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. The differences in each fatty acid molecular structure determine how it will be digested and absorbed in the body.

<table>
<thead>
<tr>
<th>GOOD FATS</th>
<th>BAD FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONOUNSATURATED (OMEGA-9)</td>
<td>TRANS</td>
</tr>
<tr>
<td>Monounsaturated fats are liquid at room temperature and naturally occur in many foods.</td>
<td>Most trans fats are artificially produced as a result of partial hydrogenation, which is a process used to convert liquid oil to a solid.</td>
</tr>
<tr>
<td>POLYUNSATURATED (Omega-3, Omega-6)</td>
<td>SATURATED</td>
</tr>
<tr>
<td>Polyunsaturated fats also are liquid at room temperature and naturally occur in many foods.</td>
<td>Saturated fats are typically solid at room temperature and naturally occur in foods such as meat.</td>
</tr>
</tbody>
</table>

CHOOSE GOOD FATS FOR IMPROVED HEALTH.

GOOD FATS HAVE POSITIVE HEALTH BENEFITS.

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

BAD FATS MAY NEGATIVELY INFLUENCE YOUR HEALTH.

- Increase ‘bad’ cholesterol (LDL)
- Decrease ‘good’ cholesterol (HDL)
- Increase risk of heart disease
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.3

<table>
<thead>
<tr>
<th>NAME</th>
<th>OMEGA-3</th>
<th>OMEGA-6</th>
<th>OMEGA-9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KNOWN AS</strong></td>
<td>Polyunsaturated</td>
<td>Polyunsaturated</td>
<td>Monounsaturated</td>
</tr>
<tr>
<td></td>
<td>Nuts: walnuts</td>
<td>Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts</td>
<td>Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts</td>
</tr>
<tr>
<td></td>
<td>Fish: oily fishes (herring, mackerel, salmon, trout, tuna)</td>
<td>Fish: oily fishes (herring, mackerel, salmon, trout, tuna)</td>
<td>Fish: oily fishes (herring, mackerel, salmon, trout, tuna)</td>
</tr>
<tr>
<td></td>
<td>Other: algae, Omega-3 eggs</td>
<td>Other: eggs</td>
<td>Other: eggs</td>
</tr>
</tbody>
</table>

GOOD FATS ARE FOUND IN FOODS YOU EAT EVERY DAY.

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

- At least 10-25% of combined polyunsaturated and monounsaturated fatty acids4*
- Less than 10% of calories from saturated fatty acids4
- Less than 1% trans fats4

*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.”5 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.1

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.

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

POPcorn Label

Nutrition Facts
Serving Size: 2 cups popped
Serving Per Container 4

Amount per serving
Calories 220
Total Fat 6g
Percent Daily Value*:
Polyunsaturated Fat 9%
Saturated Fat 1g 6%
Trans Fat 0g

Ingredients: Popcorn, canola oil, salt

GoodFats101.com

Reference Appendix