


Week 3 – Choose Healthy Fats



Choose Healthy Fats

Week 3 – Eight Weeks to Wellness™
Developed by Don Hall, DrPH, CHES

© 1997 - 2007 LifeLong Health 1

There are Four Kinds of Fats

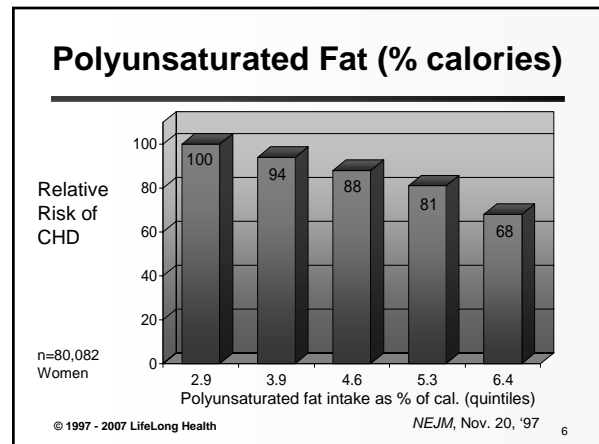
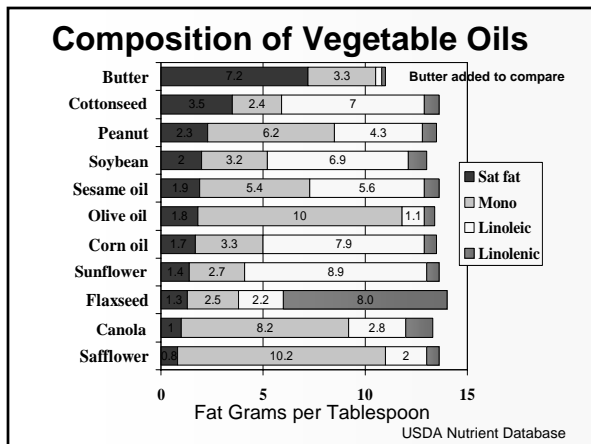
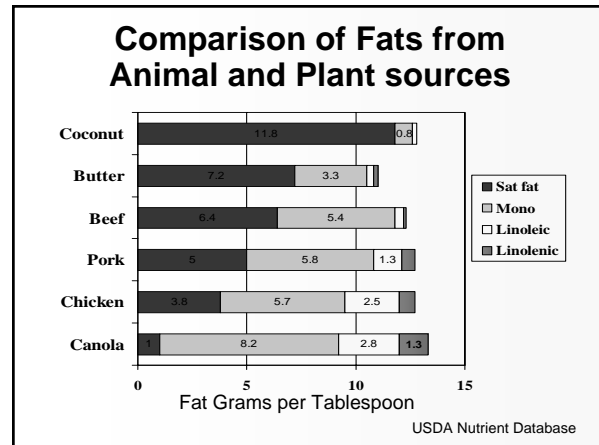
- Polyunsaturated fats (essential for life)**
 - Linoleic acid (n-6): in most vegetable oils
 - alpha-Linolenic (n-3): soy, flax, walnuts, etc.
 - Omega-3 fats found in fish
- Monounsaturated fats**
 - In olives, Canola, avocado, nuts
- Saturated fats**
 - Mostly in animal fats
- Trans fats**
 - In hydrogenated vegetable oils

