

How does fat help us?

Fat is an important nutrient that supports our health!

- It gives our bodies energy and supports cell growth
- It protects our organs and keeps our body warm
- It helps our bodies absorb certain nutrients, like vitamins A, D, E & K
- It produces important hormones



Different types of fat affect us differently. Choosing the right kinds is more important for our health than the overall amount of fat that we eat.

What type of fat is best for my health?

There are **three** main types of fats found in our food. Let's take a look at each one.

1| Unsaturated Fat

- Found in: **nuts, seeds, nut butters, avocado, olives, olive oil, canola oil, fatty fish**
- Unsaturated fat raises HDL (good) cholesterol in our blood, which protects our heart
- Out of all the fats we eat, the majority should come from unsaturated fat



2| Saturated Fat

- Found in: red meats, bacon, butter, high fat dairy, palm oil and coconut oil
- It's okay to eat saturated fat, but in small amounts
- Large amounts of this fat raises LDL (bad) cholesterol in our blood, which increases the risk of heart disease



3| Trans Fat

- Found in: vegetable shortening, packaged baked goods, and deep fried foods
- This fat is artificially made and greatly increases the risk of heart disease
- You should aim to avoid eating trans fats entirely



FAQs

What is Omega-3 fat?

- This is a special type of **unsaturated fat** found mostly in fatty fish
- It's been shown to increase good cholesterol, lower triglycerides, and may have positive effects on heart rhythm and blood pressure
- To get the positive effects of Omega-3 fats, you should eat fish at least 2 times per week
- Omega-3 is also found in smaller amounts in flax seeds, walnuts, and soybeans

What type of oil is best?

- Canola and sunflower oils are best for cooking at high temperatures
- Extra virgin olive oil is best for drizzling on salads
- Avoid coconut and palm oil, as these have mainly saturated fats

Will eating more "healthy" fat help me lose weight?

- All types of fat have the same amount of calories. If you are watching your weight, be mindful of how much added fat you include at meals and snacks.

What do I look for on a nutrition label?

- The percent daily value (%DV) can help you understand if the food has a little or a lot of a certain nutrient, like fat.
 - 5% DV is a little
 - 15% DV is a lot
- Rather than looking at *total fat*, focus on *saturated* and *trans fats*.
- Make sure the food contains less than 5% DV of these fats

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %

How common are trans fats?

- Health Canada banned artificial trans fats in 2018, so they are much less common than they used to be
- However, it will take some time to completely clear trans fat containing products off store shelves

Is butter or margarine a better choice?

- Choose soft margarine, which contains unsaturated fat over butter (saturated fat) and hard margarine (trans fat)

Tips on including healthy fats into meals and snacks



- Include ¼ cup unsalted nuts with fruit as a snack
- Replace mayo with ½ mashed avocado in sandwiches or wraps
- Instead of cheese, add olives to salads
- Add 1 tbsp hemp seeds to hot or cold cereal
- Substitute chicken with salmon or trout 1-2x weekly
- Try unsweetened soy milk in place of cow's milk
- Instead of a store-bought dressing, try olive oil & balsamic vinegar on salads