

# DIETARY FAT: THE GOOD, THE BAD AND HOW TO EAT THE RIGHT ONES

## SOME FATS ARE GOOD, AND SOME FATS ARE BAD.

On any nutrition label, four different kinds of fat may be listed: trans, saturated, polyunsaturated and monounsaturated.<sup>1</sup> The differences in each fatty acid molecular structure determine how it will be digested and absorbed in the body.<sup>2</sup>



## GOOD FATS

### MONOUNSATURATED (OMEGA-9)

Monounsaturated fats are liquid at room temperature and naturally occur in many foods.

### POLYUNSATURATED (Omega-3, Omega-6)

Polyunsaturated fats also are liquid at room temperature and naturally occur in many foods.

## BAD FATS

### TRANS

Most trans fats are artificially produced as a result of partial hydrogenation, which is a process used to convert liquid oil to a solid.

### SATURATED

Saturated fats are typically solid at room temperature and naturally occur in foods such as meat.

## CHOOSE GOOD FATS FOR IMPROVED HEALTH.

### GOOD FATS HAVE POSITIVE HEALTH BENEFITS.

- Improve cholesterol levels, healthy nerve activity, vitamin absorption and cell development<sup>2</sup>
- Reduce risk of heart disease, stroke and diabetes<sup>2</sup>
- Maintain healthy immune system<sup>2</sup>

### BAD FATS MAY NEGATIVELY INFLUENCE YOUR HEALTH.

- Increase 'bad' cholesterol (LDL)<sup>2</sup>
- Decrease 'good' cholesterol (HDL)<sup>2</sup>
- Increase risk of heart disease<sup>2</sup>

## GOOD FATS ARE OMEGAS.

Monounsaturated and polyunsaturated fats can be known by another name: Omegas. Omega-3 and omega-6 fatty acids are polyunsaturated fat, and omega-9 fatty acids are monounsaturated fat.<sup>3</sup>

| NAME           | OMEGA-3  | OMEGA-6  | OMEGA-9  |
|----------------|--|--|--|
| KNOWN AS       | Polyunsaturated  | Polyunsaturated  | Monounsaturated  |
| DIETARY SOURCE | Oils: canola, flax, soybean<br>Nuts: walnuts<br>Fish: oily fishes (herring, mackerel, salmon, trout, tuna)<br>Other: algae, Omega-3 eggs | Oils: canola, corn, olive, peanut, safflower, soybean, sunflower<br>Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts<br>Other: eggs | Oils: canola, olive, peanut, safflower, sunflower<br>Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts<br>Other: avocados, eggs, poultry |

OMEGAS  
←

## GOOD FATS ARE FOUND IN FOODS YOU EAT EVERY DAY.

Health officials recommend that you consume 20-35% of calories from total fat.<sup>4</sup> Here are targets for maximizing good fats within total fat intake:

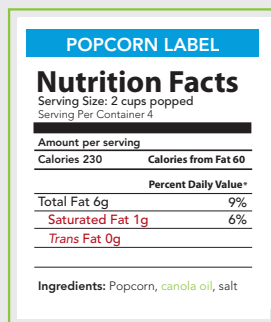
- At least 10-25% of combined polyunsaturated and monounsaturated fatty acids<sup>4\*</sup>
- Less than 10% of calories from saturated fatty acids<sup>4</sup>
- Less than 1% trans fats<sup>4</sup>

*\*Range based on USDA recommendations for total calories from fat*

### SUPERMARKET QUICK TIPS:

- Do not be deceived by “low fat” or “fat-free” claims. “Low fat” can also suggest “high sugar.”<sup>5</sup> Fat is an important component of the diet, so choose products that include good fats.
- Look for ingredients such as canola oil or sunflower oil instead of partially hydrogenated oils, which indicates the presence of trans fats.<sup>1</sup>

Nutrition labels, ingredient lists and front-of-pack messages can help you identify good fats.



**6 grams** (Total Fat)  
 - **1 gram** (Saturated Fat)  
 - **0 grams** (Trans Fat)

**5 GRAMS**  
 combined  
 Monounsaturated Fat and  
 Polyunsaturated Fat

➤ To calculate good fats on a nutrition label, subtract grams of **trans** and **saturated fat** from grams of total fat on the nutrition label. The number you compute will indicate how many grams of combined **polyunsaturated** and **monounsaturated fats** are included.

## GoodFats101.com



### Reference Appendix

1. “Meet the Fats.” www.eatright.org. Academy of Nutrition and Dietetics, 25 Oct. 2011. Web. 24 July 2012. <http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/MeettheFats/Meet-the-Fats\_UCM\_304495\_Article.jsp>.
2. “Dietary Fatty Acids - Position of the American Dietetic Association and Dietitians of Canada.” www.eatright.org. Academy of Nutrition and Dietetics. Web. 24 July 2012. <http://www.eatright.org/About/Content.aspx?id=8353>.
3. Dow AgroSciences. Good Fats 101. Retrieved May 2, 2013 from <http://www.GoodFats101.com>.
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
5. “Food Appendix A: Definitions of Nutrient Content Claims.” www.fda.gov. U.S. Food and Drug Administration, Oct. 2009. Web. 24 July 2012. <http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabeling/Nutrition/FoodLabelingGuide/ucm064911.htm>.
6. Canada’s Food Guide. Retrieved May 2, 2013 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.