© 1997 - 2007 LifeLong Health 2

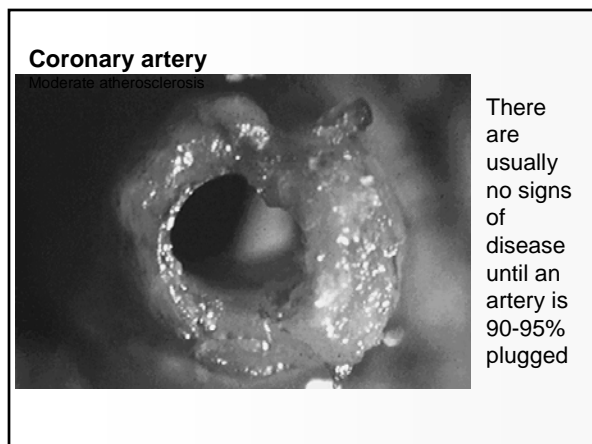
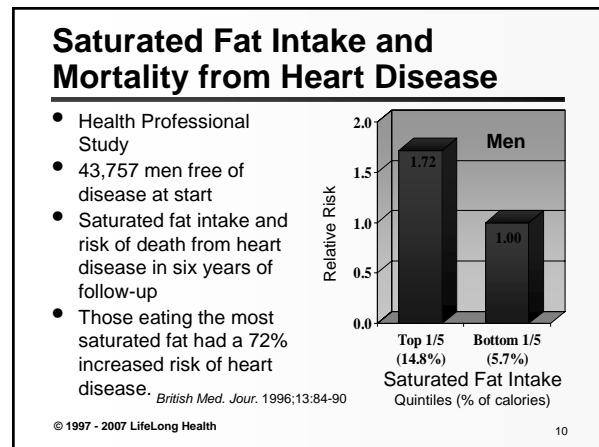
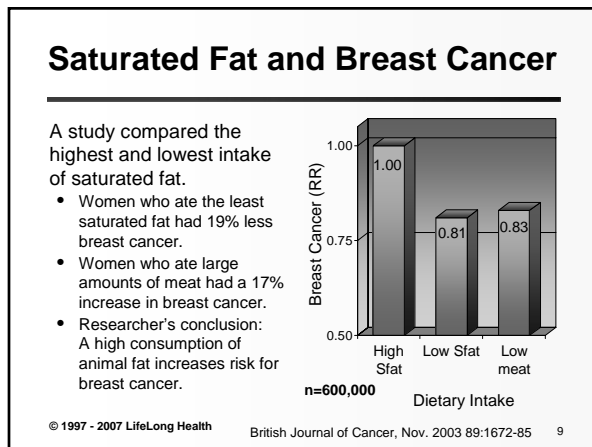
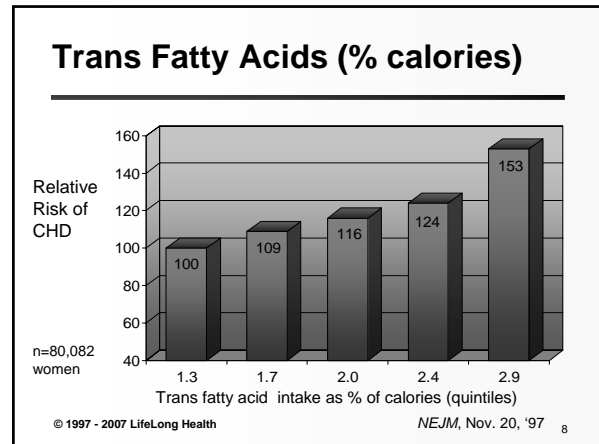
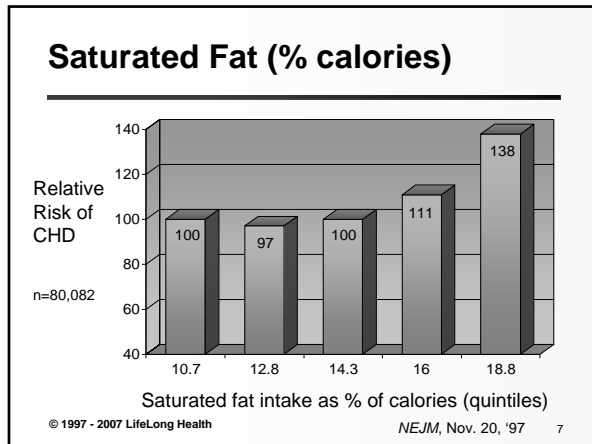
Physiological Effects of Fats on the Body

<p>Saturated & Trans Fats</p> <ul style="list-style-type: none"> • Raise cholesterol • Raise blood pressure • Lower HDL levels • Increase the risk for <ul style="list-style-type: none"> - Heart disease - Stroke - Certain cancers - Diabetes 	<p>Unsaturated Fats</p> <ul style="list-style-type: none"> • Lower cholesterol • Help to maintain healthy HDL levels • Provide the body with essential fatty acids • Lower the risk for heart disease, stroke, and diabetes
---	--

© 1997 - 2007 LifeLong Health 3



Week 3 – Choose Healthy Fats



Goal #1
Eat less saturated fat!

