

Molecular Structure:

Molecules have been artificially altered (hydrogenated)



One double atom bond, but atoms are altered to be on opposite sides of the molecule

 Hydrogen atom

 Carbon atom

Food Sources: some processed foods



Chips &
processed
snacks



Baked goods
doughnuts, cookies,
pastries, pies



Ready-made
baking foods
shortening, pizza dough,
pie crusts, cookie
dough, frosting






Fast food
chicken nuggets,
fries, burgers



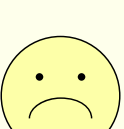
To learn more about trans fat, check out the
"Spotlight on Trans Fat" infographic.

FAT SHOWDOWN

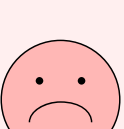

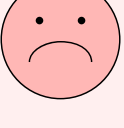
Mono- & Polyunsaturated Fats

-  Raise GOOD cholesterol levels*
-  Decrease inflammation
-  Stabilize heart rhythms

Saturated Fat

-  Raises BAD cholesterol levels**
-  Stimulates plaque buildup in arteries
-  Increases risk of heart disease, stroke, and type 2 diabetes

Trans Fat

-  Raises bad cholesterol levels
AND lowers good cholesterol levels
-  GREATLY stimulates plaque buildup
in arteries
-  GREATLY increases risk of heart
disease, stroke, and type 2 diabetes

*GOOD cholesterol: high-density lipoprotein (HDL) - helps remove bad cholesterol from arteries.

**BAD cholesterol: low-density lipoprotein (LDL) - contributes to plaque buildup in arteries.

GENERAL GOALS

Enjoy mostly unsaturated fats

Limit saturated fat

Avoid trans fat

RECOMMENDED DAILY INTAKE

