

Understanding Fats

Evening Education Series

Alice Green, MA, RD

Overview

What are fats?

Types of fats and their food sources:

- Trans
- Saturated
- Unsaturated

Finding fats on the food label

Cooking with Fat

Daily Recommendations



What Are Fats?



- Fat is the third macronutrient (provides calories)
- Energy-dense (9 calories per gram)
- Helps keep us fuller longer (just like protein and fiber!)
- Helps absorb vitamins A, D, E, and K (aka fat-soluble vitamins)
- Essential for our body to function!
- Not all fats are created equal.

Trans Fats

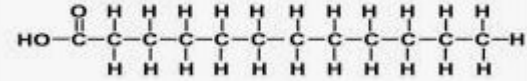
- Comes from a process called hydrogenation: making a liquid fat into a solid fat
 - More stable at room temperature.
 - **FDA has banned this process.**
 - Also can be found naturally in animal products
- Found in shortening, margarine, some non-dairy creamers, deep fryers (especially in restaurants), and baked goods.
- Why these should be limited:
 - Heart disease risk - clogged arteries
 - Can raise cholesterol levels



Saturated Fats

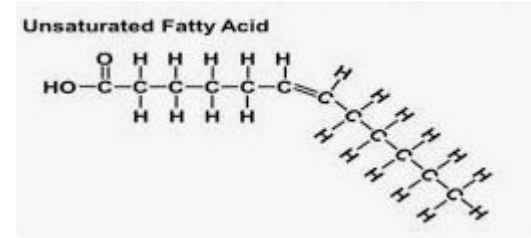
- Naturally found in animal fats - meat and dairy.
- More solid at room temperature.
- It is okay to include in diet, however, too much can also lead to heart disease, especially those with a family history.
- How to limit:
 - Choose lean meats (poultry, lean cuts of beef)
 - Less processed meats (bacon, sausage)

Saturated Fatty Acid



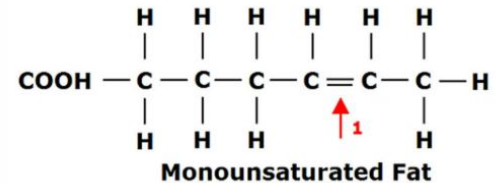
Unsaturated Fats

- Naturally found in most plant fats
- Liquid at room temperature (oils)
- Generally considered the heart healthy fats
- Different types: mono-unsaturated, poly-unsaturated
- Contain omega-3 and omega-6 fatty acids



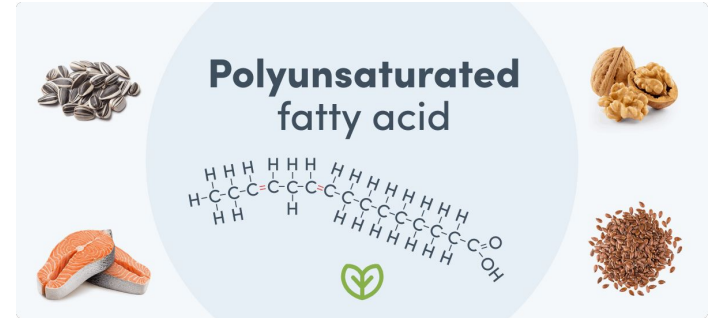
Monounsaturated

- Can lower cholesterol.
- Anti-inflammatory.
- Examples include:
 - Oils from olives, avocado, peanuts, canola seeds
 - Avocados
 - Seeds: Pumpkin, sesame
 - Nuts and nut butter: almonds, cashews, peanuts, pecans



Polyunsaturated

- Also have healthy impacts on heart health, blood pressure, and inflammation.
- Where the “omega” fats come from.
- Omega-3:
 - Fatty fish: salmon, tuna, sardines, herring
 - Oils from soybeans, canola, walnuts, and flax.
 - Seeds such as chia and flax.
 - Walnuts
 - Soybeans
- Omega-6:
 - Oils such as corn, sunflower, safflower, peanut oil.



Healthy Fats to Choose

- avocado
- olives
- avocado, canola, coconut, olive, peanut and sesame oils
- butter, ghee (clarified butter)
- half & half
- salad dressing or mayonnaise made with recommended oil
- unsalted nuts and seeds: almonds, cashews, pistachios, pecans, macadamia nuts, pine nuts, pumpkin seeds, walnuts, ground flaxseeds, sunflower seeds

Eat Less of These Fats

- solid fats and shortenings: lard, salt pork, bacon drippings
- partially hydrogenated vegetable oil
- corn, cottonseed, grapeseed, rice bran, safflower, soybean and sunflower oils
- palm oil or palm kernel oil (often used in bakery products)
- gravy containing meat fat, shortening or suet
- margarines: spray, tub or squeeze
- chocolate, cocoa butter
- nondairy creamers, whipped toppings, candy, fried foods

Nutrition Facts Label

Nutrition Facts

10 servings per container

Serving size **1 pouch**
(25g)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 13g **16%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 7g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g

Vit. D 0mcg 0% • Calcium 40mg 2%

Iron 1.1mg 6% • Potas. 170mg 4%

Vit. E 2.9mg 20% • Magnesium 60mg 15%

Copper 0.39mg 45% • Manganese 0.61mg 25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMONDS, CASHEWS, WALNUTS, HAZELNUTS, PISTACHIOS.

CONTAINS ALMOND, CASHEW, HAZELNUT, PISTACHIO AND WALNUT

PROCESSED IN A FACILITY THAT ALSO HANDLES EGG, MILK, PEANUT, SESAME, SOY, OTHER TREE NUT AND WHEAT INGREDIENTS

 DIST. BY TARGET CORPORATION
MINNEAPOLIS, MN 55403

CASHEWS PRODUCT OF VIETNAM, IVORY COAST, GHANA, TANZANIA, CAMBODIA

HAZELNUTS PRODUCT OF TURKEY

Cooking with Fats

| Cooking with Oils and Fats | | |
|----------------------------|--------------|---|
| Oil or Fat | Smoke point | Best uses |
| Avocado oil | 520 F | high-heat cooking, searing, browning, Sautéing, frying, sauces, salad dressings |
| Butter | 350 F | high-heat cooking, baking |
| Canola oil | 400 to 450 F | high-heat cooking, baking, oven cooking, stir-frying, frying |
| Coconut oil | 350 F | high-heat cooking, frying, sautéing, baking |
| Extra virgin olive oil | 325 to 375 F | sautéing, sauces, salad dressings |
| Ghee (clarified butter) | 450 F | high-heat cooking, sautéing, roasting, baking |
| Olive oil | 465 to 470 F | searing, browning, sautéing, roasting |
| Peanut oil | 475 F | high-heat cooking, searing, stir-frying, baking, oven cooking, frying, roasting, grilling |
| Sesame oil | 450 F | high-heat cooking, but mainly used as flavoring, light sautéing, sauces, marinades, and salad dressings |

Dietary Recommendations

- How much should we eat?
 - Generally, no more than 30% of calories should come from fat
 - About 50-70 grams/day, depending on the person
 - About 10% of calories from saturated fat
 - Average 20 grams/day
 - Aim for most fats to come from unsaturated sources (plants)

Questions?