© 1997 - 2007 LifeLong Health 12

Week 3 – Choose Healthy Fats

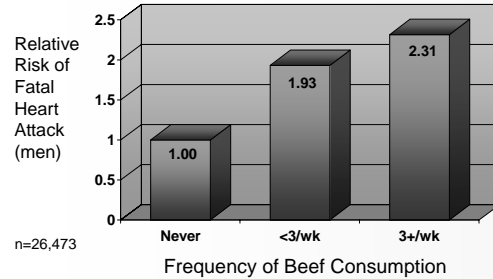
Primary Source of Saturated Fat in the Diet

- Red meat
- Hamburgers
- Hot dogs
- Cheese, cream, butter
- Fried chicken
- Whole milk
- Beef tacos
- Fast foods
- Baked goods
- Snack foods
- Convenience foods with added fats
- Shortening
- Fat back
- Lard

© 1997 - 2007 LifeLong Health

13

Beef Intake and Heart Disease



© 1997 - 2007 LifeLong Health

Arch Intern Med Vol 152 P.1416₁₄

Limit High-Fat Meats

	Total fat (g)	Sat. fat (g)
Hamburger patty, 3.5 oz.	21	8
Hot dog, 1	13	5
Sausage, 2 slices	10	4
Bacon, cured, 3 slices	50	16
Bacon, Canadian, 3 slices	6	2
Fried chicken, serving	26	7
Skinless chicken, serving	3	1
Fish, fried, 3 oz.	11	3
Salmon, baked, 3 oz.	4	1
Tuna, water-packed, 3 oz.	3	1

© 1997 - 2007 LifeLong Health

USDA Nutrient Database 2007₁₅

Limit Baked Goods

	Total fat (g)	Sat. fat (g)
Chocolate chip cookie, 2	3-7	1-2
Doughnut, frosted, 1	6-11	2-6
Cinnamon roll, frosted	4-26	2-7
Muffin, 1 small	1-13	1
Angel food cake, 1 piece, not frosted	trace	trace
Fruit pie, 1/8 of 9", or 1/6 of 8" pie	14-22	3-5
Bagel, 1	1	trace
Apple/Peach cobbler, 1 crust	half the fat of a 2-crust pie	
Cake, 1 piece with icing	3-14	1-4
Cheese cake, 1 small piece	16	9

© 1997 - 2007 LifeLong Health

USDA Nutrient Database 2007₁₆

Use Nonfat Dairy Products

	Total fat (g)	Sat. fat (g)
Whole milk, 1 cup	8	6
Low-fat milk, 2%	5	3
Nonfat milk, 1 cup	trace	trace
Cheddar cheese, 1 oz.	9	6
Cottage cheese, ½ cup	5	3
Low-fat cot. Cheese, ½ c	1	1
Ice cream, ½ cup	7-15	4-9
Sherbet, ½ cup	2	1
Egg, hard-boiled, 1 large	5	2
Fried egg, 1 large	7	2

© 1997 - 2007 LifeLong Health

USDA Nutrient Database 2007₁₇

Calculate Saturated Fat Intake Goal

Example

- Saturated Fat (g/day)
- If calorie intake is 2,000/day
- Goal of 5% of calories
 $2000 \times 0.05 = 100$
 $100 / 9 = 11.1 \text{ g/day}$
 (there are 9 cal/g of fat)

Daily

saturated fat goal

At 7% of cal = 15.5 g
 At 5% of cal = 11.1 g

Calculate your saturated fat intake for one day

© 1997 - 2007 LifeLong Health

18

Week 3 – Choose Healthy Fats

Reduce Saturated Fat in Meals

High-Fat Meal		Low-Fat Meal	
Food	Sat. fat g	Food	Sat. fat g
Hamburger	___	Gardenburger®	___
Mayonnaise, 1T	___	Low fat mayo., 1T	___
Cheese, 1 oz.	___	Nonfat cheese, 1 oz	___
French fries, small	___	Oven baked potato wedges, ketchup, + canola oil, 1T	___
Ketchup	___	Glass of skim milk	___
Glass of whole milk	___	Total	___
Total	___		

© 1997 - 2007 LifeLong Health

19

Reduce Saturated Fat in Meals

High-Fat Meal		Low-Fat Meal	
Food	Sat. fat g	Food	Sat. fat g
Hamburger	8	Gardenburger®	1
Mayonnaise, 1T	2	Low fat mayo., 1T	0.5
Cheese, 1 oz.	6	Nonfat cheese, 1 oz	0
French fries, small	5	Oven baked potato wedges, ketchup, + canola oil, 1T	1
Ketchup	0	Glass of skim milk	0
Glass of whole milk	6	Total	2.5 g
Total	27 g		

© 1997 - 2007 LifeLong Health

20



Goal # 2
Eat less trans fat!

