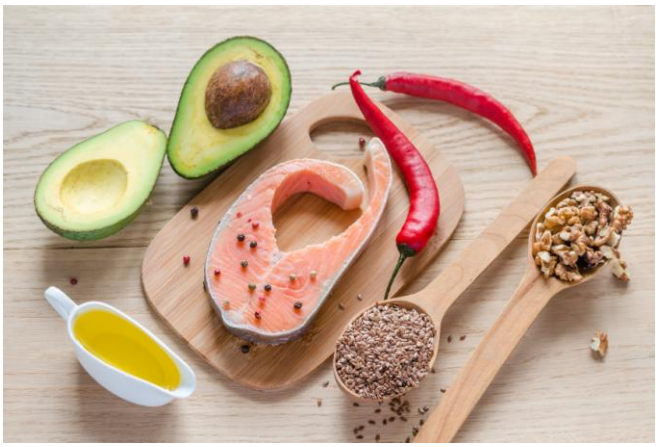
guide | healthy fats

fats & oils



how fats can help us

Fat is one of the three main building blocks of food – along with protein & carbohydrates. All foods containing fat have a mixture of unsaturated and saturated fats.

Dietary fats are an important part of a healthy diet for many reasons:

- to give your body energy & support cell growth
- to protect our organs and help keep our body warm
- to help absorb some nutrients (vitamins A, D, E & K) and produce important hormones

how much fat is too much?

In general, the majority of our fats in our diet should come from unsaturated fats (**from nuts, seeds, nut butters, avocado, olives, olive oil, salmon, sardines, trout**). Saturated fats (**from meat & dairy**) are okay in smaller amounts. We suggest avoiding trans fats (from packaged/highly processed foods) entirely.

balancing the fats in your diet

- Choose salad dressings that use olive, canola, walnut or flaxseed oils as a base
- Add avocado, nuts, or olives to salad instead of cheese
- Snack on one serving of nuts or seeds each day instead of snacking on chips, pastries, crackers, or cookies
- Add a tablespoon of ground flaxseed (also called flaxmeal) to oatmeal, smoothies, or homemade baked goods
- For high temperature sautéing or frying, use oils with a high smoke point, such as canola oil
- Use olive oil for stovetop cooking, rather than corn or vegetable oils.
- Try mashed avocado in sandwiches, wraps, or on salads for an alternative to mayonnaise or creamy dressings.
- Enjoy salmon or trout once or twice per week for lunch or dinner
- Try using crushed nuts or ground flaxseed instead of breadcrumbs in recipes
- Be cautious of any foods deep fried in restaurants. Deep fried foods may say "fried in vegetable oil", but it is often hydrogenated vegetable oil.
- A food may have less than 0.5 grams of trans fats per serving but still reflect '0' from the Nutrition Facts label. To be sure, look for the word 'hydrogenated' in the ingredients list – if it's there, the food has trans fats!

will eating "good" fats instead of "bad" fats help me lose weight?

All fats are equally high in calories (compared to protein & carbohydrates). Eating more unsaturated/healthy fats than saturated & trans fats can help reduce your risk of heart disease. Eating too much fat of any type can add excess calories to our diet and lead to weight gain.

what one serving of healthy fats looks like

- ¼ cup of nuts: almonds, pecans, cashews, walnuts, pecans
- 1 tbsp of seeds: sunflower seeds, pumpkin seeds
- 1/6th of an avocado (sliced)
- 1 tsp of oil: olive oil, canola oil

Our suggestion – stick to no more than2-3 servings of added fats per day (one per meal, or include in snacks), and choose healthy sources most often!

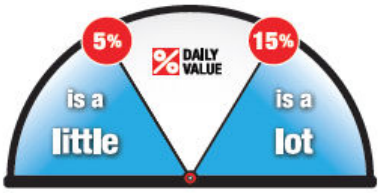
UNDERSTANDING THE % DAILY VALUE

The Daily Value for the amount of fat used in nutrition labelling is 65 g (based on a 2,000 calorie diet).

For example, if a product's Nutrition Facts table shows 8 g of fat, the % Daily Value for fat is 12%.

(8 g ÷ 65 g) × 100 = 12%.

So if you eat this product, you will take in 12% of the recommended daily total of fat.



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