© 1997 - 2007 LifeLong Health

21

Primary Source of Trans Fat in the American Diet

- Fast foods
 - Baked goods
 - Snack foods
 - Hard stick margarine
 - Vegetable shortening
 - Convenience foods with added fats
 - Deep fried foods
- To see if foods have trans fat in them,
- read the label, and
 - look for these words:
- “Partially hydrogenated” vegetable oils*

© 1997 - 2007 LifeLong Health

22

Trans Fats in Common Snack Foods

Food	Trans fat, g	Food	Trans fat, g
KFC chicken	2.5	Pre-fried potatoes	0-3
BK French fries, L	6	• Tater tots, 9 pieces	0
DD cake doughnut	½-5	Cookies	0-5
Cinnabon	5	• Oreo cookies, 3	0
LD snack cake	0-4	Crackers	0-4
Buttermilk biscuit	0-4	• Triscuits, 7 crckrs	0
		Microwave popcorn	0-5

© 1997 - 2007 LifeLong Health

January 2006 Company product labels

23

Use Trans Fat Free Spreads

- Trans fat free margarines
- Margarines that contain plant stanols and sterols
 - Take Control or Benecol
- Hummus
- Tahini (sesame butter)
- Olive oil
- Peanut butter (natural)
- Almond butter
- Mashed avocado



© 1997 - 2007 LifeLong Health

24

Week 3 – Choose Healthy Fats

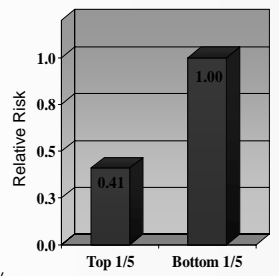


Goal # 3
Eat more healthy fats!

© 1997 - 2007 LifeLong Health 25

Linolenic Fatty Acid Intake and Mortality from Heart Disease

- A higher intake of linolenic fatty acids was found to be protective against heart disease.
- Relative risk was 0.41 for a 1% increase in calories from linolenic acid (about 2-3 grams/day).



Health Professional Follow-up Study, *British Med. Jour.* 1996;13:84-90

© 1997 - 2007 LifeLong Health 26

Alpha-Linolenic Acid in Foods

Food	(g)
Flaxseed oil, 1 T	6.9
Flax meal, 1 T	2.5
Walnuts, 1 oz	1.9
Canola oil, 1 T	1.3
Soy oil, 1 T	1.0
Mayonnaise, 1 T	0.9
Corn & olive oil, 1 T	0.1
Spinach salad (60 gm)	0.1

Summary of Good Sources

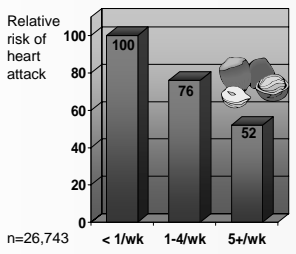
- Flax seed
- Walnuts
- Canola oil (salad dressing and mayonnaise)
- Soy oil
- Soy beans, soy milk, tofu

New DRI for linolenic acid is 1.6 grams/day for men and 1.1 grams/day for women. (Institute of Medicine, 2002)

© 1997 - 2007 LifeLong Health 27

Nut Consumption and Heart Disease

- Frequent consumption of nuts protects against risk of heart attacks.
- People who ate nuts frequently (5+ times/week) had a 51% reduction in heart attacks and a 48% reduction in death from heart attacks compared to those who seldom ate nuts.

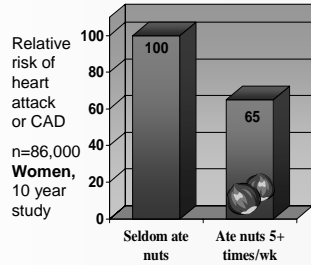


Arch Intern Med, Vol. 152, p. 1416

© 1997 - 2007 LifeLong Health 28

Harvard Nut Study

- Compared to women who seldom or never ate nuts, those who ate an ounce of nuts five times per week had a 35% lower risk of heart disease.
- These results held true even after holding constant for smoking, exercise, blood pressure, obesity, and diabetes. *British Med. Jour.*, Nov. 14, '98



© 1997 - 2007 LifeLong Health 29

Use Vegetable Oils in Place of Solid Fats

	Total fat (g)	Sat. fat (g)
Butter, 1T	12	7
Palm oil, 1T	14	12
Margarine, 1T, stick*, tub	11	2
Vegetable oils, 1T	14	1-3
Shortening, 1T *	12	3+
Hummus spread, 2T	3	trace
Peanut butter, natural, 2T	16	3

* Check the nutrition label for trans fatty acids

USDA Nutrient Database 2007

© 1997 - 2007 LifeLong Health 30

Week 3 – Choose Healthy Fats

Eat nuts and seeds daily, at least 5 servings per week

Examples

- Almonds, walnuts, cashews, Brazil nuts, hazelnuts, pecans, peanuts
- Sunflower seeds, flax seed, pumpkin seeds, sesame seeds
- Peanut butter, almond butter, tahini



© 1997 - 2007 LifeLong Health

31

The Goal

- The goal is not to eliminate all fats but to eat less of those that damage the body:
 - Saturated fats
 - Trans fats
- And to eat moderately of healthier fats:
 - Vegetable oil with its large component of polyunsaturated fats (not hydrogenated)
 - And plant foods containing healthy fats:
 - Nuts, seeds, olives, avocado, flax meal, soy, etc.
- Eat a healthy fat at every meal.

© 1997 - 2007 LifeLong Health

32

Making Fat Choices



Disease



Good Health

Poorer choices

- High cholesterol
- High saturated fats
- High trans fats
- Solid fats
- Animal source fats

Healthier choices

- Cholesterol free
- Mono-unsaturated fats
- Poly-unsaturated fats
- Alpha-linolenic fatty acids
- Vegetable source fats

How Much Fat Should I Eat?

- The National Cholesterol Education Program (NCEP) recommends:
 - Total fat less than 35% of calories.
 - Saturated fat less than 7% of calories; less than 5% for optimum reduction of cholesterol.

© 1997 - 2007 LifeLong Health

34

Read Food Labels



- You can be a much wiser shopper if you read labels.
- The grams of fat and cholesterol are shown on all foods:
 - Total fat
 - Saturated fat
 - Trans fat
 - Polyunsaturated fat
 - Monounsaturated fat
 - Cholesterol

Nutrition Facts

Gardenburger®	
Serving size	2.5 oz., 1 patty
Calories per serving	130
Calories from fat	25
	% Daily Value
Total fat 3g	5%
Saturated fat 1g	5%
Trans fat 0	
Polyunsaturated fat	0.5g
Monounsaturated fat	1.5g
Cholesterol 0 mg	0%
Protein 8g	

© 1997 - 2007 LifeLong Health

35

Be Careful When Eating Out

- Most restaurant foods are high in fat.
 - Ask for salad dressing on the side.
 - Limit desserts or choose low-fat sherbet or fruit.
- You can reduce saturated fat intake.
 - Choose entrees with marinara sauce instead of meat sauces and cream-based sauces.
 - Hold the butter, sour cream, and whip cream.
- Choose unsaturated fats.
 - Ask for olive oil (with garlic!) for your bread.
- Choose restaurants with lower fat options.

© 1997 - 2007 LifeLong Health

36

Week 3 – Choose Healthy Fats

Fat Quiz

1. Cholesterol is found only in _____ foods.
2. Saturated fats _____ the risk for heart disease.
3. The only kind of fat required by the body is _____.
4. Total fat intake ought to be no more than _____% of cal.
5. Trans fatty acids are found in foods with _____ vegetable oils.
6. T/F There are no trans fatty acids in corn oil margarine.
7. T/F Olive oil has no saturated fat in it.
8. T/F Ounce for ounce, there is more saturated fat in American and Swiss cheese than in red meat.
9. Low-fat milk has _____ g of saturated fat.
10. T/F The kind of fat eaten is more important than the amount of fat eaten.



www.LifeLongHealth.us

© 1997 - 2007 LifeLong Health

38